

Training

To become a health promoter there are a number of qualifications available. These range from six months to three years.

Massey, and Ara provide a Bachelor degree with a Health Promotion major. This is a three year course requiring University Entrance as an entry requirement.

University of Auckland and Manukau Institute of Technology offer Certificate or Diploma courses in Health Promotion. These are six month to one year courses full-time but some may be done part-time or extramurally. Some are post-graduate programmes.

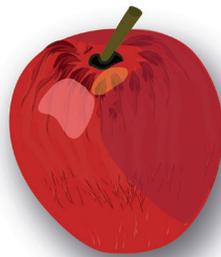
Other qualifications in social sciences, education, public health, health education and nursing could be useful for entering health promotion also.



Personal Qualities

Health promoters need to be:

- good communicators
- outgoing and friendly
- involved with their community
- facilitators
- tolerant of different cultures and age groups
- good planners
- good project managers



Information collated by NZIRH
Where to go for more information:

www.hpa.org.nz

www.careers.govt.nz

www.kiaorahauora.co.nz

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Health Promoter



Health Promotion

Health promoters help groups to identify health issues and find ways to improve. They may work with government and other agencies to manage conditions contributing to ill health. Health promoters are involved in:

- health promotion programmes
- prevention of illness
- developing promotional and educational publications
- lobbying for health promotional causes
- promotion of healthy choices
- shaping health policy and strategies
- education programmes
- exercise programmes

In New Zealand we have ~2,200 health promoters. The number of health promoters are increasing as government funding for health improvement programmes has increased. There is an average chance of getting work as a health promoter.

Programmes include things like diabetes prevention, gambling prevention, nutrition, quitting smoking, reduce alcohol dependency, promotion of good oral health, and reducing obesity.

What do they do?

Health promoters may:

- plan and carry out health promotion and disease prevention programmes like 5+ fruit and vegetables a day, quit smoking, action against family violence
- assess the effectiveness of health promotion and disease prevention programmes
- work with the community to identify health issues and find ways to improve health
- educate targeted community groups about health needs, and prevention of illness through changes in life style and behaviour
- develop and produce material to inform and raise awareness of health issues and ways to manage or overcome them

Where do health promoters work?

Health promoters work for government or non-government organisations like:

- District health boards
- Health Promotion Agency
- Doctors' practices
- Community organisations such as Sport Waikato
- Schools
- Rest homes
- Marae
- Gyms
- Events

