

## What does a health promoter do?

Health promoters work with communities and groups to plan and develop ways to help people improve and manage their health. They also work with government and other agencies to improve environmental conditions that contribute to ill health. Health promoters may also develop policies, strategies and programmes for improving health, co-ordinate health promotion programmes and educate people on how to prevent disease. Examples of health promotion include:

- ❖ Tobacco control
- ❖ Improving nutrition
- ❖ Improving oral health
- ❖ Promoting physical activity

## Salary

Health promoters usually earn \$35,000 to \$75,000 per year.

## What subjects do I need to take at school?

- ❖ English
- ❖ Te Reo Māori
- ❖ Science
- ❖ Health
- ❖ Physical wellbeing
- ❖ Geography
- ❖ Media

## How do I get into it?

There are no specific entry requirements to become a health promoter. However, employers *prefer* you to have a tertiary qualification in *one of the following*:

- ✓ Health promotion
- ✓ Public health
- ✓ Health sciences
- ✓ Social sciences
- ✓ Education

One of these qualifications should typically sum up to one to three years of training for this role. It is also useful to have knowledge of a related field such as child health, youth work, community housing, or nutrition. Some health promoters learn skills on the job while studying toward a health qualification. Short-term, part-time and extramural courses in health promotion and public health are available from entry-level to postgraduate level. Certificates in Health Promotion are available from the University of Otago, Eastern Institute of Technology, and MIT.

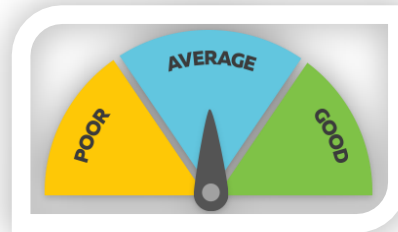
## ***Interpersonal skills***

Health promoters need to be:

- ❖ excellent communicators
- ❖ good at planning and project management

- ❖ outgoing and confident with an interest in health improvement

- ❖ able to work with a wide range of people from different cultures
- ❖ able to motivate others.



### **Will I get a job after training?**

Job opportunities for health promoters are average, according to the Health Promotion Forum of New Zealand. Most health promoters work full-time, though hours can vary depending on funding levels in different regions. Health promoters may work as contractors on several projects at once or be employed with district health boards, primary health organisations, and non-governmental organisations such as community development groups.

### **Where can I find out more?**

- **Health Promotion Agency**  
(04) 917 0060 <https://www.hpa.org.nz/>