

WHATTA
GONNA DO?

HEALTH PROMOTION COULD B 4 U

"I get a lot of reward from my job. We get to do a lot of fun things like when we took a hip hop group from Mangere College down to Auckland Secondary Schools Hip Hop Competition and they took that out. It's just good to see young people get active and have fun."

Lama, High Schools Projects Facilitator for Diabetes Projects Trust in South Auckland

Q What does a health promoter do?

Q What subjects do I need to take at school?

Q How do I get into it?

Q Will I get a job after studying?

Q Where can I find out more information?

**Are you able to build good relationships with others?
Do you like working in a team? Do you want a
rewarding job that really makes a difference?**

**If you answered yes, then working in
HEALTH PROMOTION could B 4 U!**

What does a health promoter do?

A health promoter supports people and communities to influence things that affect their health and quality of life. There are many different types of health promotion roles. You could be a health promotion facilitator for the Child Health & Disability Service who helps to develop strategies for youth; a Pacific Island Heartbeat training facilitator who helps to encourage healthy food choices, physical activity, and smokefree environments for Pacific peoples; and a community health promoter for Alcohol Healthwatch who coordinates and supports alcohol harm prevention.

What subjects do I need to take at school?

No specific subjects are required, however good subjects to take are English, sciences, health, physical education, Te Reo Maaori and other languages.

How do I get into it?

There are many different courses you can do. Manukau Institute of Technology (MIT) offers a Diploma in Health Promotion or you could do the 3-year Bachelor's degree in health sciences offered by the University of Auckland and most other universities around NZ. The University of Auckland has alternative entry schemes such as MAPAS for Maaori and Pacific students who want to study health science. Many people carry on after their degree and complete a Postgraduate Diploma or Master of Public Health.

Check out the accompanying "Health Occupations Summary" for a more detailed list of courses available and entry requirements.

Will I get a job after studying?

It is very likely you will get a job as there are many different health promotion roles available in the community as well as with local, regional or central government organisations.

Where can I find out more information?

University of Auckland, Faculty of Medical & Health Sciences

Website: www.health.auckland.ac.nz

Email: studentinfo@auckland.ac.nz

Tel: 0800 61 62 63

AUT, Faculty of Public Health and Psychosocial Studies

Website: www.aut.ac.nz

Email: courseinfo@aut.ac.nz

Tel: 0800 AUT UNI

MIT, Department of Nursing and Health Studies

Website: www.manukau.ac.nz/departments/health

Email: info@manukau.ac.nz Tel: 0800 62 62 52

Other useful websites: www.hpforum.co.nz

www.arphs.govt.nz

Careers websites: www.cmdhb.org.nz/careers

www.healthcareers.org.nz

www.kiwicareers.govt.nz

www.kiwiquals.govt.nz

For any other questions call Counties Manukau District Health Board on (09) 259 5052 to speak with someone about careers or email careers@cmdhb.org.nz.