

# Foundations of Health Promotion



Ottawa 1986



Nairobi 2009



8th Global Conference  
on Health Promotion  
HELSINKI 2013

Sept-Oct 2015  
Module code: **NA7122**

## Overview

Health promotion is about enabling people and communities to navigate their way to healthful living. It is a multidisciplinary field which recognizes that change for health entails actions in many sectors, from economics, planning, to health, schools, marketing and media and involves government, commercial and non-governmental organizations as well as those in one-to-one health and clinical practice. In our increasingly fast, complex and interconnected world, health promotion skills are as relevant today as when the first health promotion charter was signed in 1986

Students are encouraged to use comparative learning, building on and sharing any experiences of different parts of the world and to discuss and apply their learning to health work both locally and globally.

## Who should attend?

The module is suitable for all those with an interest in improving health whether they work in health or one of the many sectors which impact upon health, or give information or advice on health. We encourage interdisciplinary learning. As the first module of a the masters programme, teaching is designed to support the step-up to Level-7 study.

## Module Aims

This Foundations module provides a broad grounding in health promotion, equipping students to apply health promotion concepts in their work and/or in subsequent academic study. It explores and explains health promotion theory and practice with emphasis on the new public health agenda..

## Topics include

- Current public health agendas
- Social determinate of health
- Health promotion models and approaches, including healthy settings, *salutogenesis*, *community development*
- International health promotion
- Health promotion competencies

## Research and Practice Links

Includes contributions from local public health and health promotion teams and from health promotion researchers from our Centre for Health research.

## Assessment

- Written critical appraisal of a health intervention in the published literature (3000 words) due 7<sup>th</sup> December 2015.

## Time & Place

Falmer Campus  
2 x 2.5 days, plus tutorials.

September Mon 28th – Wed 30<sup>th</sup> mid day,

October Mon 5th – Wed 7<sup>th</sup> mid day, plus optional afternoon tutorials on the half days

## Module Leader

Carol Williams,  
Senior Lecturer in Health Promotion & Public Health

## Module status

This 20 credit level 7masters module can contribute to a postgraduate certificate, diploma or masters award, including MA Health Promotion, MSc Health. It can also be taken as a single stand alone module for general personal development or CPD with or without assessment.

## Fees

Single module: £906 UK/EU, £1570 International. (£640 UK/ EU, £1370 Int. when taken as part of a masters or PG cert/Dip course.)

