



## **Health Promotion Competencies Questions & Answers:**

### **Who are these competencies for?**

They are for health promoters and others who use health promotion to:

- Improve health and health equity
- Address the determinants of health
- For Māori and all people to exercise control over their health and wellbeing

### **Why do we have these competencies?**

They show the behaviours, skills, knowledge and attitude that health promoters need to do their job well.

### **How are these competencies specific to Aotearoa New Zealand?**

The competencies acknowledge the underlying aspirations of health promotion that can be seen in Te Tiriti o Waitangi which is a key document that provides a framework for Māori to exercise control over their health and wellbeing.

The competencies acknowledge that Pacific people and other ethnic and cultural minorities' perspectives and needs should be considered in every aspect of health promotion practice

### **How do the competencies fit in with the public health competencies?**

These competencies build upon the public health competencies; they describe what a person working in a health promotion role should know and be able to do.

### **How can the competencies be used?**

They can be used in a number of ways, such as:

Helping to plan, deliver and evaluate health promotion, improve practice, develop training and education, help managers understand health promotion roles, identify training needs and help in understanding and valuing health promotion.

### **What do the competencies consist of?**

The competencies are made up of knowledge required, 9 competency clusters, health promotion values & ethics and Te Tiriti o Waitangi.

### **The competencies show 3 levels of health promoter how do I know which level I am on?**

The level will depend on experience and qualifications. The levels are provided as a guide.

They are helpful to show which competencies you have a lot of knowledge and skills in while showing areas you may need further experience, support and/or training in.

### **There are pages and pages of knowledge and experience I need, how will I achieve all these?**

The competencies show the range of knowledge and skills a health promoter needs to do their job well. There are many projects and pieces of work that cover a range of knowledge and skills that we undertake when working with the community. So consider the range of approaches and work that you undertake to show how you cover these competencies.

For further information please look at the competencies section on the Health Promotion Forum's website for a full copy of the competencies and tools that you may find useful.

[www.hauora.co.nz](http://www.hauora.co.nz)

For further support or to discuss the competencies please contact:

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