

Health Education and Promotion



Health promotion is the science and art of helping people change their lifestyle to move toward a state of optimal health (O'Donnell, 1986, p.4). Optimal health is defined as a balance of physical, emotional, social, spiritual, and intellectual health. Lifestyle change can be facilitated through a combination of efforts to enhance awareness, change behavior and create environments that support good health practices. Of the three, supportive environments will probably have the greatest impact in producing lasting change.

O'Donnell, M.P. (1986). Definition of Health Promotion. *American Journal of Health Promotion*. 1, 4-5. Also see <http://www.healthpromotionjournal.com/>

Example Career Paths of Health Education and Promotion Majors

Preventative health services in a corporate or community setting.
Rehabilitative health services in a clinical or hospital setting

Graduate level educational opportunities

SAMPLE JOB TITLES

Corporate Wellness Trainer
Wellness Coordinator
Health Educator
Public Health Educator
Program Specialists
Health Program Managers
Health Education Teachers
Community Organizers
Community Health Consultant

Clinical Rehabilitation Specialists
Clinical Instructor
Clinical Nurse Specialist
Certified Diabetes Educator
Clinical Nurse Educator
Patient Educators
Health Promotion Specialist
Child Development Specialist
Health Education Coordinator

GRADUATE & PROFESSIONAL

Graduate Programs:
Public Health, Exercise Science,
Health Education,
Health and Human Performance,
Health Care Administration

Professional Schools:
Medicine (M.D. or O.D.),
Chiropractics, Physical Therapy,
Occupational Therapy,
Pharmacy, Medical Technology,
Physicians Assistants

TYPES OF EMPLOYERS

Large For-Profit Organizations
(corporate wellness programs)
Examples include: Boeing,
General Motors and Nike

Non-Profit Organizations
such as: *American Red Cross,*
American Heart Association,
American Cancer Society

State and Local Health Departments
Federal Government
Hospitals, Rehabilitation Clinics
Long-term Care Facilities / Hospices

Community Wellness Centers
Public Schools
University Wellness Centers
International Health Agencies

OTHER CAREER PATHS

Teaching (colleges & universities)
Pharmaceutical Sales
Research & Development
Disease Prevention (CDC)
Military
Peace Corps

OSU students have participated in internships and/or received job offers from the following:

OKLAHOMA

Cushing Regional Hospital
Community Care of Oklahoma
Payne County Health Department
OSU Seretean Wellness Center
Woodward County Health Department
Saint Francis Health Zone
Tinker Air Force Base
OK Institute for Child Advocacy

TEXAS

24 Hour Fitness
The Hills Fitness Center
The Cooper Institute
Apple Computer

KANSAS

Winfield Public Schools

VIRGINIA

Riverside Wellness & Fitness Center

ITALY

United States Naval Hospital

For more information about internships and other career paths visit the College of Education Career Services office, 106 Willard.

Learn more about Health Education and Promotion by visiting these websites...

American Association for Health Education (AAHE)
see professional development tab
<http://www.aahperd.org/AAHE/>

American College Health Association
<http://www.acha.org/>

American College of Sports Medicine
<http://www.acsm.org>

American School Health Association
<http://www.ashaweb.org/>

American Public Health Association
<http://www.apha.org/>

Center for the Advancement of Health
<http://www.cfah.org/>

Health Promotion Career Network
<http://www.hpcareer.net/hpc/redesign/index.html>

Health Promotion Jobs (read the descriptions to learn more about what they do)
<http://www.healthpromotionjobs.com/>

Hospitals in Oklahoma
<http://www.theagapecenter.com/Hospitals/Oklahoma.htm>

National Center for Health Education ('Resources' link)
<http://www.nche.org/>

O*NET Online - Occupational Information Network summary of tasks, skills, knowledge, abilities, etc.
<http://online.onetcenter.org/link/summary/21-1091.00>

Oklahoma City-County Health Department
<http://www.cchdoc.com/>

Oklahoma Rural Health Institute
<http://www.oklahomahealth.org/>

Oklahoma State Department of Health
<http://www.health.state.ok.us/index.asp>

Society for Public Health Education
<http://www.sophe.org/>

Southeast Oklahoma Area Health Education Center
<http://www.seokahec.org/>

The American Journal of Health Promotion
<http://www.healthpromotionjournal.com/>

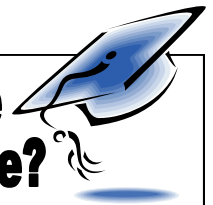
The National Commission for Health Education Credentialing, Inc.
<http://www.nchec.org/>

Tulsa Health Department
<http://www.tulsa-health.org/>

U.S. Department of Health and Human Services - National Institutes of Health
<http://www.nih.gov/>



Will you be marketable when you graduate?



To be competitive upon graduation consider developing knowledge and skills outside the classroom.

Participate in an internship.

Look for internships that help you develop knowledge and skills in your interest area. Make sure to keep track of the contacts you make. Many times internships can lead to full-time employment.

Join the Health Promotion Club.

This student organization is devoted to helping students gain opportunities and professional contacts that they would not ordinarily experience in the classroom.

Become certified!

The American College of Sports Medicine, **Health/Fitness Instructor certification** exam is offered at the OSU Wellness Center. Students interested in public health often take the **Certified Health Education Specialist** exam offered by the National Commission for Health Education Credentialing.

CPR and First Aid certifications also are possible certifications to obtain.

Be involved in campus activities or part-time work.

The key is not to create a long list of "activities" you were involved in, but rather to develop **skills** desirable among employers.

Throughout your experiences in college consider developing some of the following **transferable skills** from the Occupational Information Network (O*NET®)

- Instructing
- Active Listening
- Speaking
- Monitoring
- Reading
- Service Orientation
- Critical Thinking
- Time Management
- Writing
- Learning Strategies

For a complete description of these skills visit
<http://online.onetcenter.org/link/summary/21-1091.00>

Visit your Career Services office!

The College of Education Career Services office assists students with all phases of their career development. Services offered include: resume development; job search assistance; career research resources; and preparation for the transition from school to work.

To make an appointment call 744-6350