

# School of Public Health and Community Medicine

## Master of Public Health in Health Promotion



### Why study Health Promotion at UNSW?

The School of Public Health and Community Medicine (SPHCM) at the University of New South Wales (UNSW) offers a specialisation in the Master of Public Health (MPH) in Health Promotion.

The field of health promotion encompasses a wide range of strategies and sectors, with the social determinants of health providing a platform for analyses and action. Health promotion effectiveness and impact depends on a workforce that is equipped with the core skills to implement current knowledge, yet flexible and adaptable to change.

Health Promotion has been an important and integral part of the UNSW's MPH since this degree was first offered. Diverse and participatory research approaches are used which allow the voice of marginalised groups, including young people, to be heard in the design of policy and programs.

### Making a difference for graduates

Graduates of our program have progressed to take up some very influential health promotion work. We have fostered a holistic health focus so that our graduates are confident in addressing a social determinants approach to promoting social, emotional and mental health as well as physical wellbeing. We have nurtured an

understanding of working across cultures so that some of our graduates now hold key roles in working with remote Aboriginal communities, others in the Pacific in Healthy Islands projects, some with Australians of culturally and linguistically diverse backgrounds and yet others in HIV/AIDS or reproductive health in South East Asia.

### About the Health Promotion Stream

The Health Promotion stream, provides students with an opportunity to select courses in a combination which enables specialisation in understanding and addressing the determinants of health with particular consideration of social perspectives of health and challenges in practice, policy and research. As part of the program, students are encouraged to undertake a small-scale research project, which may be in the form of a research study, a case study, a program evaluation or a report on field experience. The name of the plan is reflected on the testamur and students graduate with a Master of Public Health in Health Promotion.

### Key Health Promotion Projects at UNSW

#### *Football United: Social change through innovative health promotion*

The Football United program is one of SPHCM's flagship health promotion action-research projects. Using Soccer as the vehicle, this project will help

#### STREAM STRUCTURE

Students must complete the eight courses listed below:

#### THREE MPH CORE COURSES:

- PHCM9041 Foundations in Public Health & Health Care Systems
- PHCM9498 Epidemiology & Statistics
- PHCM9012 Health Promotion & Social Perspectives of Health

#### ONE STREAM-DEFINING COURSE:

- PHCM9120 Qualitative Research Methods

#### THREE COURSES FROM RECOMMENDED HEALTH PROMOTION ELECTIVES:

- PHCM9010 Community Development
- PHCM9050 Immunisation Policy and Practice
- PHCM9108 Program Design & Evaluation
- PHCM9129 Prevention & Management of Chronic Disease
- PHCM9132 Applied Research Methods
- PHCM9381 Policy Studies
- PHCM9522 Politics, Surveillance Public Hlth
- PHCM9605 International Health
- PHCM9606 Reproductive, Maternal & Children's Health
- PHCM9612 Environmental Health
- PHCM9622 The Global HIV Epidemic
- PHCM9626 Inequalities and Health
- PHCM9630 Perspectives Indigenous Health
- PHCM9632 Indigenous Health & Wellbeing
- PHCM9662 Health Aspects of Crises
- PHCM9701 Health Leadership
- PHCM9782 Challenges Infectious Diseases
- PHCM9783 Communicable Disease in Humanitarian Emergencies & Disasters

#### ONE MORE SPHCM ELECTIVE :

Any other SPHCM elective, Internship, or Project in Health Promotion

strengthen Australia's social and economic fabric, one of the priority goals aimed at promoting and maintaining good health for all Australians. An Australian Research Council Linkage grant underpins the research and will provide new evidence on how sports programs can foster community building, social inclusion and social cohesion, helping families and individuals to live healthy, productive, and fulfilling lives. The program has earned multiple UNSW and national level awards, including the prestigious 2010 Australian Human Rights Commission award and the 2011 Building Inclusive Communities award. MPH and medical students have been engaged in all aspects of the project. A short view of Football United in action can be seen on: [youtu.be/GQ7NSTSm2-E](http://youtu.be/GQ7NSTSm2-E).

### Community participation

Community participation is a cornerstone of good health promotion and public health practice. Health services and programs that are developed in partnership with the community are more appropriate, effective and sustainable. Members of the health promotion team and associated Centres are involved in research and practice which engages the community in decision-making. A strong ongoing partnership with the community and staff in South West Sydney provides a range of opportunities for student participation. For more information about community participation in South West Sydney: [www.sswahs.nsw.gov.au/sswahs/community](http://www.sswahs.nsw.gov.au/sswahs/community)

### Working with young people

There are a range of research and practice opportunities available for students such as the Ted Noff's Foundation Program for Adolescent Life Management (PALM) and the Street University. PALM is a residential program for young people aged 14 to 18 with serious alcohol, or other drug-related difficulties. The Street University is a place where young people from communities in South West Sydney can

simply walk in off the street and enrol in vocational and tertiary-style courses. For more about PALM: [www.noffs.org.au/programs/palm.shtm](http://www.noffs.org.au/programs/palm.shtm). For more about the Street University: [www.noffs.org.au/programs/streetuni.shtm](http://www.noffs.org.au/programs/streetuni.shtm)

### Where are our students now?

Our alumni are working in key positions locally and internationally. A few of them are highlighted below:

**Dr David Ashbridge:** Chief Executive of the Department of Health and Families, Northern Territory.

**Dr Hammad Ali:** Senior Research Officer at UNSW's National Drug & Alcohol Research Centre, is on the Reference Group to the UN on HIV & IDUs.

*"Not only did I learn a lot during the course, there were many opportunities to volunteer and work on real projects, which was a unique experience."*

**Alexander Blaise-Balmer:** International Program Officer with CARE Australia, based in Canberra; she has been awarded an internship with WHO Geneva's Family and Community Health Division.

*"The support and inspiration of SPHCM Health Promotion staff has provided me with motivation to pursue opportunities I never imagined."*

**Dr Hien Ho:** PhD graduate and Lecturer in Hanoi School of Public Health, Vietnam.

**Sally Fitzpatrick:** Lecturer with the Muru Marri Indigenous Health Unit, SPHCM, UNSW.

*"Health Promotion was one of the great interactive experiences of my UNSW MPH. We were such a diverse bunch of students, and so many had experiences to share, both local and international. It was a real eye-opener for me to see and hear peoples' different stories and to learn so much through our collaboration; lessons that continue to resonate for me today."*



### DR ANNE BUNDE-BIROUSTE

Convenor Master of Public Health in Health Promotion

Anne has over 25 years of international practice, policy and advocacy work with focus on health and development, practice-based research, she has focused on health and peace-building, community participation in health, participatory applied research in innovative health promotion approaches for working with disadvantaged groups. Anne is recognized both nationally and internationally for her expertise in Health Promotion, Sport for Development and Social Change, leadership, mentoring and networking, all qualities that have assisted to develop the significant partnerships underpinning the Football United Program ([www.footballunited.org.au](http://www.footballunited.org.au)), which she founded as a result of her PhD study, and has fostered ever since. The Football United program is one of the SPHCM flagship programs, promoting social inclusion and human rights for disadvantaged youth and their families using soccer / football as the vehicle.

### Stream convenor

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