

## Health Promotion Registration Application Example

*At the beginning of the application you are required to provide personal contact details and the details of two referees (who have an understanding of your health promotion knowledge, skills and experience). You are also required to indicate which university you attended (if appropriate), the name of the degree you completed and attach an academic transcript as evidence.*

### Self Assessment

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#### **The concepts, principles and ethical values of Health Promotion as defined by the Ottawa Charter for Health Promotion (WHO, 1986) and subsequent charters and declarations**

Yes

#### **Please indicate where knowledge acquired – you may tick more than one box**

Education, Work

#### **Please provide details on how you have achieved the competency**

This topic was covered in detail during my Master of Public Health at XXX University, especially in the units XXX. Additionally, my current workplace prides itself on basing its foundations on the Ottawa Charter. The Charter is frequently mentioned and discussed in the workplace, meetings and AGMs. I'm aware that the Ottawa Charter for Health Promotion was developed during the first formal conference on Health Promotion in Canada in 1986, building on foundational discussions and papers delivered by the World Health Organisation. During this time, health promotion as a concept was formally defined, the basic prerequisites for improvements in health were outlined, as well as a clear statement on what effective health promotion action looks like at a local, national and international level. The tenets of the Ottawa Charter continue to be enshrined in Australian health promotion policy including the state Public Health and Wellbeing Plan, and the state Health Promotion Guidelines.

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#### **The concepts of health equity, social justice and health as a human right as the basis for Health Promotion action**

Yes

#### **Please indicate where knowledge acquired – you may tick more than one box**

Education, Work, Other

#### **Please provide details on how you have achieved the competency**

This topic was frequently discussed during my Master of Public Health at XXX University, especially in the units XXX. The concepts of access to health and equity were also a key focus of my work at XX Organisation where I supported socially isolated XXX people who have often experienced a lifetime of stigma and discrimination in accessing health care. Lastly, the focus of my work in Health Promotion at my current workplace is very much on health access and equity especially for regional and rural people compared to those in metropolitan areas. I personally have a lived experience in understanding inequities in health access and issues of social justice and human rights.

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**The determinants of health and their implications for Health Promotion action**

Yes

**Please indicate where knowledge acquired – you may tick more than one box**

Education, Work

**Please provide details on how you have achieved the competency**

Social, cultural, economic, environmental and other determinants of health were frequently discussed during my Master of Public Health at XXX University, especially in the units XXX. Additionally, these determinants remain clear in my work in a relatively resource poor and low socio economic area in a regional location. Inequity in health in my work has a clear relationship to financial status, location, Indigeneity, experience of racism, sexism, homophobia and transphobia etc. The determinants of health became clear in my work as a COVID-19 Vaccine Ambassador for XXX Local Council where people from CALD and Indigenous backgrounds had lower rates of vaccination, as did people living outside towns and cities.

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**The impact of social and cultural diversity on health and health inequities and the implications for Health Promotion action**

Yes

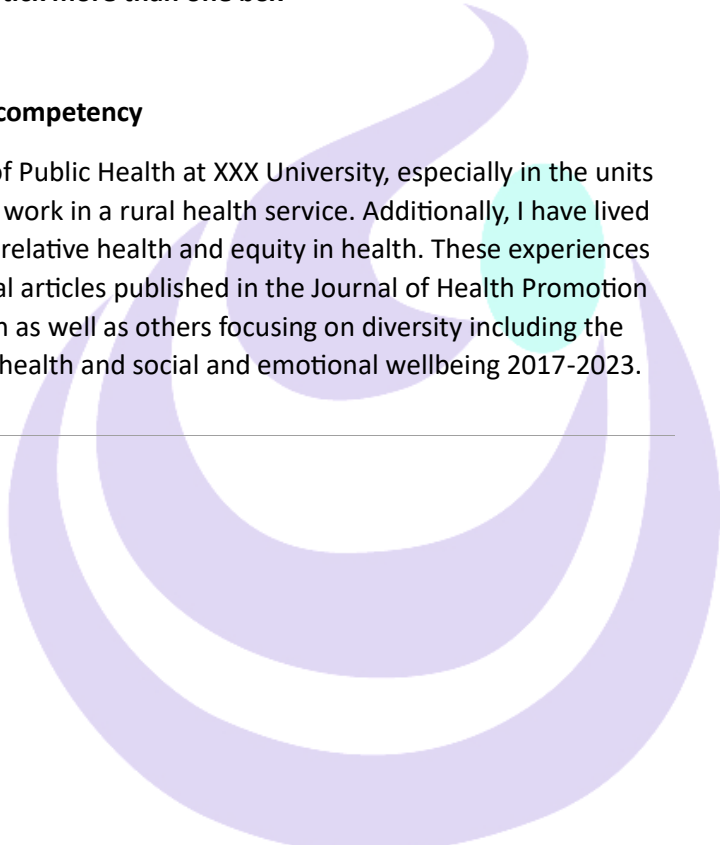
**Please indicate where knowledge acquired – you may tick more than one box**

Education, Work, Other

**Please provide details on how you have achieved the competency**

This topic was frequently discussed during my Master of Public Health at XXX University, especially in the units XXX. As mentioned above, this topic is clear in my daily work in a rural health service. Additionally, I have lived experience in understanding the impact of diversity on relative health and equity in health. These experiences and academic study are reflected in many recent journal articles published in the Journal of Health Promotion and are reflected in the state Health and Wellbeing Plan as well as others focusing on diversity including the National Strategic Framework for ATSI people's mental health and social and emotional wellbeing 2017-2023.

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**Health Promotion models and approaches which support empowerment, participation, partnership and equity as the basis for Health Promotion action**

Yes

**Please indicate where knowledge acquired – you may tick more than one box**

Education, Work, Other

**Please provide details on how you have achieved the competency**

This topic was frequently discussed during my Master of Public Health at XXX University, especially in the units XXX. I am also very aware of the importance of community empowerment, engagement and partnership as someone who has trained in peer support and who has supported and ran peer support groups for over 5 years. This includes facilitating a university Support Group, working for XXX organisation, and working at Women's Health program which partners volunteers with a lived experience of cancer with service users in the community. The design of many of these projects and initiatives within this work came about through my work with service users and personally encouraging community involvement and design of these projects. I continue to receive praise for my work relating to peer support models, community engagement and participation.

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**The current theories and evidence which underpin effective leadership, advocacy and partnership building and their implication for Health Promotion action**

Yes

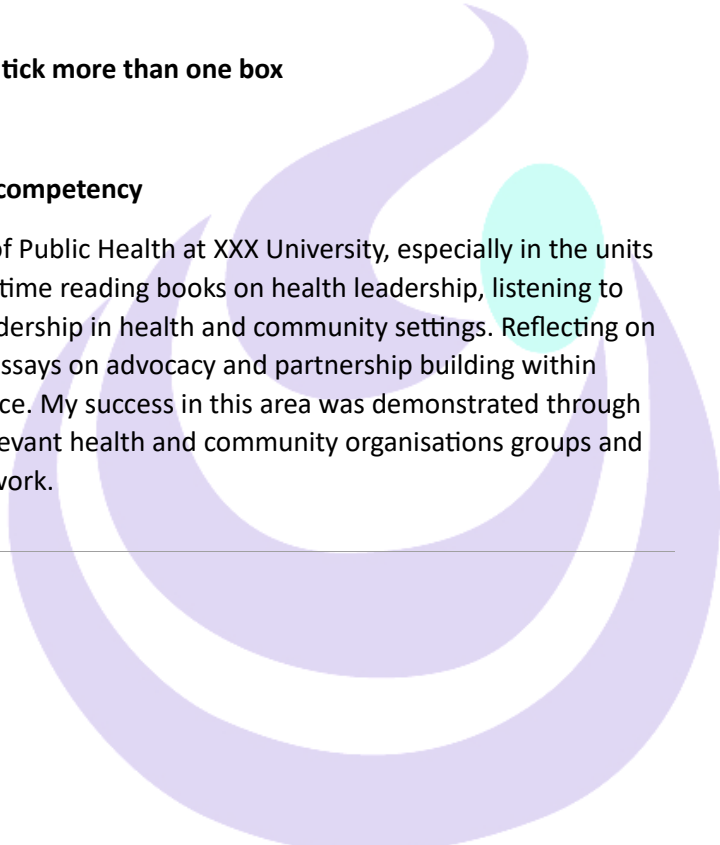
**Please indicate where knowledge acquired – you may tick more than one box**

Education, Work

**Please provide details on how you have achieved the competency**

This topic was frequently discussed during my Master of Public Health at XXX University, especially in the units XXX. In my work at XXX Organisation I spent significant time reading books on health leadership, listening to interviews, and reading journal articles on effective leadership in health and community settings. Reflecting on my University studies at the time, I also wrote several essays on advocacy and partnership building within leadership. I also frequently undertook reflective practice. My success in this area was demonstrated through developing and keeping excellent relationships with relevant health and community organisations groups and services, and through receiving several promotions at work.

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**The current models and approaches of effective project and program management (including needs assessment, planning, implementation and evaluation) and their application to Health Promotion action. The evidence base and research methods, including qualitative and quantitative methods, required to inform and evaluate Health Promotion action**

Yes

**Please indicate where knowledge acquired – you may tick more than one box**

Education, Work

**Please provide details on how you have achieved the competency**

This topic was frequently discussed during my Master of Public Health at XXX University, especially in the unit XXX. Additionally, this is a focus in my current role at XXX Organisation which involves significant and ongoing training in effective project management and up-to-date workshops on evidence and research from the XXX Government Department. My work began with significant needs assessment and planning in collaboration with other XXX Organisation staff and with the involvement of other local health partners such as XXX Health Organisation and XXX Local Council. The implementation of my work and evaluation continues in collaboration with these partners, with ongoing funding for my role based on my ability in these areas to deliver outcomes and evaluate my work where possible.

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**The communication processes and current information technology required for effective Health Promotion action**

Yes

**Please indicate where knowledge acquired – you may tick more than one box**

Education, Work

**Please provide details on how you have achieved the competency**

Effective written and verbal communication is integral for health promotion work. I honed my skills in this area during my Master of Public Health at XXX University where I received an overall High Distinction grade. My skills in oral communication can be seen through my frequent repeat requests for public speaking throughout my last work roles, including being invited to present a "Ted Talk style presentation" at the XXX conference in 2019 which was very well received. My skills in IT have been honed through daily use of computers including Microsoft Programs, in addition to making phone calls to both internal and external agencies and individuals in my work at XXX Organisation.

**The systems, policies and legislation which impact on health and their relevance for Health Promotion.**

Yes

**Please indicate where knowledge acquired – you may tick more than one box**

Education, Work

**Please provide details on how you have achieved the competency**

An understanding of systems, policies and legislation was given during my Master of Public Health at XXX University especially in the units XXX. Additionally, as someone who has grown up in Australia having experienced the local health system since birth I am very aware of the various legislative bodies, policies and systems that influence and govern this. Lastly, my work in two health organisations has involved significant systems navigation support to members of the public, whether this is clients, members of the public and especially vulnerable people accessing these services "falling through the gaps" of current health systems such as people who use intravenous drugs, refugee and asylum seekers, people who don't speak or read English, etc.

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**Employment Details**

**Are you currently employed?**

Yes

**Name of employer**

XXX Organisation

**Type of organisation (statutory/NGO/Private etc.)**

Not for profit

**Job Title**

Health Promotion Officer

**Length of current employment (in months)**

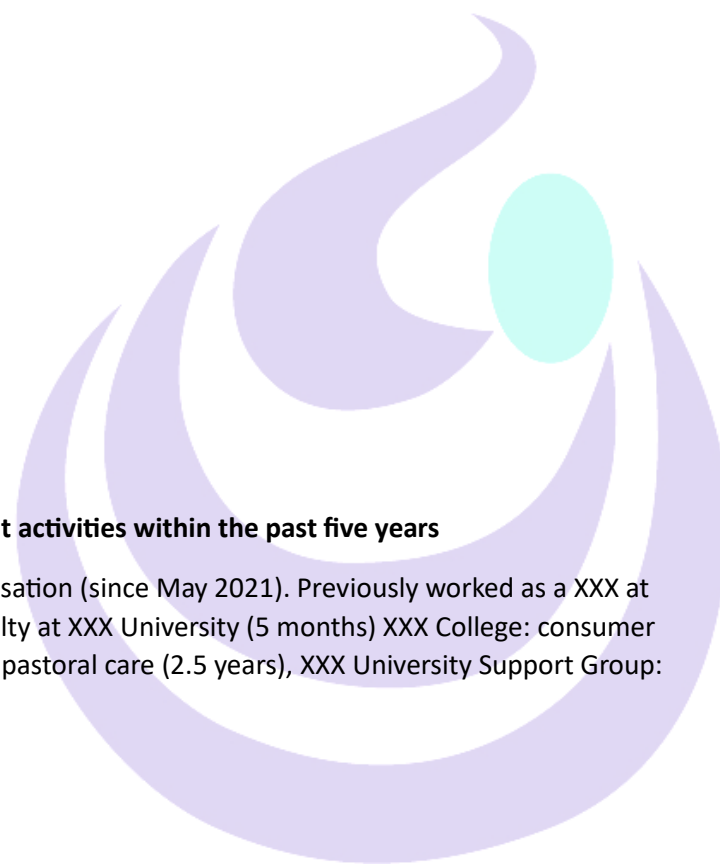
18 months

**Additional information on other relevant employment activities within the past five years**

Currently also work casually at Women's Health organisation (since May 2021). Previously worked as a XXX at XXX (Sep 2017 - Jan 2021) Volunteering with: XXX Faculty at XXX University (5 months) XXX College: consumer network member (2 years) XXX University Committee: pastoral care (2.5 years), XXX University Support Group: facilitator (3 years)

**Upload CV**

*Uploaded CV attached here*



### Summary of Role

**Please give a short summary of your current or recent (within the past five years) Health Promotion role(s) with reference to the definition of a Health Promotion practitioner and of Health Promotion. A Health Promotion Practitioner refers to all those whose main role reflects Health Promotion as defined in the [Ottawa Charter and successive WHO charters and declarations](#). The term includes those working in management, education and research directly related to Health Promotion.**

I currently work as Health Promotion Officer at XXX Organisation. I use preventative health actions, collaborative place-based strategies and evidence-based health promotion interventions in my daily work to advocate for and enable improvements to the health and wellbeing of people in XXX Local Council. Effective partnership building, communication and creating and mediating collaboration and strong relationships are integral to success in my role. An example of my work can be seen through my work across XXX. Part of my role is to work at a population level to ensure that local people can access the information they need to keep as safe as possible, including being able access accurate and up to date information in a format accessible to them, and be informed and be able to make a choice XXX.

**Please note that you may be asked to supply copies of reports and other documents you refer to in the summary. If these reports or other documents are available online, please include the URL where these can be found. Please provide evidence for your work (URLs and/or titles of reports, descriptions, publications, relevant websites, etc.):**

Please find attached the position descriptions for my current role and my last role. Please see uploaded documents for other evidence of my work.

*Position descriptions attached here*

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## Core Competencies

### Enable Change

#### Type of work/activity

Working with XXX target group to establish a local advocacy and support group in XXX location achieving equity for XXX target group

#### When completed (year)

20XX-20XX

#### Where completed

XXX Organisation, XXX location

#### Brief description of the action and your role with reference to the performance criteria above

Ongoing Australian research finds that XXX target group have poorer health and wellbeing outcomes compared to others. This is especially the case for XXX target group living in regional and rural areas. Living in XXX location I became aware that many of XXX target group were experiencing high levels of discrimination including in schools and had scant local opportunities to connect with other people, groups or organisations. I met with several of the target group and discussed this issue, establishing the XXX Alliance - a peer support group. My role is enabling access, promoting the group, and crucially connecting the group to wider support organisations and communities. My work has resulted in increased attendance, support from three schools including requests for training, enabling students to meet with a local MP and obtaining a grant. I have supported the group to advocate for better inclusion.

#### Other comments

*Website URLs included here*

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**Advocate for Health**

**Type of work/activity**

Creating a Healthy Choices policy at XXX Organisation

**When completed (year)**

20XX

**Where completed**

XXX Organisation, XXX location

**Brief description of the action and your role with reference to the performance criteria above**

XXX Local Council is one of XXX State's most disadvantaged LGAs, with very poor access to fresh fruit and vegetables and low financial means to purchase this. This issue was especially heightened during COVID-19 lockdowns where many locals lost income and rural supply chains were disrupted. XXX Organisation as a rural health promoting organisation was well placed to promote and enable healthy food options for communities. In 2022 I engaged with the local community speaking to service users, visitors, staff, managers and other stakeholders on this matter. I organised several "test runs" offering healthy BBQs and healthy catering options at events, finding that healthy choices were always preferred by attendees and didn't cost extra. I undertook a benchmarking exercise, finding that all local health organisations had a healthy eating catering policy, including those not required to do so. I wrote a healthy catering policy and presented this to management which was accepted in mid 2022. I look forward to providing healthier options to my community in future events.

**Other comments**

No other comments

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## **Mediate through Partnership**

### **Type of work/activity**

Developing a physical activity initiative to increase active living

### **When completed (year)**

20XX

### **Where completed**

XXX Community Organisation

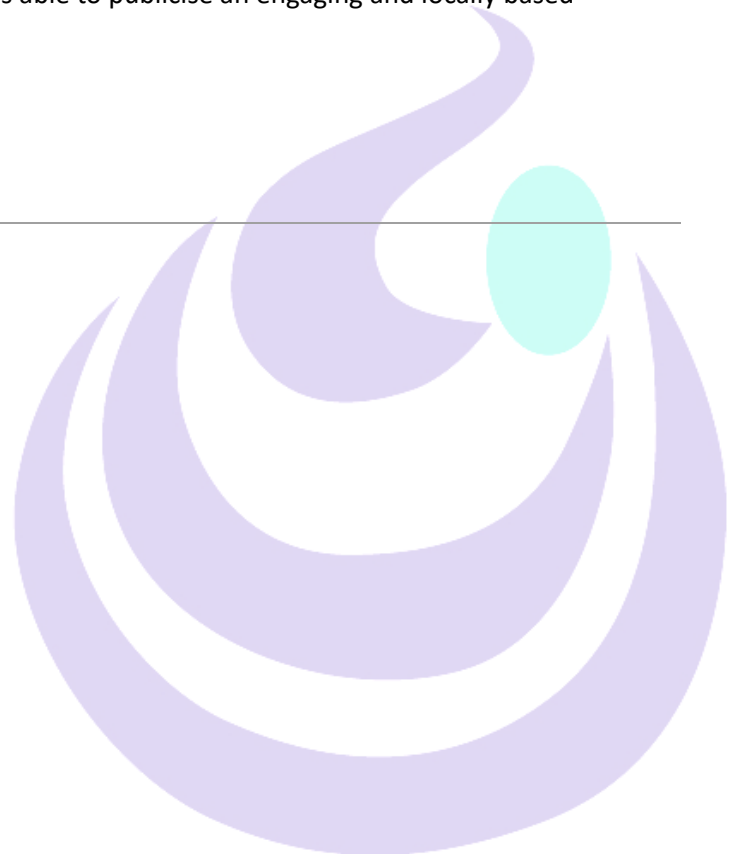
### **Brief description of the action and your role with reference to the performance criteria above**

COVID-19 lockdowns meant that people in XXX location had disrupted routines, reduced access to formal exercise and sport, and less opportunities to be physically active. The XXX Activity challenge had previously been highly successful in this area, however finished in late 2020. In February 2021 I worked with local health promoting organisations, health services, sport groups, sports assembles and gyms to create a local physical activity initiative to encourage increased active living during early 2021. I created a working group of local interested people and organisations, organising and facilitating six working meetings to establish an effective program. I used my skills in partnership building by connecting with local relevant organisations and leaders already active in this space, asking them for their input, and including them in organising efforts. Clear roles and tasks were developed during meetings. As a result I was able to publicise an engaging and locally based program, with more than 50 events listed.

### **Other comments**

*Website URLs included here*

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**Communication**

**Type of work/activity**

Promoting and increasing access to COVID-19 vaccines in XXX Local Council

**When completed (year)**

20XX-XX

**Where completed**

XXX Community Organisation

**Brief description of the action and your role with reference to the performance criteria above**

XXX Local Council has many residents without access to computers and the internet, and has a large population of people with poor (health) literacy. As an LGA in a rural area we also had reduced access to COVID-19 vaccinations. Appointed as a COVID-19 vaccine ambassador in April 2021 I realised that many local people were not being vaccinated despite local COVID-19 vaccine access being available. I met with Government COVID-19 leaders communicating the problem and correcting the listing of clinics online. I created easy read posters with local clinic information and personally put these up across the LGA. I called local groups, attended community meetings and mailed pamphlets on vaccine access. I established a weekly email newsletter sent to 150 leaders and organisations. As a result XXX Local Council now enjoys a top 20 vaccination rate by LGA.

**Other comments**

No other comments



**Leadership**

**Type of work/activity**

Growing XXX program to include capacity building and training

**When completed (year)**

20XX

**Where completed**

XXX Organisation

**Brief description of the action and your role with reference to the performance criteria above**

When I began in XXX role I ran a XXX program matching volunteer visitors with socially isolated older people. It quickly became obvious that seniors were experiencing worse care outcomes and had less participation in seniors events, services and communities than others. I was frequently asked to provide training and consultation. I applied for additional funding to expand my program to meet the needs of stakeholders, organisations and individuals experiencing social isolation. I obtained several grants. I was then able to recruit three staff, expand volunteers and clients. I then provided capacity building services and training as needed, speaking publicly at conferences, on the radio and in TV interviews.

**Other comments**

No other comments

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**Assessment**

**Type of work/activity**

Assessing the ability of an LGA to support XXX communities to be COVID-19 vaccinated

**When completed (year)**

20XX

**Where completed**

XXX Health Service

**Brief description of the action and your role with reference to the performance criteria above**

As XXX Local Council COVID-19 Vaccine Ambassador I was tasked with promoting and increasing vaccination in the region. Communicating regularly with contacts I had made at XXX community organisations I realised that XXX communities were under vaccinated compared to non-XXX peers. I gathered a team of interested stakeholders to discuss solutions to the problem. This included organisations working with XXX communities and community workers. I organised and facilitated a working group with several meetings bringing local perspectives and statewide data to the discussion. This included both qualitative and quantitative data. I realised that income, English level, trust in the Government and cultural safety were all important determinants of health leading to disparities in vaccine and health service engagement. As a result, the working group came up with many suggestions and actions to engage XXX communities, including attending events, providing supports and training, using posters and asking for feedback from XXX communities. This led to an increase in vaccination.

**Other comments**

Not other comments



## Planning

### Type of work/activity

Working with rural Health Promotion Officers to create a shared health promotion plan across our region

### When completed (year)

20XX-XX

### Where completed

XXX Organisation XXX location

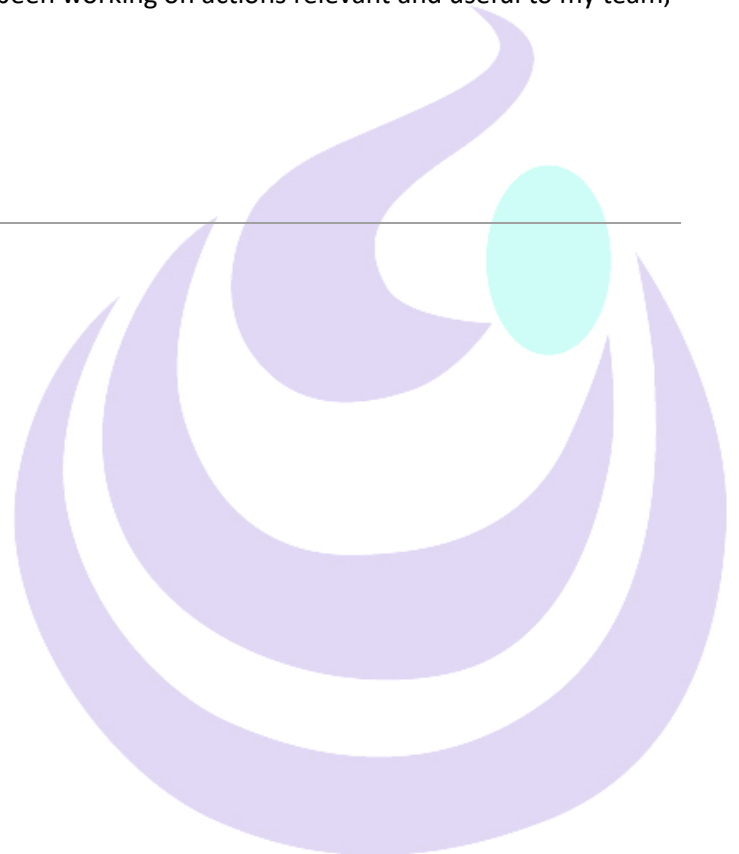
### Brief description of the action and your role with reference to the performance criteria above

XXX Alliance developed a series of workshops with community leaders, organisations and groups to discuss local health priorities during 2021. Healthy eating was deemed as priority #1, active living as #2, and mental health as #3. I worked closely with 8 other Health Promotion Officers in the XXX Network to establish these regional priorities into a shared one year Action Plan. Using strong communication, organisation and accountability skills, I worked with the group to establish regional Plan. This aligned also with the state health and wellbeing plan, and the local council health and wellbeing plan. Taking this Plan back to my workplace and the XXX team, I then worked with key stakeholders to create a set of mutually reinforcing actions. I identified appropriate Health Promotion initiatives based on organisational and regional priorities, and on the stated values and goals of my organisation. As a result I have been working on actions relevant and useful to my team, organisation, community, network and LGA.

### Other comments

*Web page URL provided*

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**Implementation**

**Type of work/activity**

Working with community to promote men's mental health in XXX LGA

**When completed (year)**

20XX

**Where completed**

XXX Organisation

**Brief description of the action and your role with reference to the performance criteria above**

XXX Local Council has higher levels of diagnosed mental illness compared to other LGAs in the state, even before COVID-19 lockdowns. Men in the LGA particularly report experiencing poorer mental health, and very sadly several men died by suicide in 2020-2021. Seeing a gap in awareness, population action and service access I worked with Council, the XXX Network, a Men's Shed, XXX aid organisation, XXX groups and other local mental health and community organisations to address the issue at a population level. I developed two working groups in particular involving men to discuss the issue and came up with potential ideas to increase mental health and wellness at a population level. Two free film events were held, fundraising for local men's sheds, with free healthy food available, representatives from services had tables, and a community panel of local men and groups were showcased discussing mental health. The events were evaluated with extremely positive feedback and funding obtained for local men's mental health.

**Other comments**

Not other comments



## Evaluation and Research

### Type of work/activity

Using research and evidence based interventions in the literacy to improve my practice as a COVID-19 vaccine ambassador

### When completed (year)

20XX-XX

### Where completed

XXX Organisation XXX location

### Brief description of the action and your role with reference to the performance criteria above

In my role as a COVID-19 Vaccine Ambassador I was able to effectively use existing literature, reflective practice, access local relevant and up to date data and evidence as assets in my role. I was careful to read up on all reports and journal articles relevant to increasing covid-19 vaccine access in regional and rural communities, and published research on other vaccine access in rural Australia including for marginalised groups and communities such as non-English speaking communities, refugees, seniors, etc. I quickly developed working relationships with my counterparts in other organisations with better access to local data than I had, and accessed and reviewed this data weekly to evaluate my LGA's needs and impact of my work. I was asked to present a reflective piece at a community of practice meeting to other Vaccine Ambassadors. I evaluated my work, asking for feedback from my community as to the success of my written communications, verbal presentations and beyond. I followed up after presentations to determine numbers of people accessing vaccination as a result of my engagement. I believe that my continual access to local data and best practice in the literature significantly increased my impact in my role.

### Other comments

No other comments

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### Document upload

*Evidence documents uploaded listed here*

