

In health care facilities-serving patients, health care consumers, health professionals, other personnel, and community members

- Educate patients about medical procedures, operations, services and therapeutic regimens
- Educate individuals to protect, promote, or maintain their health and reduce risky behaviors
- Create activities and incentives to encourage use of services by high risk patients
- Coordinate and / or conduct staff training
- Provide appropriate community-based referrals
- Write grants to raise program funds
- Promote educational outreach programs available to community through local hospital.

In Public Health Departments/ community-based organizations

- Identify community health needs and their behavioral and environmental causes, via community health assessment tools
- Organize a community to address identified health concerns
- Build coalitions to advocate for identified necessary changes
- Mobilize resources to develop, promote, implement and evaluate strategies
- Identify and write grants to fund efforts, coalition building, advocacy,
- Develop, produce, and evaluate mass media campaigns.

How Can I Begin My Career in Health Education?

Over 250 colleges and universities in the U.S. offer undergraduate BA or BS degrees in health education or similarly titled majors to prepare students for health education careers, or graduate only.

Many colleges and universities offer master degree programs (MA, MS, or MEd degrees) in school or community health education, health promotion and other related titles. About two dozen schools of public health offer master of public health (MPH) programs with community health education concentrations. Doctoral degrees (PhD, EdD, or DrPH) in health education or similarly titled programs also are available across the country.

Here are just a few of the Colleges and Universities in the NY, NJ and nearby Pennsylvania area which offer appropriate curricula for the profession of Health Education. Please visit the NJSOPHE website for detailed contact information for each facility.

In New Jersey:
William Paterson Univ., Wayne ♦ UMDNJ School of Public Health, New Brunswick ♦ Rowan Univ., Glassboro ♦ Kean Univ. of NJ, Union ♦ The College of New Jersey, Trenton ♦ Montclair State Univ., Upper Montclair ♦ New Jersey City University, Jersey City ♦ Seton Hall Univ., South Orange

In NY:
SUNY College at Cortland, Cortland ♦ New York University, NYC ♦ Hunter College of the City of NY, NYC ♦ Lehman College, City University of NY, Bronx ♦ Columbia Univ., NYC ♦ York College, CUNY, Jamaica ♦ Adelphi University, Garden City ♦ Hofstra Univ., Hempstead ♦ St. Francis College, Brooklyn Heights ♦ Long Island Univ., C.W. Post, Brookville ♦ College of Mt. St. Vincent, Riverdale

In PA:
East Stroudsburg University, East Stroudsburg

Degree programs may be accredited by the National Council on the Accreditation of Teacher Education, the Council on Education in Public Health, and/or Society for Public Health Education and the American Association for Health Education (SOPHE/AAHE) Baccalaureate Program Approval Committee.

Individual Certification

School-based health education teachers are certified by individual states. In New Jersey, this is done by the State Department of Education.

Nationally, credentialing as a Certified Health Education Specialist (CHES) is available by examination from the National Commission for Health Education Credentialing, Inc. (610-264-8200 / www.nchec.org). This certification may be required by many employers, and helps ensure continuing professional development.

ABOUT NJSOPHE

The New Jersey Society for Public Health Education is an independent volunteer organization made up of professional Health Educators and students who work or reside in New Jersey.

Its mission is to provide leadership to the profession, and to contribute to health improvement efforts for all people. This is accomplished through excellence in health education practice and the promotion of sound public health policies conducive to the well-being of our communities.

GET INVOLVED!

Become a MEMBER of NJSOPHE; enhance your professional skills and marketability, network with other professionals, and be a part of a growing profession in NJ. Visit www.njsophe.org for a membership application today!

Exciting Careers in Health Education

From the NJ Society for Public Health Education



**Visit us at
www.njsophe.org**

What Exactly Is Health Education?

Health Education...

..... Is an exciting and growing profession that can lead to jobs all over the world in public health agencies, voluntary nonprofit organizations, school/colleges/universities, health care settings, managed care organizations, hospitals, and business/industry environments.

..... Is a social science that draws from the biological, environmental, psychological, social, physical and medical sciences to promote health and prevent disease, disability and premature death.

..... Works to positively influence the health behavior of individuals as well as the lifestyle conditions that influence their health.

..... Strives to implement population-based strategies to impact the health status of communities

..... Requires intensive specialized study. Members of the profession may belong to a health education professional organization and are committed to a professional code of ethics.

..... Can include health promotion, wellness, disease management, health consumerism, health literacy and patient



Employee takes part in a workplace health screening

What Does a Health Educator Do?

Different workplace environments may require different primary activities. However, here are just a few of the many functions a Health Educator may perform:

- Conduct community health assessments and individual Health Risk Appraisals (HRA's)
- Identify community health needs
- Initiate and design effective programs
- Develop and implement curriculum and educational programs
- Create and disseminate program materials
- Organize community partnerships
- Conduct behavioral research
- Apply reliable evaluation methods
- Utilize social marketing and risk communication methods
- Identify funding sources; grant writing
- Develop mass media campaigns

Where Would I Work and What Would I Do?

Health Educators are employed in a variety of workplace settings, applying a variety of skills. Below are just a few of the environments where Health Educators may be employed.

In schools (K-12) - serving students, teachers, school personnel, and parents / guardians

- Teach health education classes
- Promote and implement comprehensive school health programming, including student, staff and parent health education, and
- Promote healthy school environments and school-community partnerships.

At the school district level, you may also:

- Develop education methods and materials
- Coordinate, promote, and evaluate programs
- Write grants for innovative programs

In colleges/universities- serving students

- Work to create an environment in which students feel empowered to make healthy choices
- Develop 'healthy choices initiatives' for students
- Organize / mentor students to provide peer counseling
- Advocate for student wellness programs and a healthy student environment



Program participant learns the importance of handwashing

- Teach health-focused classes/seminars
- Develop media campaigns
- Participate in projects related to personal, community and environmental health, disease prevention, emotional health, family life/sexuality education; first aid, safety and disaster preparedness; substance abuse prevention, human growth and development, body image, and nutrition.

In workplaces- for employees and their families

- Perform or coordinate employee counseling and education services, employee health risk appraisals, and health screenings
- Create a strategic business plan to support worksite wellness programs
- Design, promote, lead and evaluate programs about weight control/obesity, hypertension, nutrition, substance abuse prevention, physical fitness, stress management, and smoking cessation
- Develop educational materials
- Write grants for funds to support projects
- Assure company compliance with occupational health and safety regulations
- Identify community health resources for employees
- Assure all educational materials and program implementation activities are HIPAA-compliant
- Foster a corporate culture that promotes and supports good health.