

HEALTH PROMOTION

Health Promotion is an academic area of study and a professional field in Canada. Its goal is to promote individual, family and community health through educational processes, programs and policies. Health promoters foster personal and collective responsibility for achieving an optimal level of health, for preventing diseases and debilitating conditions, and for minimizing the impact of such diseases and conditions upon individuals who have been infected/affected. Health promoters work in settings in which change, based on informed decisions, is promoted through collaborative relationships with organizations and/or governmental bodies.

PROGRAM OF STUDY

Health Promotion is an academic area of study and a professional field. Its primary goal is to promote the health and well-being of individuals and communities. The MA Health Promotion uses theoretical perspectives, research knowledge, and practical tools from such diverse disciplines as:

- Communications
- Education
- Epidemiology
- Marketing
- Medicine
- Psychology
- Public Health
- Sociology
- Statistics

In the graduate program, global meets local. From the Arts and Social Science perspective, we develop scholars who combine theory, practice and research in health to address issues related to diversity and social justice. The degree, which is research based and requires the completion of a thesis, allows students to develop competency in both quantitative and qualitative research methods.

PROGRAM DESCRIPTION

The MA program in health promotion requires a minimum of 30 credit hours—18 credit hours of classes and 12 credit hours of thesis work. Students must complete courses in research methods, statistics, measurement and evaluation in health promotion, and trends of health promotion or theoretic

cal and scientific bases of health promotion.

The thesis topic will be determined by the student and academic advisor. On completion of all work, a final oral examination covering the nature and findings of the thesis is required.

Although the MA program in health promotion officially has a one-year residency requirement, students should expect to take from 18 to 24 months of full-time work to complete the degree.

The MA program does not include health education content or program planning and delivery of courses.

FACULTY RESEARCH INTERESTS

Bagnell, A., MD (Dalhousie), Main appointment is in the Department of Psychiatry. Research interests are in developing a web based site for youth, teachers and parents to promote help seeking, education and skills for health promotion, particularly mental health. Working with schools to find feasible ways to identify youth at risk and implement appropriate and sustainable interventions.

Barnes, L., MSc (Dalhousie), prevention of HIV/AIDS; HIV/AIDS grief and bereavement; school health promotion; health education/health promotion program planning and evaluation; rubella screening among university women, young adults living with cancer.

Blanchard, C.M., PhD (Alberta), Main appointment is in Medicine. Determinants of health behaviours (mainly physical activity) in diseased (i.e., cardiac patients and cancer survivors) and non-diseased (i.e., adolescents, university students, adults, ethnic disparities) populations; quality of life outcomes associated with health behaviours in diseased and non-diseased populations; statistics, research methods, and measurement.

Gahagan, J., PhD (Wayne State), HIV/AIDS prevention, care, treatment and support issues; sexual and reproductive health; access to health care resources among socially marginalized populations; harm reduction programs; HIV testing and counseling among pregnant women in Canada.

Hutchinson, S., PhD (Georgia), Health promotion strategies for people living with chronic illness/disability, leisure-based responses to stress, older adults living with activity restrictions, program evaluation, chronic disease self-management and self management support.

Jackson, L., PhD (Toronto), The social determinants of health among marginalized populations (e.g women involved in the sex industry), harm reduction policies, HIV/AIDS and Hepatitis C prevention among drug users; rural health; the health and social impacts of employment-related mobility; qualitative methods.

Karabanow, J., PhD (Wilfrid Laurier), Main appointment is in the School of Social Work. Areas of expertise and research are in Youth homelessness, International social work and development, Political economics, and Research methods.

Kirk, S., PhD (Leeds, UK), Canada Research Chair in Health Services Research – Main appointment is in the School of Health Administration. Her research program was a social-ecological approach to understand how lifestyle factors influence health status and health services utilization, particularly in relation to excessive weight gain (obesity).

Martin, D., PhD (Dalhousie), Aboriginal peoples' health and well-being; Indigenous and qualitative methodologies; community-based participatory research methods; Interconnections between food, culture, and health; health and environmental policies as they relate to Aboriginal communities.

Robinson, L., PhD (Simon Fraser), Use of information technology for health promotion; psychosocial issues in cancer; relationships and health; pediatric and adolescent mental health.

Unruh, A., PhD (Dalhousie), gender appraisal and coping with pain; leisure occupations or activities and coping with serious life crisis; spirituality in health.

ADMISSION REQUIREMENTS

Graduation from an honours or four-year undergraduate program with a minimum grade point average of 3.5 or greater over the last two completed years of study (20 courses). Transcripts are assessed and a program of study developed on an individual basis. Candidates must have a sufficient background in health promotion (e.g. health promotion, an allied profession, or a natural or social science). A reasonable match of research interests between a potential thesis advisor and

the student is required. Students must contact potential advisors prior to applying. Students should have completed a research methods and statistics course with a final grade of 'B' or better. Previous research experience is an asset. Students are also encouraged to apply for external funding such as: SSHRC (www.sshrc.ca), CIHR (www.cihr.ca), and NSHRF (www.nshrf.ca). You may also seek other potential funding opportunities by visiting

www.dalgrad.dal.ca/funding/#funding

Application deadline is January 15th. All supporting documents must be addressed and sent directly to the Graduate Administrative Secretary at the School of Health and Human Performance.

INQUIRIES

Graduate Coordinator
and/or
Graduate Administrative Secretary
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