The Health Education and Promotion program prepares students to provide preventive and rehabilitative services in a variety of settings including worksites, health care facilities, community agencies, schools/universities, and governmental agencies. Students culminate their degree requirements with a semester-long internship during their final semester. This degree track prepares students for credentialing opportunities such as the Certified Health Education Specialists and certifications offered through the American College of Sports Medicine.

**Job Description**

**Health Educators** - Provide and manage health education programs that help individuals, families, and their communities maximize and maintain healthy lifestyles. Collect and analyze data to identify community needs prior to planning, implementing, monitoring, and evaluating programs designed to encourage healthy lifestyles, policies, and environments. May serve as a resource to assist individuals, other healthcare workers, or the community, and may administer fiscal resources for health education programs.


**Similar Occupations**

- Dietitians and Nutritionists
- High School Teachers
- Mental Health Counselors
- Marriage and Family Therapists
- Middle School Teachers
- School and Career Counselors
- Social and Human Service Assistants
- Social Workers
- Substance Abuse and Behavioral Disorder Counselors

**National Job Outlook and Wages**

**Median Wages (2010)..........$45,830 annual**
Lowest 10 percent earned less than $26,730, and the top 10 percent earned more than $81,430.

**Employment (2010)..............63,400 employees**

**Projected Employment (2020)...86,600 employees**
Increase of 37% (must faster than average)

**Industries hiring Health Educators include:**
- Hospitals; state, local, and private
- Government
- Ambulatory health care services
- Religious, grant making, civic, professional, and similar organizations
- Social Assistance


**Oklahoma Job Outlook and Wages**

**Mean Annual Wage.............. $46,946**

**Employment.................. 600 employees**


**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.

### Career Paths

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

### 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
- Patient Educators
- Health Promotion Specialist
- Child Development Specialist
- Health Education Coordinator

### Internships

Students are assisted by faculty and staff to identify and apply to internships. Following are some of the places students from OSU have interned:

- American Red Cross
- County Health Departments
- American Diabetes Association
- Inverness Village and other retirement communities
- St. John’s and St. Francis Hospitals in Tulsa as well as several other hospitals in Oklahoma
- YMCA’s in Oklahoma, Texas, and Georgia
- Coors Wellness Center – Golden, Colorado
- Society for Public Health Education (SOPHE) – Washington, D.C.
- Verizon Wireless Wellness Center – Albuquerque, New Mexico
- Ubuntu Youth Center - Ntunzini, South Africa
- United States Naval Hospital - Naples, Italy
- Youth Empowerment and Poverty Eradication Program - Ruiru, Kenya

### Skills Needed to be Successful...

**Speaking** — Talking to others to convey information effectively.

**Active Listening** — Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.

**Critical Thinking** — Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.

**Writing** — Communicating effectively in writing as appropriate for the needs of the audience.

**Reading Comprehension** — Understanding written sentences and paragraphs in work related documents.

**Learning Strategies** — Selecting and using training/instructional methods and procedures appropriate for the situation when learning or teaching new things.

**Active Learning** — Understanding the implications of new information for both current and future problem-solving and decision-making.

**Coordination** — Adjusting actions in relation to others’ actions.

**Social Perceptiveness** — Being aware of others’ reactions and understanding why they react as they do.

**Time Management** — Managing one’s own time and the time of others.

To learn more about health educators and the knowledge and abilities needed for this career visit [http://www.onetonline.org/link/summary/21-1091.00](http://www.onetonline.org/link/summary/21-1091.00)

### Student Organizations

- College of Education Student Council
- Education Ambassadors
- Health Promotion Club

For more information or help connecting with a club, contact a career coordinator or academic advisor.

### Professional Organizations

- American Association for Health Education (AAHE) [http://www.aahperd.org/AAHE/](http://www.aahperd.org/AAHE/)

### Visit Career Services.

For assistance with resume and cover letter development, job and internship searches, career research help, and advice on how to transition from school to work call 405-744-6350 (ask for a career advisor) or email careersuccess@okstate.edu