

Pacific and Global Health

Serving communities, creating solutions, impacting change

In this major, you will grow a strong understanding of how global health issues impact on developed and developing countries. With a particular focus on Pacific peoples, you will learn more about our diverse cultures and concepts of well-being, how our health has been impacted by historical and contemporary challenges, and learn and design positive solutions to improve the health and well-being of Pacific peoples.

Learn in an immersive environment

- Meet and learn first-hand from community and global health leaders.
- Learn by participating in various Pacific cultural practices.
- Gain an understanding of holistic approaches to health and well-being.
- Gain global strategies and perspectives on health and well-being, and use these to serve Pacific families and communities.
- Celebrate and encourage diversity and inclusion in the learning environment.

Career opportunities

Graduates will have a strong holistic and global perspective of health and well-being, with the skills and knowledge necessary to serve the needs of Pacific people and communities in New Zealand and across the Pacific region.



Rhonda Matagi Tomasi
Pacific and Global Health

Rhonda chose to study for a Bachelor of Health Sciences after completing Health Sciences First Year.

"I chose Pacific and Global Health as my major because of my Pacific background. Several members of my family, as well as people in my community, have faced health problems and I thought this qualification would help me understand why these issues exist.

"I've really enjoyed being part of the conversations we have in lectures or tutorials about why such health statistics exist and how we can use our skills to meet the needs of the communities we work with."

Rhonda especially enjoyed the paper focusing on Pacific Health.

"What I learnt in the paper really answered the questions I had about the health status of Pacific people. It complemented what I was studying in other public health papers and gave me a different approach to go about bettering the health outcomes of Pacific people and other high-need communities.

"I think that wherever I end up working in the healthcare field, this degree will equip me with a broader understanding of the provision of healthcare services, as well as helping me better interact with the people I work with. I hope to complete a medical degree and this qualification will add so much more to my future career."

Public Health

Make a difference through collective action for a healthier world and Aotearoa

Leaders in public health practice and research

The University of Otago's expertise in public health is nationally and internationally recognised.

Learn from inspirational teachers and explore aspects that influence health and health equity, such as housing, climate change, wealth distribution, policies, systems and power, and public health responses to them.

Healthier environments, people and communities

With a focus on the health of populations and communities, public health looks at how we can prevent and control diseases, prolong life, and promote health. It involves collective action across sectors and disciplines with a strong focus on reducing ethnic and socioeconomic inequities in health.

Career opportunities

Graduates will have the knowledge and skills to work in a range of areas in the wider health sector, including government and non-government organisations in areas such as health policy and health promotion.

Graduates will have the power to change lives by advocating for healthy environments and populations.

The University of Otago also offers a great postgraduate public health programme at our Dunedin, Christchurch and Wellington campuses.



ENQUIRIES

Bachelor of Health Sciences Administration
Tel 64 3 479 7202
Email bhealsc@otago.ac.nz
otago.ac.nz/bhealsc



Rachel Ngan Kee
Public Health

Rachel Ngan Kee chose to major in Public Health after enjoying a paper in the subject during Health Sciences First Year (HSFY).

"In hindsight, I had no idea what Public Health entailed but I'm grateful I accidentally found it. Public Health puts a community and context-focused lens on health, which is a refreshing change from other sciences (especially HSFY).

"I think questioning the context of disease is a huge part of prevention and cure. This degree teaches you to consider all the elements affecting health and disease; from policy to personal choices.

Rachel says the classes are inspiring and have changed the way she views society.

"I now have an inherent interest in politics, current events and international news because I know they all affect health in some way. I think having peers and lecturers share their experiences in the health system has opened my eyes to areas that need change in Aotearoa.

"I assumed that all of university would be like HSFY, where you show up to a class with hundreds of other students not really knowing your lecturer or each other and then leaving. But it's more like a school classroom, where you know everyone in the class and your lecturers make a real effort to know you.

"I think it's necessary to have a broad understanding of health because it means that when you approach patients or community members you are open to hearing their stories and tailoring their care appropriately. I think patient and community voice is ignored too much in the current health system, and this degree is a springboard for change."



Study a Bachelor of Health Sciences

Community Health Care | Māori Health | Pacific and Global Health | Public Health

Together, we can ensure better health for all



Make a difference in a rewarding career

A healthy career choice

Health systems in the future will see more initiatives in the community. New health roles will be developed to deliver these initiatives and help individuals negotiate the jigsaw of health services available. Public health approaches will become increasingly important to address the broad health issues facing us in the future.

The Bachelor of Health Sciences is a three-year degree for those who want to be an integral part of these new healthcare approaches, with the opportunity to major in:

- Community Health Care
- Māori Health
- Pacific and Global Health
- Public Health

This career-focused qualification concentrates on the skills required to work with people and communities to promote health and ensure they access and receive the most appropriate care. Graduates may find themselves working in a variety of roles in the healthcare system or use the qualification as a foundation for further study in one of the health professional programmes or at postgraduate level.

If you intend to apply for one of the Health Sciences professional programmes, please seek advice from Health Sciences Admissions prior to enrolling in the Bachelor of Health Sciences.

Navigating changing global health systems

As our world becomes more interconnected, new challenges are impacting the health and well-being of our communities. These challenges include:

- Populations and people living for longer, and often with multiple long-term conditions and disabilities.
- Limited health resources and greater demand for services.
- Environmental and social change and their effects on health.

With these challenges comes an increasing need to develop innovative approaches to health care.

How does a degree work?

General three-year bachelors' degrees have a similar structure:

- Three years of full-time study.
- Made up of at least 20 papers worth 18 points each.
- Allow around 18 hours of study time each week per paper.
- Your degree must have one major subject.

A general bachelor's degree is flexible; you can make changes and even include papers from other degrees.

For more details, visit otago.ac.nz/study/planning

Career pathways

Rewarding careers exist in government policy, health promotion or case management – it's not just doctors or dentists who make a difference.

Health promoter

Plan, implement and evaluate activities that promote health and well-being in communities.

Whānau ora navigator

Develop and implement whānau aspirational plans within a community setting.

Community health worker

Use specific cultural or community knowledge and strong networks within communities to promote health.

Rehabilitation co-ordinator

Analyse and develop rehabilitation plans that suit the client's aptitudes, education levels, physical abilities and career goals.

Case manager

Work in organisations that fund people's care or welfare and help people on the road to recovery after injury.

Programme co-ordinator

Research, planning, implementing and evaluating health programmes and community networking.

Policy analyst

Develop and implement public health policy, programmes and regulation. Investigate how resources are allocated to, and used in, different health systems in both the public and private sector.

Primary care co-ordinator

Help people find their way through the care offered by multiple providers in the community.

Which major is right for you?

Community Health Care

Work alongside people living in the community to support their health and well-being

Why study Community Health Care?

Community Health Care focuses on providing the skills and knowledge required to work in our changing healthcare system and support individuals to live healthy lives. The major is multidisciplinary, encompassing biological, sociological, cultural, psychological and developmental perspectives.

Be part of the change in our healthcare system.

Our interactive learning opportunities enable students to connect with people and service organisations in community healthcare settings by:

- Learning about health and well-being from multiple disciplines and perspectives, including hauora Māori, in order to develop an understanding of health at a broader level.
- Focusing on health and well-being, disability, human development and common health problems.
- Becoming knowledgeable about the social and health system context in order to assist people, their whānau and community to navigate the health system effectively.

Career opportunities

Graduates will have a sound multidisciplinary understanding of health, well-being and the health system, and will be well equipped to gain employment in a variety of community roles within primary and secondary healthcare settings, policy and managerial roles, or in health and disability services.



April Oakley
Community Health Care

Seeking a change in direction after originally applying to study for a Bachelor of Science in Human Nutrition, April Oakley met with a course adviser who introduced her to the Bachelor of Health Sciences.

"Health across the life course, disability studies, global health, Pacific and Māori health – it seemed like a happy balance between STEM subjects and the social sciences.

"Yes, we have lectures, but half the time we are having a class kōrero, discussing ideas, concepts and solutions with the lecturer. My lecturer once told me that while we learn from them, they are forever learning from us too.

"All of their content fills the gap they see in the health system right now. Everything is relevant, everything is applicable. We're not reading an old textbook; we're discussing the latest health reform, the newest report the government has released, and talking to people on the front line of our health system."

April is unsure what the future holds, but says, "I know that whatever it is, I will be working with my community to enable everyone to live healthier lives".

Māori Health

Connecting with whanau aspirations for hauora

Why study Māori Health?

Learn how to weave together te ao Māori and health practice to make a difference for hauora across the lifecourse.

Kia matomato te tipu o te pā harakeke.

Learn how to connect with and work alongside Māori individuals, whānau and communities from inspirational hauora Māori teachers.

Understanding Māori health for the benefit of our communities.

Māori Health focuses on making a difference for Māori health outcomes. You will learn about providing culturally responsive health practice when working with Māori individuals, whānau, communities, organisations and populations.

Our immersive learning environment empowers our students to impact on health care for Māori by:

- Developing tools to work with Māori individuals, whanau and communities.
- Applying te ao Māori values within the New Zealand health system.
- Becoming an agent of change for hauora Māori.

Career opportunities

Graduates majoring in Māori Health may take up roles within the Māori health, public health, healthcare, disability and social services sectors that work directly with communities and their organisations.



Alisa Te Ao
Māori Health

Studying Māori Health has made Alisa Te Ao aware that meaningful change can take place at all levels of the healthcare system.

"I had always put dentistry and medicine on a pedestal and was sure they were the only pathways I could take to influence change for Māori and Pacific people. However, after some research, I found the Māori Health major and my outlook completely changed.

"Through this major, I've been taught how to think, not what to think, and I attribute this to the teaching staff. They nurture your curiosity and foster an overwhelming passion for wanting to create change within the healthcare system, so it's equitable for everyone in Aotearoa.

"Meaningful change can be made through all positions in all sectors of the healthcare system and I would love to work on a community level with those who are in need.

"For the first time in my life, my culture has not been treated as a hindrance to my learning but an asset. I used to view failing HSFY as my greatest failure but now, after studying Māori Health, I've realised it was one of the best things to have happened to me."