

DESIGNING HEALTH PROMOTION PROGRAMMES AND INTERVENTIONS	
NAME	
Course volume ECTS	5
Assessment form	Non-distinctive, pass/fail
Methods of learning	Individual and group projects, group discussions, lectures
Approximate amount of contact lessons	In Finland 135 h: 20 h contact lessons + 115 h independent and collaborative online learning In Estonia 130 h: 24 h contact lessons + 106 h independent and web-based work.
Lecturer	-
Pre-requirements	Basics of Health Promotion Lifestyle counselling
Course aims (Learning outcomes of the course)	Students are able to take interdisciplinary, evidence-based and innovative approach to Health Promotion programmes and interventions. Students have the understanding and competences necessary for designing Health Promotion programmes and interventions.
Brief description of the course	The course covers the following themes: <ul style="list-style-type: none"> - Needs assessment - Application of health promotion theories and evidence-based knowledge to the planning and evaluation of health promotion programmes and intervention - Cost-effectiveness - financial outcomes of HP - Linking sustainable development approach to practices - HIA (health impact assessment) - the evaluation of health and wellbeing effects - Renewing health promotion practices using evidence-based interdisciplinary knowledge
Learning outcomes	Students: <ul style="list-style-type: none"> - can use a variety of needs assessment methods; - can use current models and systematic approaches for planning health promotion programs and interventions; - can use sustainable practices to implement health promotion actions and interventions.
Evaluation scale	Exam
Assessment methods and criteria	70% of attendance of lecture; individual tasks given by the lecturer; peer- review of tasks
Study literature and materials	MUST: Material, handouts, EU Health Programme; WHO management of health programmes; 1. Fincham, J (2011). Health Policy and Ethics. Publishing by Pharmaceutical Press 2. Roberst, M et al (2008). Getting Health Reform Right - A Guide to Improving Performance and Equity. Oxford University Press Inc - http://www.who.int/hia/evidence/en/ Fertman, Carl I., et al. Health Promotion Programs : From Theory to Practice, John Wiley & Sons, Incorporated, 2016. ProQuest Ebook Central, http://ebookcentral.proquest.com/lib/metropolia-ebooks/detail.action?docID=4718311 . Gerjo Koko, Ruitter R, Crutzen R. 2011. Planning Health Promotion prgrammes: An intervention mapping approach. Lecture in web: https://www.youtube.com/watch?v=1W29eDel0H8 OPTIONAL: