

Health Promotion and Research Analyst



What do you like best about your job?

One thing I like about working in the Health Protection and Investigation Division is the responsive nature of the work. It is exciting to have something happen in our community that can totally change the course of your day. For example, as the lead Health Promotion and Research Analyst (HPRA) for the extreme heat and cold portfolios, if we have an Extreme Cold Warning or Heat Warning for Waterloo Region, I set down any other work that I am involved in, and get to work informing partners, sharing information with the public, and being ready for any media requests. This role has allowed me to represent the health unit via radio, newspaper, and even TV. It can be intimidating at times, but it's also exciting and I like the challenge!

Describe your typical day?

My typical day is not often very typical. I am involved in a number of different projects related to environmental health or emergency preparedness. It's an exciting mix of work that allows me to work on extreme weather one day, environmental spills the next, and emergency situation planning afterwards. I work at my desk most of the time, but also attend meetings with internal and external colleagues quite regularly. I am often involved in writing reports, research, program planning, health promotion, and communicating health messages to the public.

How are you making a difference?

I have a lot of engagement with community partners, and work with colleagues from various fields and organizations on common goals and efforts. I especially enjoy helping others share health related messaging in a way that works for them and their audience. When we work with community partners, it broadens the reach of our programming, especially with those partners who can connect directly to populations in need. I also have the opportunity to promote health with the general public by speaking to the media. The messages I help promote are important for people to know to protect their health.

What do you like about working or living in Waterloo Region?

One thing that I really enjoy about Waterloo Region is the "small-community" feel with the "big city" accessibility. Waterloo Region really feels like a community to me. There is so much to do in Waterloo Region, but it still feels spacious and genuine. I'm set on trying all of the restaurants and cafes in the region, but this is quite the feat with all the interesting restaurants that keep popping up. I also really enjoy how Waterloo Region is so nicely connected to our environment with the Grand River



snaking through the region, and all sorts of parks and trails. It's nice to explore and find something new all the time.

Why did you choose to work for Region of Waterloo Public Health?

I came to work for Public Health to fulfil my aspirations and interests that evolved during my undergraduate and graduate studies. My goal is to have a positive impact on the health of my community – to attempt to make change for the community as a whole, and to have a little fun in the meantime.

What would you tell someone considering a career as a Health Promotion and Research Analyst?

The HPRRA position can take on many forms. Each role in the department reflects the work of the specific team and division. It brings diversity to the job; you could work on a particular team and have one type of work, and then decide to move to another team in the department, and have a totally different experience. I like knowing that I can have the opportunity to broaden my skills or knowledge base by moving to a different team or division within the Public Health department.

Areas you could work in:

- Child and Family Health
- Health Protection and Investigation
- Healthy Living
- Infectious Diseases, Dental and Sexual Health

Qualifications you need:

- Masters level degree in a health or social sciences discipline, or two undergraduate degrees
- Accumulated experience in public health research, planning and evaluation, health promotion and policy development, data analysis, report writing and communications, community planning and group process evaluation

Wage/salary range:

- Approximately \$71,800 to \$81,600 annually (2017 rates)



Region of Waterloo Public Health
519-575-4400, TTY: 519-575-4608
www.regionofwaterloo.ca/ph

Alternate formats of this document are available upon request.