



International Project Week  
HOCHSCHULE NORDHAUSEN

## 25<sup>th</sup> International Project Week 2023 08<sup>th</sup> – 13<sup>th</sup> May 2023

**Lecturer:** Alison Robert

**University/Company:** Alison Robert (Company)

**Country:** United Kingdom

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### **Health literacy and behaviour change**

**Content:**

- Developing questionnaires
- Exploring attitudes and values to health awareness - specifically sexual health
- Understand cultural attitudes to health promotion and barriers to accessing support
- Developing skills in health promotion and behaviour change models
- Develop a health promotion intervention for a target population

**Methods:**

Group work activities

**Competences and skills to be acquired:**

- Increased knowledge for research techniques
- Awareness of health literacy
- Understanding behaviour change techniques
- Opportunity to develop health promotion intervention

**Prerequisites:**

none

**Language of instruction:**

English