



Career Guide Q&A

Community Based Health Promotion



What does **Community** based health promotion do

Community-based health promotion is an approach that works with people at the local level to improve overall well-being. It focuses on educating communities about healthy habits, preventing diseases, creating safe environments, and encouraging active participation. By involving everyone, especially vulnerable groups, it helps reduce health problems and supports healthier lifestyles for the whole community.



What skills and knowledge are needed?



Knowledge

Public health & disease prevention

Community health needs & culture

Health education methods

Program planning & policies

Skills

Communication & teamwork

Community engagement & leadership

Advocacy & problem-solving

Data collection & project management



HEALTH

Knowledge: .

Community-based health promotion needs knowledge of public health, disease prevention, and the social, cultural, and economic factors that affect health. It also requires understanding community needs, local health systems, services, and policies.

Skills:

Key skills include communication, health education, and community mobilization. A health promoter should be able to plan, carry out, and evaluate programs, collect data, solve problems, and work in teamwork and advocacy roles.

Personal traits: .

Important traits are empathy, compassion, patience, and cultural respect. Honesty, integrity, flexibility, and strong commitment to serve communities are also essential for success.



What qualifications are required?

- Diploma or degree in Public Health, Nursing, Social Work, or Community Health
- Training or certification in Health Education, Health Promotion, or Community Development
- Knowledge of public health principles, disease prevention, and local health systems
- Skills in program planning, monitoring, and evaluation
- Experience working with communities, NGOs, or health projects
- Strong communication, teamwork, and cultural sensitivity

What are the career pathways and progression opportunities?

Career progression often follows this path:

Community Health worker

Health Education Officer

Public Health Officer

Programme Coordinator

Researcher/Data Analyst

Policy Advisor



What is the average salary?



- **Community Health Worker:** Typically earns around LKR 30,516 per month, with a range from LKR 13,925 to LKR 48,416. World Salaries
- **Public Health Officer:** Estimated median salary is LKR 99,417 per month, with a range between LKR 95,586 and LKR 104,264. Glassdoor
- **Public Health Inspector:** Average monthly salary is LKR 154,625. Payscale
- **Public Health Administrator:** Earns between LKR 35,374 and LKR 98,289 per month.

(Salaries depend on skills and experience.)

What is the working environment like?

Community-based health promoters mainly work in communities, visiting homes, schools, and local organizations. They also spend time in offices planning programs, reporting, and coordinating with teams. Work often involves teamwork, travel, flexible hours, and sometimes challenging or remote conditions.



What are the future prospects and benefits?

Future Prospects

- Growing demand for community health professionals in Sri Lanka.
- Opportunities in government, NGOs, and health projects.
- Use of digital tools and community empowerment is increasing.

Benefits

- Improves community health and prevents diseases.
- Cost-effective compared to treatment.
- Builds local capacity and promotes teamwork in communities.

Ready to start Your Future?

For More Information

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