

# The impact of the Red Lotus Critical Health Promotion Model on graduates' health promotion practice

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## Introduction

We first published the Red Lotus Critical Health Promotion Model in 2007,<sup>1</sup> and since then it has been used in undergraduate and graduate health promotion courses in Australia, USA, UK, UAE, and Qatar, as well as in research studies and health promotion programs.








The Red Lotus Critical Health Promotion Model is designed to support critical health promotion as a public health practice, and responds to the calls in all health promotion declarations from the Ottawa Charter for Health Promotion onwards, to move practice away from more limited or selective biomedical-behavioural approaches.<sup>2-4</sup>

The distinguishing feature of the Red Lotus Critical Health Promotion Model is the inclusion of a system of values and principles for critical practice. These values include, but are not limited to: health equity, holistic health paradigm, strengths-based salutogenic approaches, socioecological science, non-maleficence, and empowering engagement processes.

## Aim and objectives

The aim of this research project was to investigate the impact of using the Red Lotus Critical Health Promotion Model as a pedagogical foundation for health promotion courses, on the practice of graduates of health promotion programs from the University of the Sunshine Coast (USC) in Australia.

The objectives were to determine:

-  Levels of knowledge about the model
-  Confidence in using the model
-  Perceptions of the model's clarity
-  Ease of use
-  Importance
-  Relevance and usefulness
-  Impact of the model on health promotion practice

## Methods

In 2018 we conducted a mixed methods study involving an online survey of USC graduates from 2008 to 2016, followed by semi structured interviews with a subset of self nominated respondents.

The study was approved by the USC Human Research Ethics Committee, approval number A/17/960.

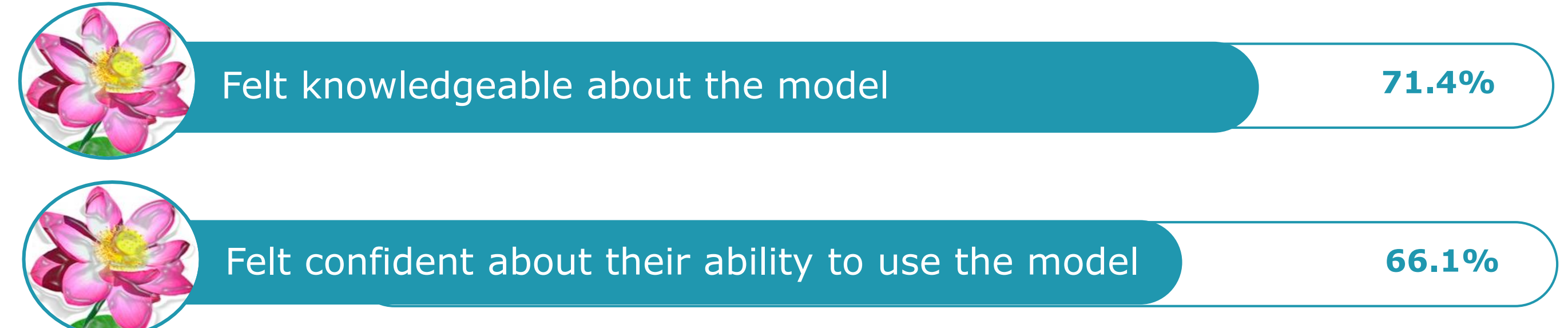
### References

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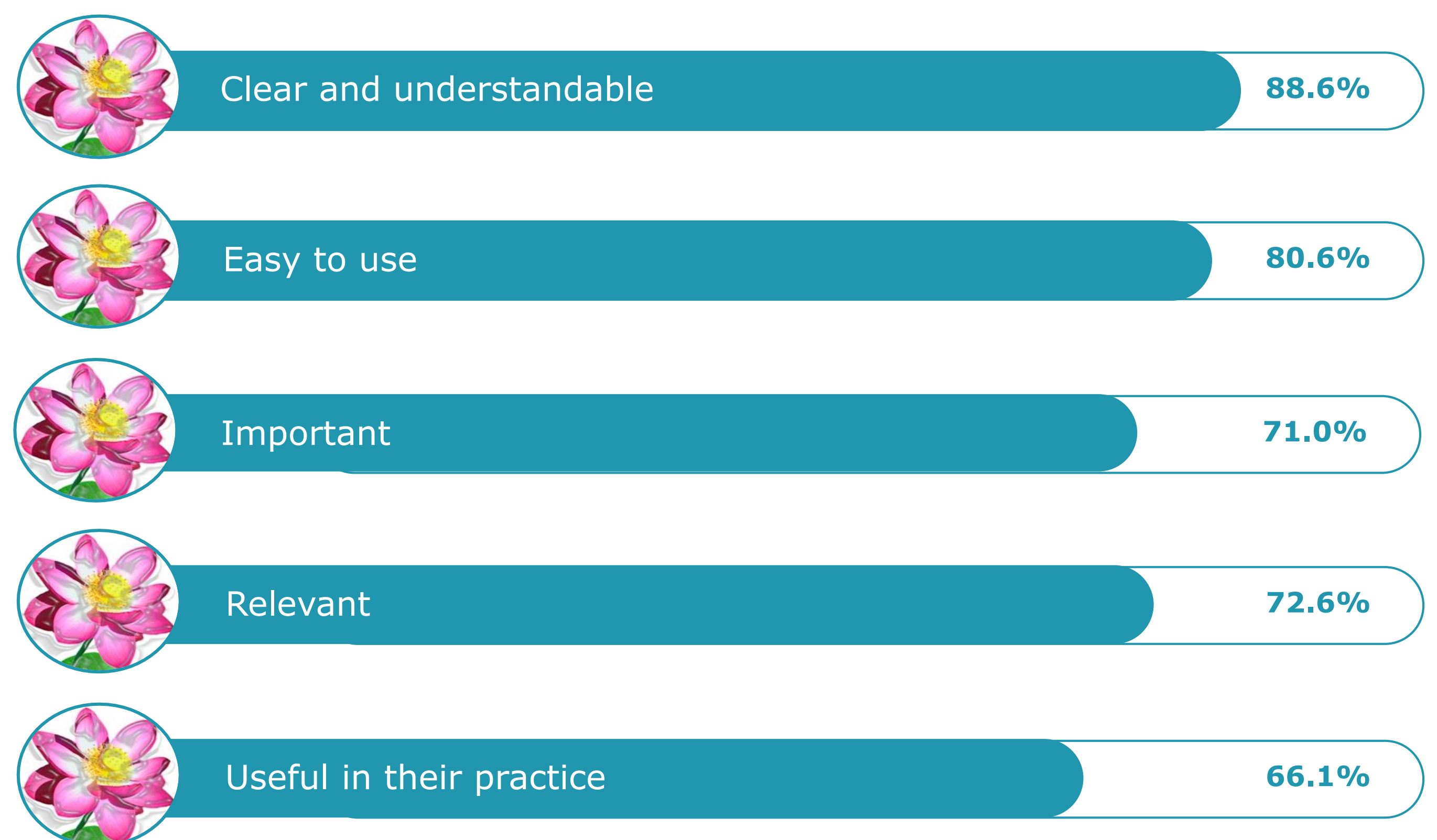


## Results

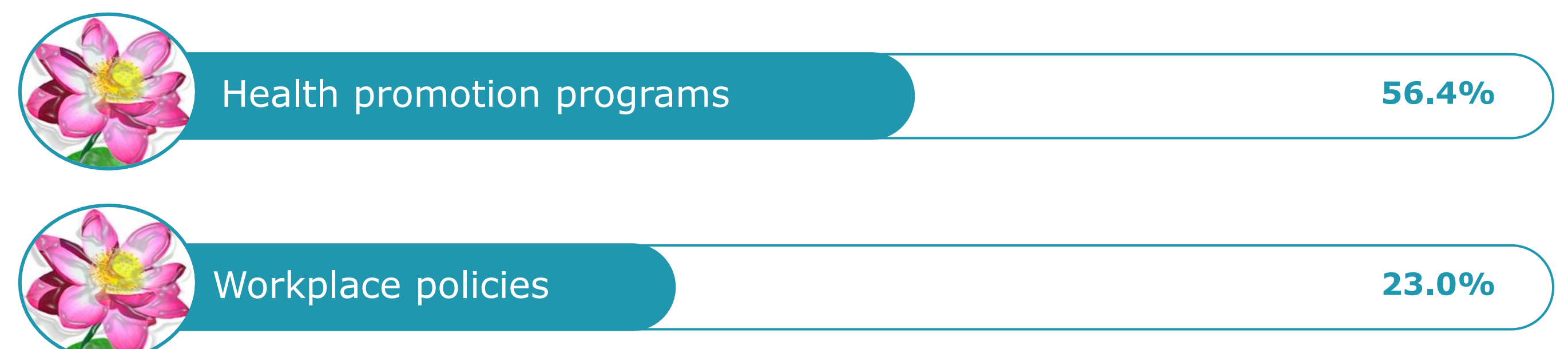
A total of 95 respondents from 195 graduates completed the online survey (49% response rate) and 10 respondents were interviewed. More than 2/3 of the survey respondents felt knowledgeable about the model and confident in their ability to use it.



A majority of participants agreed or strongly agreed that the model is:



More than half of participants indicated that using the model had an impact on the health promotion programs they had worked on. However, less than a quarter felt that the model had an impact on the institutional policies of their workplace.



Data from the interviews supported these findings, and additional themes included the need for a step-by-step guide for implementing the model in public health and other sectors; access to ongoing support for implementing the model; and clearer links to other relevant frameworks or models.

## Conclusions

The Red Lotus Critical Health Promotion Model is well understood and considered to be important, relevant and useful to the practice of graduates from programs in which the model is used as a pedagogical foundation.

Further development of the model will involve refining the model's content to enhance its utility, and developing a guide for implementing the model in a range of sectors.

The study has implications for the use of the model in undergraduate and graduate health promotion related programs in Qatar, and in professional development programs for health promotion practitioners.