

Public Health Summer School Wellington



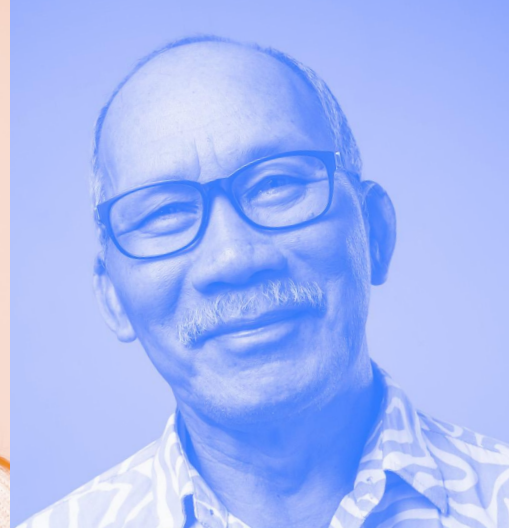
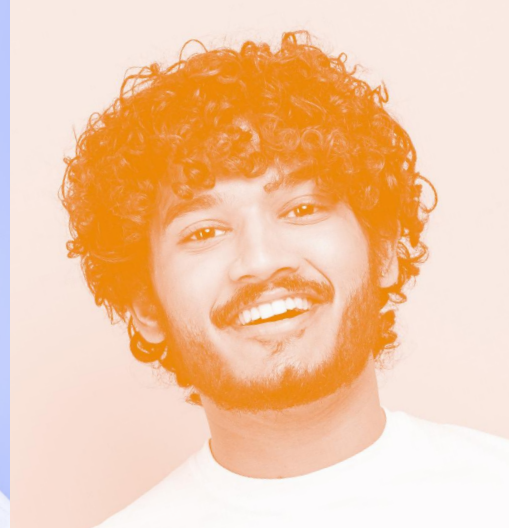
University
of Otago
OTĀKOU WHAKAIHU WAKA

Pōneke
Wellington
Campus

Offering 29 short
courses to build your
knowledge and skills.

2-20 February

2026



**A healthier
community.
A better
tomorrow.**

Wellington, New Zealand
otago.ac.nz/uowsummerschool



Research, epidemiology and statistical methods

Co-creating research with lived experience: Principles, practice, and possibility

5 February ■

Join our one-day workshop exploring how to co-create impactful, ethical, and socially just research with people who bring lived experience of mental distress, addiction, and related health inequities. Learn key principles and gain practical guidance.

Introduction to R

5 February

Learn how to apply simple biostatistical methods in open-source programming language R (and RStudio) using data from studies in health sciences.

VHIN Introduction to research in the IDI

10 February

Introduces the Integrated Data Infrastructure (IDI) and provides a toolkit and practical steps to maximise value from research using the IDI. Opportunity to ask questions of expert users.

Practical skills for IDI data analysis

11–13 February

This is a hands-on practical course that will teach beginner skills for data analysis in the IDI. Students will work within a real Datalab environment using real IDI data.

Introductory biostatistics for health researchers

16–17 February

This two-day course is a fun introduction to biostatistical thinking. It covers foundation biostatistics concepts, including confidence intervals and hypothesis tests, with a focus on understanding the appropriate use and interpretation of these methods. No software required.

GIS techniques in health research and policy

16–17 February

Learn how to apply GIS techniques and analyse spatial data to understand population health, the distribution of disease, environmental exposures and accessibility to healthcare. One- or two-day options are available at the beginner and intermediate/advanced levels.

Stata for health researchers

18 February

Stata is an ideal software programme for quantitative research. Using a health dataset, this hands-on, in-person course introduces the software and teaches how to perform various statistical analyses that are common in health literature.

Intermediate biostatistics: Regression methods

19–20 February ■

This two-day online course introduces core regression modelling approaches, from basic principles to the practicalities of running analyses using statistical software and interpreting results.

Introduction to simulation modelling

20 February

This course will equip you with an introductory understanding of modelling the health and cost impacts of preventive interventions. It will cover key terminology, different modelling approaches and the process of modelling a public health intervention.

Synthesising and communicating public health knowledge

Dodgy data and risky rhetoric: Avoiding common pitfalls in public health communication

4 February ■ ■

Learn how to communicate data, evidence, and policy clearly and effectively. This workshop explores common

pitfalls, practical strategies, and case studies for building clarity, trust, and impact in public health communication.

Literature review and basic meta-analysis skills

11 February

This online course covers key steps and essential skills for conducting a simple literature review, a systematic review, and meta-analysis including the use of software such as Covidence, Endnote and RevMan.

AI in public health

12 February ■ ■

What does Artificial Intelligence (AI) mean for the future practice of public health? This course explores the fundamentals of AI while exploring its practical applications and implications in public health practice and research.

How to write a paper

13 February ■

This interactive Zoom-based course will guide its participants through the publication process – from planning a paper, writing it effectively and, finally, dealing with the occasionally brutal peer review process.

Qualitative methods

Introduction to qualitative methods

10 February

This hands-on course uses a mix of public health research examples and practical exercises to explore qualitative research design, collecting data from interviews, documents and observations, and data analysis.

Introduction to NVivo

13 February

This hands-on workshop is designed as a practical guide to NVivo software for new and experienced qualitative and mixed methods researchers.

Creative and arts-based methods in health research

16 February ■

Explore creative tools like visual arts, storytelling, and performance to support health research, teaching, and community engagement. Includes hands-on activities and culturally grounded approaches. No art experience needed.

Using theory in social research

19 February, half-day am ■ ■

This interactive course will equip you with foundational skills to use theory meaningfully to shape your research questions, guide your analysis, and strengthen your findings.

Health systems and evaluation

Strengthen policy for wellbeing, health, and equity through Health Impact Assessment

3 February ■ ■

Introduces health impact assessment (HIA) that aids decision making by predicting the potential effects of policies, programmes, and projects on health, wellbeing and health inequities.

Introduction to the New Zealand health system

4 February, half-day am ■

Learn about the structure of New Zealand's health system, including how policy is made and how our history, structure and political climate impact on decision making in today's health system.

Strengthen health equity using the Health Equity Assessment Tool

13 February ■ ■

Upskill to strengthen health equity. Learn how to use the Health Equity Assessment Tool (HEAT) and consider how to apply it in your context.

Māori and Pacific health and cultural competencies

Introduction to Pacific health: Approaches for action

3 February

Learn about key concepts, issues and effective actions in Pacific health from evidence- and community-based perspectives. Includes cultural and demographic trends, key priorities and ways of overcoming current challenges.

Hauora Māori: Effective models of engagement and assessment

12 February

Introduces best practice Māori health models of engagement and assessment to support health professionals to work effectively with Māori.

Climate health series

Foundations of climate change and health

9 February, half day am ■ ■

Learn about the links between climate change, health, and health equity in the Aotearoa context. Learn how systems can be changed to support responses to climate change. This foundation course is a prerequisite for the "Introduction to sustainable healthcare" and "Climate health and healing" courses.

Introduction to sustainable healthcare

9 February, half-day pm ■ ■

Learn how our health system can respond to the challenge of climate change. This introductory course will increase your knowledge and give you practical ideas and skills to support systems change.

Climate health and healing

10 February, half day am ■ ■

Learn about holistic multi-level solutions to climate mitigation, adaptation, and related health and environmental issues that centre te Tiriti and te ao Māori approaches. Roles and implications for communities, health professionals, and decision makers will be explored.

Healthy public policy

Rethinking tobacco: New approaches to ending smoking

5 February, half-day am ■ ■

What could be done to reduce smoking prevalence rapidly and equitably? This course will critically review potential new policies that Aotearoa could consider, and provide opportunities to analyse and discuss their potential impact.

Understanding Aotearoa New Zealand's housing system

11 February ■

Housing is a crucial determinant of health and wellbeing. Learn about the political, economic, and social drivers of housing crises, ongoing interventions in the housing system (from government-led programmes to community- and iwi-led initiatives), and future directions for housing policy.

Priorities for food policy in Aotearoa

17 February ■

Join our one-day workshop where you will hear from Health Coalition Aotearoa's (HCA) leading public health nutrition experts. This session explores evidence on effective food policy, examines the New Zealand context and policy design, and outlines HCA's advocacy approaches for improving food systems in Aotearoa.

Action for equitable cancer prevention and care

20 February ■ ■

Update your knowledge and skills to ensure equitable cancer prevention and care in Aotearoa. Learn from leading national and international thinkers, researchers, and community leaders.