

## QUALIFICATION FACT SHEET

### For Training Centres: Level 2 Award in Understanding Health Improvement

#### Health improvement: What's it all about?

Healthcare is changing. It no longer means just treating illness; it is now an opportunity to promote healthier lifestyles. Choosing Health, the Government's strategy for healthcare, sets out a new vision for our society, where people can get practical support to make healthy lifestyle choices for themselves. Anyone who works with the public in a health related environment can become a part of Choosing Health.

#### Who is the RSPH qualification aimed at?

This Level 2 qualification is specifically designed for people with an interest in developing public health knowledge and skills. It would be particularly relevant to people working in pharmacies, sports centres, prisons, care homes, colleges or schools, and those with responsibility for staff welfare. In short, anyone who is concerned with the well-being of the people in their community. It is also the first step towards becoming a fully qualified Health Trainer.

#### How can I promote it?

This RSPH qualification is supported by a range of marketing materials available to you once you are fully registered to deliver this programme. We have developed a number of promotional materials, ready for you to include your own contact details and use in your local area. We can also supply press releases aimed at your local newspapers, into which you can add your own details.

#### How does it fit in?

This qualification is ideal as the first step towards a career in public health.

Course duration: A one day course including assessment time

Assessment method: Multiple choice examination (45 minutes, 30 questions)

QCA Accredited: Yes

Level: Level 2

Tutor support: A full pack of tutor materials will be supplied on PowerPoint, along with the syllabus and a list of training resources.

#### What does it cover?

This award provides knowledge and understanding of the benefits of good health and well-being, and of how to direct individuals towards further practical support in attaining a healthier lifestyle.

- The role of health training in the workplace and the community
- Basic models of behaviour change and how to use these to help people
- The barriers to health improvement
- How to access further information and assistance

#### What do I need to do next?

If you would like to offer this qualification, please complete the relevant Centre and Additional Qualification Registration form downloadable from the RSPH website ([www.rsph.org.uk](http://www.rsph.org.uk))

Please note that trainers would generally be expected to have a health related qualification of at least Level 3, plus relevant work experience and a training qualification and/or experience.

For further information about offering this qualification, contact Angela Corpes, Centre Support Manager on 020 3177 1641 or email [acorpes@rsph.org.uk](mailto:acorpes@rsph.org.uk).