

## Level 2

# Award in Encouraging a Healthy Weight and Healthy Eating

This qualification is designed to support learners who are interested in helping others to develop healthier lifestyles and improve their wellbeing.

### WHO NEEDS THIS QUALIFICATION?

- Health & fitness professionals
- Community healthcare workers
- Health support professionals
- Health champions
- Individuals interested in encouraging other people to eat healthily

### WHY RSPH?

RSPH is the UK's leading independent OFQUAL regulated awarding body for public health qualifications.

### HOW IS THIS QUALIFICATION ASSESSED?

Candidates are assessed with a completed learner's workbook.

### WHAT DOES THIS QUALIFICATION COVER?

- The social and individual factors that result in people being over or under a healthy weight
- The mental and physical consequences of unhealthy eating
- Understanding what constitutes a healthy diet
- How to interpret food labelling to support healthy eating
- How to encourage others to eat more healthily
- Methods for identifying and overcoming barriers to maintain a healthy weight



**Guided Learning time:**  
6 hours

**Total qualification time:**  
10 hours

**1 unit**

