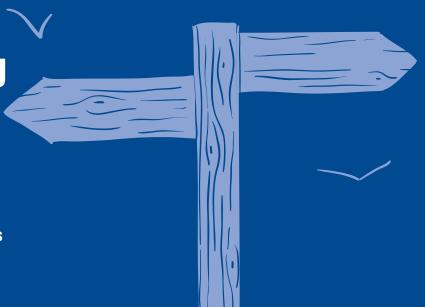


# Level 2

# **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









