

## Level 2

# Award in Understanding Health Improvement

This qualification will provide learners with the information and skills needed to effectively promote good health and wellbeing.

### WHO NEEDS THIS QUALIFICATION?

- Aspiring or current health champions
- Health improvement volunteers
- Community health workers
- Pharmacy assistants
- Health advisors
- People with a public health role which involves encouraging healthy lifestyles

### WHY RSPH?

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

### HOW IS THIS QUALIFICATION ASSESSED?

The knowledge and understanding of candidates will be assessed by a multiple-choice examination.

### WHAT DOES THIS QUALIFICATION COVER?

- The health inequalities that exist and measures that have been taken to address them
- Methods for effectively communicating health measures to the public
- How effective communication can promote healthy lifestyle changes
- What is needed to encourage individuals to change their behaviour and lifestyle to improve their health
- What the benefits of health behaviour change are



**Guided Learning time:**  
8 hours

**Total qualification time:**  
8 hours

**1 unit**

