

Level 1 Award in Health Improvement

January 2020

Guided Learning Hours 6 hours
Total Qualification Time 8 hours

Ofqual Qualification Number 600/6419/5

Description:

The objective of this qualification is to provide learners with an understanding of public health and the factors that have improved public health. Learners will also be given an understanding of how, at an individual level, lifestyle choices and behaviours can have a positive and negative effect on health.

Learners will be able to use this understanding to identify changes to their own lifestyle in order to improve their health.

This award also provides a foundation for further learning. Successful candidates may progress to other health awards such as the RSPH Level 2 Award in Understanding Health Improvement or the RSPH Level 2 Award for Young Health Champions.

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Principles of Health Improvement

Guided Learning: 6 hours
Total unit Time: 8 hours
Unit Level: 1
Unit Reference No. L/504/2898

Summary of Learning Outcomes:

To achieve this qualification, a learner must:

- 1 Understand what is meant by health and wellbeing, with reference to:**
 - 1.1 The WHO definition of health.
 - 1.2 The significance of this definition.
- 2 Understand factors that have led to the improvement of public health, with reference to:**
 - 2.1 **THREE** public health advances that have resulted in large scale improvements in public health.
 - 2.2 How each of these advances has had an impact on the public's health.
- 3 Understand how lifestyle may have a negative effect on health, with reference to:**
 - 3.1 **THREE** long term health conditions that are linked to lifestyle behaviours .
 - 3.2 **THREE** reasons why people make unhealthy lifestyle choices.
- 4 Understand how lifestyle may have a positive effect on health, with reference to:**
 - 4.1 **THREE** behaviours that have a positive effect on health.
 - 4.2 How these behaviours have a positive effect on the individual.
 - 4.3 **THREE** reasons why people make healthy lifestyle choices.
- 5 Know how to improve your own health, with reference to:**
 - 5.1 Own attitude to health
 - 5.2 A lifestyle change that can improve your health.
 - 5.3 How this lifestyle change could be achieved.
 - 5.4 The benefits of this change.
 - 5.5 Who or what can help you to achieve your aim.

Content

1 Understand what is meant by health and wellbeing

- 1.1 *WHO definition of health:* importance of health being defined as not simply the absence of disease.
- 1.2 *Significance of this definition:* importance of health defined positively in terms of good physical, social and mental health and wellbeing rather than negatively; fact that the definition of health has remained unchanged for 70 years.

2 Understand factors that have led to the improvement of public health

- 2.1 *Public health advances that have resulted in large scale improvements in public health:* improvements to public health due to factors such as better housing, sanitation, provision of clean water; improvements in nutrition and food safety, education.
- 2.2 *How each of these advances has had an impact on public health:* explanations of advances are relevant, accurate and based on evidence.

3 Understand how lifestyle may have a negative effect on health

- 3.1 *THREE long term health conditions that are linked to lifestyle behaviours:* examples of long term health conditions which, based on evidence, are clearly caused by lifestyle behaviours such as cardiovascular disease, type 2 diabetes and chronic obstructive pulmonary disease (CoPD).
- 3.2 *THREE reasons why people make unhealthy lifestyle choices:* exploration of why people make unhealthy lifestyle choices such as peer pressure, domestic situation, influence of media, lack of positive role models, poor self-image, lack of knowledge and understanding about effect of lifestyle.

4 Understand how lifestyle may have a positive effect on health

- 4.1 *THREE behaviours that have a positive effect on health:* behaviours such as ensuring diet is healthy, engaging in physical activity or extending range of physical activities, rest and relaxation, hobbies and interests, moderate alcohol consumption, regular health and fitness checks.
- 4.2 *How these behaviours have a positive effect on the individual:* outline of how the above (or other) behaviours affect the health of the individual such as improved feeling of well-being / mental health, self-esteem; possible physical improvements.

- 4.3 *THREE reasons why people make healthy lifestyle choices:* exploration of why people make healthy lifestyle choices such as: receiving 'health warning', positive role models, interest in sport, increased knowledge and understanding of benefits of healthy lifestyle, as a positive response to bullying.

5 Know how to improve your own health

- 5.1 *Attitude to health:* Assess own attitude to health by questions such as 'how healthy do you think you are?' Do you actively try to improve your health? Are you physically active or inactive? Do you smoke or drink? What is your diet like? Would you change your diet or activity level to improve your health? Have you missed many days off school or work due to illness? Use of health questionnaires or quizzes to explain attitudes to health.
- 5.2 *Lifestyle change that can improve own health:* identification of a lifestyle change that could improve own health such as stopping smoking, reducing alcohol consumption, increasing physical activity, changing diet, any of the 5 Ways to Wellbeing.
- 5.3 *How to achieve lifestyle change:* lifestyle change could be achieved through participation in relevant after-school clubs and societies, participation in self-help groups, accessing facilities in the community; gradual change or 'big-bang' approach; keeping personal records such as health diaries, food diaries, weekly weight measurements, improvement in fitness etc.
- 5.4 *Benefits of change:* benefits such as improved self-image, increased fitness, extra spending money (e.g. if spending less money on alcohol or cigarettes), increased alertness, better sleep, improved mental wellbeing.
- 5.5 *Who or what can help:* family and friends, school /work-mates, social groups, professional health workers and health trainers, individuals trying to achieve same health improvement.

Candidates successfully achieving this unit will have basic factual knowledge of health improvement and/or knowledge of facts, procedures and ideas to complete well-defined routine tasks and address simple problems; and is aware of aspects of information relevant to health improvement.

Assessment

Attainment of the Learning Outcomes for this unit can be assessed by a portfolio of evidence or workbook, which is centre assessed, or by a multiple-choice examination. Centre assessment decisions will be subject to scrutiny by RSPH.

RSPH has developed a **Learner Workbook** for assessment evidence that centres can either use directly or modify to suit their own particular requirements. Permission must be obtained from RSPH if a centre wishes to modify the workbook.

If **Portfolio Evidence** is chosen as the assessment method, please use the Portfolio Assessment Summary forms for each unit along with the Portfolio Front Sheet and attach to the portfolio.

These materials are available from **Resources** in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

The multiple-choice examination consists of 25 questions and is provided by RSPH. A candidate who is able to satisfy the learning outcomes must score 17/25 in the examination. The candidate will have 45 minutes to complete the examination. Strong performance in some areas of the qualification content may compensate for poorer performance in other areas.

National Occupational Standards

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

HT2 Communicate with individuals about promoting their health and wellbeing
HT3 Enable individuals to change their behaviour to improve their own health and wellbeing

Further details of these National Occupational Standards can be obtained from RSPH Qualifications.

The qualification is also mapped to the following dimensions of the NHS Knowledge and Skills Framework:

Dimension HWB1: Promotion of health and well-being and prevention of adverse effects on health and well-being

Dimension HWB4: Enablement to address health and well-being needs

Centre Guidance

Registration of Candidates:

Candidates must be registered with RSPH and have a candidate number before any work can be submitted for external verification.

Candidate registration forms can be downloaded from the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

How to apply to offer this qualification

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website www.rsph.org.uk. Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at centreapproval@rsph.org.uk if you need any assistance.

Special Assessment Needs:

Centres that have candidates with special assessment needs should consult The Society's Reasonable Adjustment and Special Consideration Policy; this is available from RSPH and the RSPH web site (www.rsph.org.uk).

Recommended Qualifications and Experience of Tutors:

The Society would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience. Centres must be approved to offer RSPH qualifications.

Other Information:

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

Centres must be registered with RSPH.

Any enquiries about this qualification should be made to:

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