

## Level 1 Award in Health Awareness

January 2020

**Guided Learning Hours: 7 hours**  
**Total Qualification Time 7 hours**

Ofqual Qualification Number 601/8308/1

### **Description:**

The objective of this qualification is to provide learners with an awareness of the principles of health and the impact on their health of the lifestyle choices they make. It will prepare them to take responsibility for their personal health and work actively with health service providers to manage their own care and that of others, eg their families, when necessary; in this way, learners will be enabled to actively contribute towards more effective health service provision.

The qualification reflects the Department of Health's strategic thinking on health and inclusively for all. Valuable as a free-standing qualification for everyone, it is especially appropriate:

- In the workplace setting as an introduction to health awareness where it would be appropriate as a "core value" unit on which to build skills and knowledge in a wide variety of occupational settings.
- As a part of health and lifestyle education for young people, through schools and colleges, and for those starting out in independent living.
- As part of the preparation for those active in Local Involvement Networks (LINKS) and Patient and Public Involvement groups

This award also provides a foundation for further learning. Successful candidates may progress to other health awards such as the RSPH Level 2 Awards in Understanding Health Improvement, and Healthier Foods and Special Diets

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## **Unit One: Health Awareness**

Guided Learning: 7 hours

Total Unit Time: 7 hours

Unit Level: 1

Unit Reference No. F/508/0127

### **Summary of Outcomes:**

**The candidate will be able to:**

1. **Understand the meaning of “health”, *with reference to:***
  - what is meant by ‘Health & Wellbeing’
  - the different concepts of health
  - basic human needs as a foundation for good health
  
2. **Understand the basic principles of public health, *with reference to:***
  - the differences between individual and population health and wellbeing
  - the basic information used in public health
  - the health protection measures to reduce transmission of infection both at home and at work.
  
3. **Understand the lifestyle choices affecting personal health and wellbeing, *with reference to:***
  - the benefits of a healthy lifestyle
  - why physical activity is important to good health
  - components of a balanced diet
  - risks of lifestyle choices in substance misuse
  - the role of work in health and wellbeing.
  
4. **Understand how to manage personal health collaboratively with service providers, *with reference to:***
  - how to be an active participant in managing health
  - ways to collaborate with health service providers

Candidates successfully achieving this unit will have basic factual knowledge of health awareness 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.

## Content:

### 1. The meaning of “health”

*‘Health and wellbeing’:* The part played by health in adding years to life and quality of life to those years, for all.

*The different concepts of ‘Health’:* The concepts of ‘Health’; positive health (encompassing physical, mental and social wellbeing) and ill health. The differences between positive/holistic health and disease and illness focussed models.

*Basic human needs:* Breathing, food, water, sex, sleep, safety and security.

### 2. Basic principles of public health

*The differences between individual and population health and wellbeing:* Personal, individual health and the contribution of individuals to the wider health of an inclusive community.

*Basic information used in public health:* Life expectancy, illness and disability rates, their use in understanding and action to improve the population’s health and wellbeing.

*Health protection measures to reduce transmission of infection:* The contribution of individuals in their personal and work capacity to reduce transmission of infection by correct hand washing and disposal of contaminated handkerchiefs. Role of vaccination and immunisation programmes and campaigns.

### 3. Lifestyle choices affecting personal health and wellbeing

*The benefits of a healthy lifestyle:* Increasing life expectancy and quality of life by maintaining a healthy weight and reducing the risks of preventable injury, disease and illness (embracing sexual health, and screening) and including Department of Health recommendations for health, examples and use of IT resources to access information, health and lifestyle assessment eg Lifecheck (early years, teen and midlife). Cultural factors in lifestyle choices.

*Physical activity:* The contribution to health of physical activity/inactivity.

*Balanced diet:* The contribution to health of a balanced diet and food choices.

*Substance misuse:* Lifestyle choices and risks of substance misuse, smoking, alcohol and other substances.

*Role of work:* The contribution of work (all productive contribution to society – paid, voluntary etc) to health and wellbeing and its part in maintaining health, promoting mental wellbeing, personal esteem, dignity and respect. The wider contribution of the workplace to preventative disease and illness including exposure to sun, protective clothing, road safety.

### 4. Managing personal health collaboratively with health services.

*Active participation in managing health:* Empowerment, self- care and care of others

*Collaboration with health service providers:* Partnership working and influencing health provision.

## Assessment:

The knowledge and understanding of the candidates will be assessed by a multiple-choice examination consisting of one examination paper of 20 multiple choice questions to be answered in 45 minutes. 10 of these questions will relate to Outcome 3 and the remainder will relate to the other three Outcomes.

A candidate who is able to satisfy the learning outcomes will **achieve** a score of at least 13 out of 20 (65%) in the examination. Strong performance in some areas of the qualification content may compensate for poorer performance in other areas.

## Guidance:

### Suggested Reading:

Choosing Health, making healthy choices easier DH 2004 TSO  
 Saving Lives: reducing infection, delivering clean and safe care DH 2007  
 Clean, safe care- reducing infections and saving lives DH 2008  
 National Patient Safety Agency Information  
 Immunisation against Infectious Disease DH 2006 vii  
 Health and Illness M. Bury Polity Press 2005  
 Maslow's Hierarchy of Needs and Need Levels, Abraham Maslow, Maslow 1971  
 Health and Illness M. Bury Polity Press 2005  
 The Social Origins of Health and Wellbeing. Richard Eckersley, Cambridge University Press, 2002.

The following websites have useful information:

- The Human Papillomavirus Education Programme at [www.rsph.org/policy/HPV/PDF%20Resources.asp](http://www.rsph.org/policy/HPV/PDF%20Resources.asp)
- [www.dh.gov.uk/fiveaday](http://www.dh.gov.uk/fiveaday)
- [www.Healthspace.nhs.uk](http://www.Healthspace.nhs.uk)
- <http://www.expertpatients.co.uk/public/default.aspx>
- <http://www.selfcareconnect.nhs.uk> (by subscription)
- [www.dh.gov.uk/lifecheck](http://www.dh.gov.uk/lifecheck) (teen lifecheck (12 - 15 years) and mid-life lifecheck (45 – 60 years))
- [www.nhs.uk/lifecheck](http://www.nhs.uk/lifecheck) (early years 5 - 8 months)
- [http://www.dh.gov.uk/en/Publichealth/Healthimprovement/Healthyliving/DH\\_080149](http://www.dh.gov.uk/en/Publichealth/Healthimprovement/Healthyliving/DH_080149) (for information on health literacy)
- [http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH\\_074279](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_074279)
- <http://www.connectingforhealth.nhs.uk>
- [www.npsa.nhs.uk/](http://www.npsa.nhs.uk/)
- [www.apho.org.uk](http://www.apho.org.uk)
- <http://www.hpa.org.uk>
- <http://www.btplc.com/Health/NHSIT/NPfIT/index.htm>
- <http://www.ournhs.nhs.uk/>
- [www.espmoels.co.uk](http://www.espmoels.co.uk)
- [www.healthcare2z.org](http://www.healthcare2z.org)
- The Vaccine Information Service <http://www.spmsd.co.uk/>
- Google Scholar – subject headings Health, Wellbeing

### **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](http://www.rsph.org.uk)).

### **Recommended Qualifications and Experience of Tutors:**

Centres wishing to provide courses leading to the RSPH Level 1 Award in Health Awareness should first apply to the RSPH for registration.

With regard to tutors' qualifications and experience, the RSPH would expect tutors to have training experience and a qualification in a relevant subject area, as indicated below, but recognises that experienced tutors can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of training experience.

Prospective trainers will normally have:

- a Level 3 (or equivalent) qualification or unit in Health Promotion from a recognised awarding body and
- a training qualification and/or practical experience of training

or:

- the RSPH Level 2 Award in Understanding Health Improvement and
- practical experience of training and other evidence of experience of health education and promotion

Full details of registration procedures and application forms are available from the RSPH website ([www.rsph.org.uk](http://www.rsph.org.uk)).

### **Mapping to National Occupational Standards:**

Few National Occupational Standards specifically address health awareness. Appendix 1 shows the links between this award and relevant elements of existing standards.

### **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:

The Qualifications Department,  
Royal Society for Public Health,  
John Snow House  
59 Mansell Street,  
London  
E1 8AN

Tel. 0207 265 7300  
[www.rsph.org.uk](http://www.rsph.org.uk)  
Email: [info@rsph.org.uk](mailto:info@rsph.org.uk)

## Appendix 1: Links to National Occupational Standards:

National Standards	Relationship to RSPH Level 1 Award in Health Awareness
<p><i>Skills for Health HT2: Communicate with individuals to promote their own health and wellbeing.</i> K2: A basic awareness of the evidence about how individuals can promote their own health including changing behaviour.</p>	<p>Addressed in specification Outcome 3 (whole).</p>
<p><i>Skills for Health IPC2: Perform hand hygiene to prevent spread of infection.</i> K4: A factual knowledge of the chain of infection. K6: A working knowledge of the situations requiring hand hygiene, the solutions required to achieve hand hygiene and when they are appropriate, and approved techniques for performing hand hygiene.</p>	<p>Addressed briefly in specification Outcome 2 Assessment Criterion (AC) 2.3.  Addressed in specification Outcome 2 AC 2.3.</p>
<p><i>Multidisciplinary/Multiagency/multiprofessional Public Health Skills and Career Framework</i> <i>Core area: Surveillance and assessment of the population's health and wellbeing</i> Level 1: a) Awareness of the difference between individual and population health and wellbeing.  d) Awareness of factors that affect health and wellbeing and how everyone can contribute in their personal and work capacity.</p>	<p>Addressed in specification Outcome 2 AC 2.1.  Addressed in specification Outcome 1, AC 1.2 Outcome 2, AC 2.3 Outcome 3 (whole) Outcome 4 (whole)</p>
<p>Level 2: a) Awareness of how accurate data and information contributes to an understanding of the population's health and wellbeing. d) Awareness of the basic data collection methods needed for accurate data recording.</p>	<p>Both addressed in specification Outcome 2, AC 2.2.</p>
<p><i>Defined area – Health improvement</i> Level 1: a) Awareness of hazards to health  b) Awareness of how behaviour impacts on health.</p>	<p>Addressed in specification Outcome 2, AC 2.3. Outcome 3 (whole)  Addressed in specification Outcome 2, AC 2.3. Outcome 3 (whole) Outcome 4 (whole)</p>
<p><i>NHS KSF</i> HWB1 Promotion of health and wellbeing and prevention of adverse effects on health and wellbeing Level 1.</p>	<p>Addressed in specification Outcome 1, AC 1.2. Outcome 2, AC 2.3 Outcome 3 (whole)</p>



