Suggested Reading and useful web-sites for the RSPH Level 3 Certificate in Health and Wellbeing Improvement and RSPH Level 3 Diploma in Health and Wellbeing Improvement – Supporting behaviour change in professional practice

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| **General Reading** |
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| Health Promotion Theory. [2nd ed]. Maidenhead, Berkshire: McGraw Hill Education, Open University Press. | Cragg L., Davies M. and Macdowall W. (eds) (2013) |
|  |  |
| Communicating health: strategies for health promotion [2nd ed]. London: SAGE. | Corcoran, N (2013) |
|  |  |
| Promoting Health: A Practical Guide, [6th ed]. Oxford: Elsevier. | Ewles, L., Scriven, A., Simnett, I. (2010). |
|  |  |
| ‘Thinking Fast and Slow’ Penguin | Kahneman, D (2011) |
|  |  |
| Understanding Wellbeing: An Introduction for Students and Practitioners of Health and Social Care. Banbury: Lantern.  | Knight, A. and McNaught, A. (2011) |
|  |  |
| Foundations for Health Promotion [4th ed]. Oxford: Elsevier. | Naidoo, J. and Wills, J. (2016) |
|  |  |
| Theory in a Nutshell: A Practical Guide to Health Promotion Theories [3rd ed.]. Sydney: McGraw-Hill. | Nutbeam, D.; Harris, E. and Wise, M. (2010) |
|  |  |
| Five Year Forward View  | NHS England (2014) |
| <https://www.england.nhs.uk/ourwork/futurenhs/> |
|  |
| Healthy lives healthy people | HM Government (2010) |
|  |  |
| Public Health Outcomes Framework 2016-2019. |  |
| <https://www.gov.uk/government/publications/public-health-outcomes-framework-2016-to-2019> |
|  |  |
| Fit for the Future – Public Health People A review of the public health workforce  | Public Health England (2016) |
| <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/524599/Fit_for_the_Future_Report.pdf>  |
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| **Asset Based Community Development** |
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| [A guide to community-centred approaches for health and wellbeing](http://connectlink84771.acemlna.com/lt.php?s=44b5b857150746484e2cc9f36b0b872f&i=67A97A2A641) | Public Health England / NHS England |
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| Asset Based Community Development | free 2 hour E Learning programme at peoplepartnerplace.learnupon.org  |
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| Community engagement: improving health and wellbeing and reducing health inequalities  | NICE guideline [NG44] (2016)<https://www.nice.org.uk/guidance/ng44> |
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| Putting Asset based Approaches into practice  | Glasgow Centre for Population Health (2012) |
| <https://www.gcph.co.uk/assets/0000/3433/GCPHCS10forweb_1_.pdf> |

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| **Behaviour change** |
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| Social Foundations of Thought and Action: A Social Cognitive Theory (Prentice-Hall series in social learning theory) ISBN-10: 013815614X  | Bandura, Albert Publisher: Pearson; (1985)  |
|  |  |
| Motivation and confidence: what does it take to change behaviour?  | Dixon, A. London: Kings Fund. (2008) |
| <http://www.kingsfund.org.uk/sites/files/kf/field/field_document/motivation-confidence-health-behavious-kicking-bad-habits-supporting-papers-anna-dixon.pdf>  |
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| Health Behaviour Change, 2nd Edition  | Mason, P & Butler, C. (2010) |
|  |  |
| Health Behaviour Change ‒ A Guide for Practitioners [2nd ed]. | Mason, P & Butler, C. (2010) Oxford: Elsevier.  |
|  |  |
| The behaviour change wheel: A new method for characterising and designing behaviour change interventions.  | Michie, S.; Maartje M van Stralen and Robert West. 2011Implementation Science 2011 6:42 |
| <http://implementationscience.biomedcentral.com/articles/10.1186/1748-5908-6-42> |
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| ‘Nudge’ isbn 978-0-141-04001-1 | Thalar & Sustein 2009 |
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| Behaviour Change: Individual Approaches | NICE Guidelines PH49, 2014https://www.nice.org.uk/guidance/ph49 |
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| Making Every Contact Count: implementing NICE behaviour change guidance | <https://www.nice.org.uk/sharedlearning/making-every-contact-count-implementing-nice-behaviour-change-guidance> |
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| Making every contact count: an introduction to behaviour change | NHS Health Education England  |
| <https://www.makingeverycontactcount.co.uk/training/other-training-resources/> |

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| **Motivational interviewing** |
| Motivational Practice: Promoting Healthy Habits and Self-care of Chronic Diseases.ISBN-10: 097067385X | Botelho, R. 2004 |
|  |  |
| Motivational Interviewing: Helping People Change (Applications of Motivational Interviewing)Guildford Press; 3rd editionISBN-10: 1609182278 | Miller WR1, Rollnick S. (2012) |
|  |  |
| Ten things that motivational interviewing is not. | Miller WR1, Rollnick S. 2009Behav Cogn Psychother. 2009 Mar;37(2):129-40. |
|  |  |
| Motivational Interviewing in Health Care. Guildford Press.  | Rollnick S, Miller WR, Butler CC (2008),  |
|  |  |
| Motivational interviewing: video scenarios | Royal College of Nursing |
| <https://www.rcn.org.uk/clinical-topics/.../motivational-interviewing-video-scenarios>  |
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| Nursing Article |  |
| [https://www.nursingtimes.net/clinical-archive/motivational-interviewing-1-background- principles-and-application-in-healthcare/5018759.article](https://www.nursingtimes.net/clinical-archive/motivational-interviewing-1-background-%20principles-and-application-in-healthcare/5018759.article) |

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| **Social prescribing** |
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| A guide to implementing social prescribing in London | Healthy London Partnership |
| <https://www.healthylondon.org/resource/social-prescribing-steps-towards-implementing-self-care/> |
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| Social prescribing animation | Healthy London Partnership |
| <https://www.healthylondon.org/our-work/proactive-care/social-prescribing/> |
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| What is social prescribing? | The Kings Fund (2017) |
| <https://www.kingsfund.org.uk/publications/social-prescribing> |
|  |  |
| Social prescribing: a pathway to work? | The Work Foundation, Lancaster University (2017) |
| <http://www.theworkfoundation.com/wp-content/uploads/2017/02/412_Social_prescribing.pdf> |
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| Social prescribing: applying All Our Health | Gov.UK 2019 |
| <https://www.gov.uk/government/publications/social-prescribing-applying-all-our-health/social-prescribing-applying-all-our-health>  |

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| **Useful Websites** |
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| <https://www.gov.uk/government/collections/all-our-health-personalised-care-and-population-health>  |
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| <http://www.makingeverycontactcount.co.uk/>  |
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| <https://movingmedicine.ac.uk/>  |
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| <http://www.nhs.uk/pages/home.aspx>  |
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| <https://www.nice.org.uk/guidance>  |
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| <https://www.hee.nhs.uk/our-work/public-health-glossary>  |
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| National Association of Link Workers <https://membership.connectlink.org/>  |