**RSPH Level 2 Award for Young Health Champions**

**Unit 1: Your own attitude towards health?**

**Centres may adapt the survey to their own setting and learners.**

Take this 10 min health survey to determine your own attitude to health.

1. How are you feeling right now? Circle all that apply:

* Very tired /no energy
* Calm and relaxed
* Like I’m eating poorly
* Quite fit
* Sleeping badly
* On top of the world

2. Which of the following stops you taking care of yourself? Circle all that apply.

* I don’t have the time
* I take care of others
* I don’t know what to do
* I don’t have the money
* I start but cannot finish
* Nothing, I take good care of myself
1. Which ONE would you choose out the following?
* Sugary drink
* Water
* Tea
1. Which ONE would you choose out of the following?
* Chips
* Jacket potato
* Crisps
1. Which of the following do you normally have for breakfast? (circle all that apply).
* Sugary cereal
* Porridge
* Toast
* Fruit
* Nothing
1. If you had to have ONE of the following, which one would you pick?
* Cheese burger
* Fish
* Vegetarian burger
1. How much exercise (sports, walking, dancing etc) do you get a day? Circle the one that applies.
* 10 mins
* 20 mins
* 30 mins
* 60 mins +
1. Do you or have you ever smoked?
* Yes, every day
* Yes, but not every day
* No, I've quite
* No, never
1. How much sleep do you normally get?
* 6 hours
* 7 hours
* 8 hours
* 9 hours
1. How much time do you spend a day using social media and/or gaming?
* Never
* About an hour
* About 2 or 3 hours
* More than 4 hours
* More than 8 hours

**NB** Learners over 18 could take the NHS One You quiz, see link below:

<https://www.nhs.uk/oneyou/hay#wSuHdC1tcbHWD8BT.97>

**Activity 10**

Once the survey has been completed, discuss your answers with your peers and tutor about what is reveals about your own attitude to health?

The table below can be used to capture the key points.

|  |  |
| --- | --- |
| Diet  |  |
| Physical activity  |  |
| Sleeping and sleep hygiene  |  |
| Current level of health and wellbeing?  |  |
| Need to improve own health and wellbeing?  |  |

**Alternative Activity 10**

**Engage with activities based on Learners’ own experience**

Design activities suitable to the topic and timing of the unit (e.g. Unit 1 is about what public health is and the effect of lifestyle on health so you might do an initial survey of GOOD & BAD Health habits leading to discussion). For example:

Think about the your lifestyle and behaviour in terms of the following:

|  |  |  |
| --- | --- | --- |
| **Lifestyle issue**  | **Bad Habits**  | **Good Habits**  |
| Eating and diet  |  |  |
| Sleep  |  |  |
| Mental health |  |  |
| Physical exercise  |  |  |
| Smoking  |  |  |
| Drugs & Alcohol  |  |  |
| What is healthy? What could be improved?  |

In groups, discuss what your habits reveal about your own attitude to health.