

## **Level 2 Award in Encouraging a Healthy Weight and Healthy Eating**

**January 2020**

**Guided Learning Hours: 6 hours**  
**Total Qualification Time: 10 hours**

Ofqual Qualification Number 600/9956/2

### **Description:**

The objective of this qualification is to provide learners with the ability to help individuals develop a healthier lifestyle by encouraging them to eat healthily and attain/maintain a healthy weight. Learners will increase their knowledge and understanding of why individuals may not be at a healthy weight, the effect on health of this, the principles of healthy eating and how individuals can be supported to achieve a healthy weight and eat healthily.

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## Unit YHC 6 Encouraging a Healthy Weight and Healthy Eating

Guided Learning: 6 hours

Total Unit Time: 10 hours

Unit Level: 2

Unit reference number: M/505/2131

### Summary of Learning Outcomes:

To achieve this qualification a candidate must:

1. **Understand factors that result in people being under or over a healthy weight, by being able to meet the following assessment criteria:**
  - 1.1 Describe **THREE** social factors that could result in people being under or over a healthy weight.
  - 1.2 Outline **THREE** factors that are individual-specific which could result in a person being under or over a healthy weight.
  
2. **Understand the personal consequences of being under or over a healthy weight, by being able to meet the following assessment criteria:**
  - 2.1 Outline the direct effect on physical health of being under or over weight.
  - 2.2 Outline the effect on mental health and emotional well-being of being under or over a healthy weight.
  
3. **Understand the principle of healthy eating, by being able to meet the following assessment criteria:**
  - 3.1 State what constitutes a healthy diet.
  - 3.2 Identify good sources of protein, carbohydrates, fats, essential vitamins and minerals.
  - 3.3 Outline **THREE** positive and **THREE** negative effects of diet on health.
  - 3.4 State how food labels can support healthy eating.
  
4. **Know how to provide help and support to the individual, by being able to meet the following assessment criteria:**
  - 4.1 List **THREE** agencies / organisations which provide services for individuals wishing to achieve a healthy weight and eat more healthily and outline the services provided.
  - 4.2 Describe **THREE** ways by which an individual could be encouraged to achieve a healthy weight and eat more healthily.
  - 4.3 Identify **THREE** barriers to changing behaviour with regard to weight management and healthy eating and how these can be overcome.

## **Content:**

### **1 Understand factors that result in people being under or over a healthy weight**

- 1.1 *Social factors that could result in people being under or over a healthy weight:* General education, socio-economic factors, access to affordable food, opportunities for physical activity, safety, cheapness of calories, media.
- 1.2 *Factors that are individual-specific which could result in a person being under or over a healthy weight:* Physical activity, mental health, effect of illness and medication, family.

### **2 Understand the personal consequences of being under or over a healthy weight**

- 2.1 *Effect on physical health of being under or over weight:* Effect on blood pressure and cardiovascular system, diabetes, shortness of breath, effect on bones and joints.
- 2.2 *Effect on mental health and emotional well-being of being under or over a healthy weight:* Self-esteem, stigma, social exclusion, bullying.

### **3. Understand the principle of healthy eating**

- 3.1 *What constitutes a healthy diet:* Current nutritional guidelines for fat, carbohydrate, protein, fibre, importance of varied diet, fruit and vegetables (5 a day), Eatwell plate; recommendations to increase fruit and vegetable consumption, Increase fibre, reduce salt, reduce saturated fat and reduce sugar.
- 3.2 *Good sources of protein, carbohydrates, fats, essential vitamins and minerals:* Main sources of protein, fat, carbohydrate, iron, calcium, general sources of vitamins such as fruit and vegetables.
- 3.3 *Positive and negative effects of diet on health:* Examples such as negative effect of salt, cholesterol and a high sugar diet. Positive effects such as increased energy and well-being, reduced risk of cardiovascular disease, reduced risk of certain cancers.
- 3.4 *How food labels can support healthy eating:* For example, traffic light system, What's inside, definition of low fat and low salt.

### **4. Know how to provide help and support to the individual**

- 4.1 *Agencies / organisations which provide services for individuals wishing to achieve a healthy weight and eat more healthily:* Agencies and organisations such as GPs, pharmacies, Weight Watchers, school nurse, local authority / NHS public health teams.

- 4.2 *Ways by which an individual could be encouraged to achieve a healthy weight and eat more healthily:* Food diaries, increasing physical activity levels, Eatwell plate, help with understanding food labels, peer support, community food clubs, counselling services, cookery clubs.
- 4.3 *Barriers to changing behaviour with regard to weight management and healthy eating and how these can be overcome:* Barriers such as embarrassment; denial; lack of awareness; attitudes, beliefs and values; need for specialist support; language and communication; culture.

Methods for overcoming barriers such as support from family, friends and professionals; supply relevant and reliable information; behaviour change diaries, peer pressure, aspirations, motivation, opportunity, self-efficacy.

### **Assessment:**

Attainment of the Learning Outcomes for this qualification will be assessed by learners completing a workbook which covers each of the learning outcomes. The completed workbooks will be assessed by the centre and assessment decisions will be scrutinised by RSPH.

Tutor and learner versions of the workbook are available from **Resources** in the Centre Area of the Qualifications section of the RSPH web-site ([www.rsph.org.uk](http://www.rsph.org.uk)).

The workbook is provided by RSPH but centres can apply to RSPH for permission to develop their own workbooks or to use an alternative assessment method such as written examinations or multiple-choice examinations. Alternative assessment methods or workbooks cannot be used without the written approval of RSPH.

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

### **Submission of completed candidate workbooks:**

Centres should follow the RSPH procedures for submitting internally assessed work for external verification. These can be found under **Resources** in the Centre Area of the Qualifications section of the RSPH web-site ([www.rsph.org.uk](http://www.rsph.org.uk)). The workbooks (tutor and learner versions) can be obtained from **Resources**.

### **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](http://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](mailto:centreapproval@rsph.org.uk) if you need any assistance.

### **National Occupational Standards:**

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

CHD ED3 Encourage behaviour and activities that reduce the risk of Coronary Heart Disease (CHD)  
CHS145 Provide support to individuals to manage their body weight  
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.

### **Special Assessment Needs:**

Centres that have candidates with special assessment needs should consult The Society's *Reasonable adjustments and special consideration* policy; this is available from The Society and The Society's web site ([www.rsph.org.uk](http://www.rsph.org.uk)).

### **Progression:**

Learners who achieve this qualification can progress to the following qualifications:

RSPH Level 2 Award in Understanding Alcohol Misuse  
RSPH Level 2 Award in Encouraging physical activity  
RSPH Level 2 Award in Understanding Sexual Health  
RSPH Level 2 Award in Supporting Smoking Cessation  
RSPH Level 2 Award in Understanding the Misuse of Substances  
RSPH Level 2 Award in Understanding Emotional Wellbeing  
RSPH Level 2 Award in Understanding Health Improvement

### **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 registered with RSPH.

### **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.

### **Contact Details:**

Any enquiries about this qualification should be made to:

The Qualifications Department,  
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