

Lifestyle

QUALIFICATION FACT SHEET

For employers: Level 2 Award in Understanding Health Improvement

Health improvement: What's it all about?

Healthcare is changing. It no longer means just treating illness; it is now an opportunity to promote good health. With support from the Department of Health, the Royal Society for Public Health (RSPH) has developed a Level 2 qualification focussing on health improvement information and guidance. This supports the department's major initiative to provide highly skilled Health Trainers working in local communities.

Why is this RSPH qualification so important?

With so much media attention on healthy eating, quitting smoking and losing weight, it is inevitable that anyone who works in a healthcare related environment is involved in finding information and advice on how to change to a healthier lifestyle. It is vital that your staff are equipped to do this properly and that you support them in this task. This RSPH qualification focuses on a number of the knowledge areas appropriate to signposting health information and is an ideal stepping stone towards the full Health Trainer role.

Who is this aimed at?

This qualification is for people who work with the public in a healthcare environment and have an interest in developing public health skills. It is the first step towards becoming a fully qualified Health Trainer and is also relevant to people working in primary care trusts, pharmacies, sports settings, care homes, or schools. In short, anyone who is concerned with the well-being of the people in their community.

What sort of qualification is it?

The Royal Society for Public Health works with the Qualifications and Curriculum Authority and the Sector Skills Councils to offer awards at various levels within the National Qualifications Framework. Level 2 is appropriate for people who work with some guidance and supervision. They do not need any prior qualification to enter for the award, which is made on the basis of a multiple choice exam.

How can our staff get involved?

This RSPH qualification will give your staff a firm foundation in providing health information and enable them to perform better in their day to day jobs. It can be delivered as a one day course on-site, or your staff can attend one of our many training centres nationwide.

What does it cover?

This award provides knowledge and understanding of the benefits of good health and well-being, and of the barriers to making a change of lifestyle.

- The role of health training in the workplace and the community
- How to help people change
- How to access further information and assistance
- Basic models of behaviour change and how to use these to help people

What do I need to do next?

Employers may wish to become accredited to run the course in-house using their own staff who have the necessary qualifications to deliver the programme. Alternatively, an existing RSPH-approved training provider may be used. If you would like to offer this qualification to your staff, please contact our Centre Support Manager, Angela Corpes on 020 7265 7341 or email acorpes@rsph.org.uk.