

Unit Title: Working With Communities To Promote And Support Active Healthy Lifestyles
Unit Level: Level 2
Unit Credit Value: 3
GLH: 24
LASER Unit Code: WJE847
Ofqual Unit Code: Y/507/1482

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1. Understand the health needs of different communities.		1.1	Define community and culture.
		1.2	Outline the diverse public health needs and priorities of different communities.
		1.3	Outline how the diverse demographics of different communities may impact on health.
		1.4	Identify sources for gathering up-to-date information about the local community.
2. Understand how to promote active healthy lifestyles in the local community.		2.1	Gather information to describe their local community setting.
		2.2	Identify the role of physical activity and healthy living in addressing health priorities in the local community.
		2.3	Describe potential barriers to a healthy active lifestyle.
		2.4	Identify strategies to overcome barriers and support communities towards a healthy active lifestyle.
		2.5	Identify opportunities and local resources to support active healthy lifestyles and behaviour change in the local community.
		2.6	Outline the roles and responsibilities of different partners working to address health needs within the local community.
		2.7	Identify ways to develop and maintain relationships with relevant partners in the local community.
		2.8	Describe the benefits and potential barriers to multi-agency working.
3. Understand how to support individuals towards active healthy lifestyles.		3.1	Describe consultation and communication skills that can be used to support individuals towards lifestyle changes.
		3.2	Explain community/individual needs outside the boundaries of own role and how to sign-post people for appropriate support.

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	3.3	Identify appropriate strategies to help individuals towards: <ul style="list-style-type: none"> a) recognising behaviours affecting their health b) identifying changes to improve their health c) recognising their 'readiness to change' d) recognising personal barriers to change e) building confidence and motivation f) developing autonomy.
	3.4	Explain why it is important to maintain relevant, accurate and up-to-date records relating to individuals/service users.

Assessment Guidance:
NA

Additional Information:
NA