**Royal Society for Public Health Level 2 in Understanding Health Improvement**

**COURSE OVERVIEW**

Healthcare is changing. The emphasis is shifting from just treating illness, to promoting good health and individuals taking responsibility for their own health and wellbeing – whether it be quitting smoking, doing more exercise, losing weight, drinking alcohol wisely or eating five pieces of fruit a day.

The Level 2 RSPH Award in Understanding Health Improvement is a nationally recognised award accredited by The Royal Society for Public Health (RSPH) and supported by the Department of Health. It helps employers and organisations of all types and sizes support a healthy workforce and assists front-line staff perform better in any general ‘health promotion’ role.

The course is delivered by Epping Forest District Council’s Community Health and Wellbeing team who have a wealth of experience in delivering health promotion programmes and initiatives. The course is delivered over one day with a multiple choice exam at the end.

It is designed for any healthcare professional in a position to give healthy messages to the community.

**HOW WILL THIS COURSE BENEFIT ME?**

The course aims to enable participants to gain better understanding and appreciation of how inequalities in health may develop and what the current policies are for addressing these. It will provide you with knowledge and understanding of the principles of promoting health and well-being and equip you to provide practical support for individuals trying to attain a healthier lifestyle.

Both the RSPH and Department of Health believe that the workplace offers a real opportunity for health improvement, and employers are increasingly supporting the issue of staff health and wellbeing as good practice. Of course, you are in an ideal place to promote healthy living to your local community too.

Qualifying in Understanding Health Improvement will not only empower you in making healthier lifestyle choices, but also enable you to give advice thus enhancing the customer experience.

**THE COURSE CONTENT**

Module 1

**Inequalities in Health**

You'll learn about inequalities in health in the UK, reasons for this and what the Government is doing to tackle the issues.

Module 2

**Effective Communication**

This module explores how effective communication can support health messages and how improvements in health and well-being may be promoted to individuals.

Module 3

**Healthy Living Messages**

This module provides you with the knowledge and understanding of the principles of promoting health and well-being and will equip you to provide practical support for individuals trying to attain a healthier lifestyle.

Module 4

**Encouraging Change in Behaviour**

Finally the course looks at the impact of change on improving an individual's health and well-being.

**ASSESSMENT and Certification**

In order to be certificated by the Royal Society for Public Health (RSPH), applicants will be registered for the official RSPH examination. This exam will take place at the end of the training day usually 4pm – 5pm. The exam format will be 30 multiple choice questions. Once complete you'll also have access to RSPH Associate Membership as well.

The RSPH is a leading independent body with an international reputation dedicated to the promotion, practice and protection of the highest standards of public health. As a registered charity, the RSPH is an awarding body recognised by the Qualifications and Curriculum Authority (QCA) and provides a portfolio of qualifications that are directly relevant to the workplace.