

This course is suitable for anyone who works in a health and social care environment



- The Darzi report 'Our NHS. Our future' emphasises the importance of supporting people to stay healthy by stopping smoking, addressing obesity and tackle excessive alcohol consumption
- The public has 1.5 million contacts with the NHS every day. These contacts provide all staff with an opportunity to improve the health of the people they are working with
- Training staff of backgrounds in the principles and practice of public health is therefore vital' (Faculty of Public Health)

Do you need help in successfully securing funds to continue your professional development?

<http://www.educationforhealth.org/pages/businesscase.asp>

Module accredited by the Open University with 15 Credit Accumulation Transfer Scheme (CATS) points at Academic Level 2 (Diploma)



This course is for anyone who works in a health and social care environment and therefore has the opportunity in their work with individuals to encourage healthy lifestyles.

By studying Education for Health's Improving Health Module, you will gain the knowledge, skills and attitude to confidently support individuals and facilitate change away from unhealthy behaviours.

**This module covers the following areas:**

1. Health – what is health and what makes us healthy?
2. Health improvement - what are the priorities and how are they decided?
3. Health Promotion – understanding the theory
4. Working with individuals to facilitate behaviour change – skills, techniques and key messages
5. Working with groups and communities to tackling health improvement – what works
6. Changing behaviour in practice.

**By the end of the module you will be able to:**

1. Explore the terms health, health education, health improvement and public health
2. Discuss the major determinants of health and well being
3. Examine key Public Health messages and the key drivers for health improvement and reducing health inequalities
4. Understand the process of change and how their role can impact on behaviour
5. Evaluate the range of techniques used to promote health improvement, including communication skills, group work skills and effective use of resources
6. Demonstrate the ability to select appropriate techniques to support behaviour change.

This course will take 4 months to complete. The course is supported by one piece of coursework and two study days made up of informal lectures and interactive practical sessions delivered by expert practicing clinicians.



Email us at: [news@educationforhealth.org](mailto:news@educationforhealth.org)  
[www.educationforhealth.org/subscribe.asp](http://www.educationforhealth.org/subscribe.asp)

**Find out more:**

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**For further information on other modules or short courses:**

[http://www.educationforhealth.org/pages/education\\_training/programmes\\_modules.asp](http://www.educationforhealth.org/pages/education_training/programmes_modules.asp)