

RSPH Level 3 Award in the Wider Determinants of Health and Health Inequalities

June 2025

Guided Learning Hours (GLH) 20

Total Qualification Time (TQT) 60 hours

Ofqual Qualification Number: 610/5842/7

Description

The objective of this qualification is to provide learners with the knowledge and skills to recognise the impact of the wider determinants of health and health inequalities at the individual, community and population levels, as well as the policies, strategies and interventions that in place to address their impact.

Learners will also develop their understanding of the impact on behaviours on physical and mental health and wellbeing, as well as the way in which a community-development approach can be used to implement health and wellbeing interventions.

This qualification will be appropriate for individuals active in a number of roles such as: community health and wellbeing workers, care navigators, health and wellbeing advocates, social prescribing link workers, health mentors, health coaches, and wellbeing support workers, champions and connectors. It is also suitable for those working in the wider public health workforce who are wishing to progress their career in this area.

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The wider determinants of health and health inequality for individuals, communities and public policy

Total Unit Time: 60 hours

Guided Learning Hours: 20

Unit Level: 3

Unit Number: D/617/6468

Summary of Learning Outcomes

To achieve this unit a candidate must:

- 1. Understand the wider determinants of health and the impact these can have at an individual and population level: *by being able to meet the following assessment criteria:***
 - 1.1 Explain how the wider determinants of health can have both a positive and negative impact on individuals and communities.
 - 1.2 Describe the impact of **TWO** determinants of health using **TWO** contrasting communities.
 - 1.3 Outline **TWO** local policies or strategies that aim to address the wider or social determinants of health
 - 1.4 Describe potential impacts of these **TWO** local health policies on individuals and communities.
- 2. Understand inequalities in health and how these impact on health and wellbeing: *by being able to meet the following assessment criteria:***
 - 2.1 Identify the ways in which health inequalities in the population are measured and monitored.
 - 2.2 Describe how health inequalities are recognised in **TWO** local policies.
 - 2.3 Explain the potential links between mental health, physical health and health inequalities
 - 2.4 Determine the extent to which local health inequalities impact on individuals and groups in your local area.

- 3. Understand the impact of behaviours on both physical and mental health and wellbeing:** *by being able to meet the following assessment criteria:*
- 3.1 Explain the links between mental health and wellbeing and physical health
 - 3.2 Identify evidence-based health messages for **FOUR** health behaviours relating to mental health and wellbeing and **FOUR** that relate to physical health
 - 3.3 Explain how an approach such as the 5 ways to wellbeing can be used to improve an individual's mental health.
 - 3.4 Determine the behaviour change interventions that are embedded within **TWO** local health improvement policies.
 - 3.5 Identify access to local provision of services that support both physical health and mental health and wellbeing.
- 4. Understand a community development approach to implementing health and wellbeing interventions:** *by being able to meet the following assessment criteria:*
- 4.1 Define the terminology used in community based interventions.
 - 4.2 Explain a methodology that underpins a community development approach.
 - 4.3 Explain how the principles of a local community based intervention has been put into practice.
 - 4.4 Assess a community activity.

Learners who complete this qualification will have factual, procedural and theoretical knowledge and understanding to complete tasks that while well-defined, may be complex and non-routine. They will be able to interpret and evaluate relevant information and ideas and be aware of different perspectives or approaches within the area of study or work.

Centre Guidance

Progression

Learners who achieve this qualification can progress to the RSPH Level 3 Certificate in Health and Wellbeing Improvement or the RSPH Level 3 Diploma in Health and Wellbeing Improvement – Supporting Behaviour Change in Professional Practice and qualifications at Level 4 and above in the field of public health.

Recommended prior learning

There are no recommended prior learning requirements for this qualification.

Special Assessment Needs

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

Assessment

This unit will be assessed by centre devised assessments.

One or more of the following assessment methods may be used:

- Assignments
- Written examination
- Portfolio of Evidence
- Professional Discussion

Centre-assessed candidate work will be subject to moderation by RSPH Qualifications. In order to obtain a Pass for the unit, candidates must be able to demonstrate that they have achieved each of the learning outcomes.

Useful websites and further reading

Information relating to useful web-sites and further reading that can support learners and centres is available in the Centre area of the RSPH web-site.

Mapping to National Occupational Standards

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

SFHHT1 Make relationships with communities
SFHHT2 Communicate with individuals about promoting their health and wellbeing
SFHHT3 Enable individuals to change their behaviour to improve their own health and wellbeing
Public Health Skills and Knowledge Framework

How to apply to offer this qualification

To become an approved centre 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. Please ensure that you include details of your quality assurance procedures, including internal verification of centre-assessed work. You will need to attach a CV to this application. As this qualification is predominantly centre assessed, RSPH will need to approve the assessments that the centre will be using for each of the units, so these will need to be provided with the application.

Please contact the Qualifications Department at: centreapproval@rsph.org.uk if you need any assistance.

Submission of completed candidate assessments

Centres should follow the RSPH procedures for submitting internally assessed work for moderation. These can be found under **Resources** in the Centre Area of the Qualifications section of the RSPH website (www.rsph.org.uk).

Centres should ensure that the evidence submitted covers all of the learning outcomes and assessment criteria for each of the units in the qualification and that the evidence is suitable and sufficient to enable the moderator to judge whether or not the units have been achieved.

Assessment procedure documents and candidate assessment summary forms for use with the centre-assessed units of this qualification are available in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

Evidence of internal quality assurance must be recorded, retained and made available to RSPH for the purposes of moderation.

Registration of Candidates

Candidate registration forms can be downloaded from the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

Recommended Qualifications and Experience of Tutors

The Society would expect that tutors have teaching experience and a qualification in a relevant subject area, as well as sufficient experience in the profession.

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:

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