

Level 2 Award in Public Health

May 2025

Guided Learning Hours: 8 hours

Total Qualification Time: 8 hours

Ofqual Qualification Number: 610/5583/9

Description

The objective of this qualification is to provide candidates with an understanding of the key domains and underlying concepts of public health, the approaches, methodologies and opportunities to promote health and wellbeing, and an introduction to the communication skills and behaviour changes tools required to support individuals to improve their health and wellbeing.

The qualification covers the aims and outputs of the key domains of public health, including the organisations, agencies and systems responsible for its delivery. It also provides examples of health inequalities, their causes and their impact on health and wellbeing.

Candidates will learn how effective communication can support health messages, how to promote improvements in the health and wellbeing of others and understand the impact of behaviour change on improving an individual's health and wellbeing. behaviour change and explore the factors that hinder and facilitate that change.

Learners will know how to engage with individuals for the purpose of very brief interventions such as Making Every Contact Count (MECC) and develop an action plan with individuals to make and sustain behaviour change.

Anyone working in the Wider Public Health Workforce, including in roles such as Community Health and Wellbeing Workers, Health Coaches, Link Workers and Health Champions also benefit from this qualification. The qualification also provides a foundation for those considering a Health Trainer role. It is mapped to National Occupational Standards and functions of the Public Health Skills and Knowledge Framework (PHSKF) and Making Every Contact Count (MECC) guidelines.

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Supporting Public Health

Guided Learning Hours: 7 hours

Total Qualification Time: 8 hours

Unit Level: 2

Unit reference number:

Summary of Learning Outcomes:

To achieve this qualification a candidate must:

- 1. Understand the aims and outputs of the key domains of public health, *with reference to:***
 - 1.1 Definitions of public health
 - 1.2 Health protection
 - 1.3 Health promotion and improvement
 - 1.4 Healthcare public health
 - 1.5 The organisations, agencies and systems responsible for public health

- 2. Understand key concepts associated with public health, *with reference to:***
 - 2.1 The prevention approach
 - 2.2 Social determinants of health and wellbeing and their impact
 - 2.3 The causes and impact of health inequalities
 - 2.4 The policies and initiatives in place to address health inequalities

- 3. Understand approaches, methodologies and opportunities in relation to promoting health and wellbeing, *with reference to:***
 - 3.1 The World Health Organization definition of health and wellbeing
 - 3.2 Positive and negative influences on health and wellbeing
 - 3.3 Approaches and methodologies for supporting health and wellbeing
 - 3.4 Opportunities for individuals to promote health and wellbeing
 - 3.5 Resources and services that can be used to promote health and wellbeing

- 4. Know how to communicate effectively when promoting health and wellbeing, *with reference to:***
 - 4.1 The role of effective communication in promoting health and wellbeing
 - 4.2 The communication skills that are effective in promoting health and wellbeing
 - 4.3 Potential barriers to communication and how they might be overcome

5. Know how to use behaviour change models and tools when promoting health and wellbeing, *with reference to:*

- 5.1 Behaviour change models and tools and their role in promoting health and wellbeing
- 5.2 The behaviour change techniques that are effective in promoting health and wellbeing
- 5.3 Positive and negative influences on behaviour change

Candidates successfully achieving this qualification will have knowledge and understanding of facts, procedures and ideas around health improvement to complete well-defined tasks and address straight-forward problems. They will be able to interpret relevant information and ideas and will be aware of a range of information that is relevant to health improvement.