

# UNDERSTANDING HEALTH IMPROVEMENT

It's all about promoting good health  
and you can be part of it



This accredited qualification equips staff to motivate and support individuals both within the workplace and the community, to adopt a healthier lifestyle. This one day training course with a 45 minute assessment provides focused knowledge and understanding of the benefits of good health and barriers to making change.

**Suitable for all levels of staff, no pre-course entry requirements**  
**NUMBERS LIMITED PER COURSE TO ENHANCE LEARNING**



*To find out where and when the next course is running,  
contact your local Royal Society for Public Health registered  
training Centre:*



**Beth Gibb**  
Associates

**Tel: 07790 240795**

Email: [info@bethgibbassociates.co.uk](mailto:info@bethgibbassociates.co.uk)  
[www.bethgibbassociates.co.uk](http://www.bethgibbassociates.co.uk)

## Health Improvement: what's it all about?

**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 stopping smoking, doing more exercise, losing weight, by being informed of healthy food options, reducing alcohol or awareness of stress. It's about developing a proactive, rather than reactive approach to general health and wellbeing.

## Will my organisation benefit from this Award?

**Yes.** Improving the health of employees gives many business benefits including:

- Reduced staff sickness and absence rates
- Healthier staff = increased productivity = profits
- Lower staff turnover and improved staff retention
- Good practice
- Enhances the health and safety policy
- Supports an 'employer of choice' culture

## How can my organisation get involved?

HR, personnel, training staff and line managers are in the natural position to be approached by staff seeking advice on health and work-life balance issues. Your organisation can choose to involve staff in both informal and/or formal health improvement channels

### Informal Channels

- Incorporating health improvement training in core staff and management programmes
- Recruit volunteers to develop healthy activities and be available to signpost to information for a healthy lifestyle

### Formal Channels

Supporting learning and development of designated health trainers who are equipped to work with staff in groups or on a one-to-one basis to help make changes and improve individuals' health and evaluate the interventions suggested.

## How will staff benefit?

- Empowers employees in making healthier lifestyle choices
- Enables them to give advice and support to workplace colleagues, friends, family and ultimately the wider community
- Employees feel more valued and develop increased morale by introducing health promotion activities and workshops into the workplace
- Gaining an accredited qualification assists staff in their personal and professional development

## Who will benefit from attending this course?

**Everyone!** The Royal Society for Public Health and the Department of Health believe that the workplace offers a real opportunity for health improvement and employers are increasingly supporting the issue of staff health as good practice.

*This health improvement award is part of the Qualifications and Credit Framework and mapped to National Occupational Standards, providing a generic basic knowledge of health promotion and interventions.*

## Suggested applicants:

Private, Public, not-for-profit and voluntary sectors

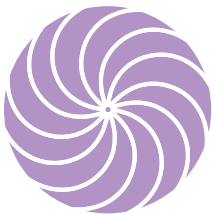
- Managers, HR personnel
- Government Services
- Occupational Health professionals
- Health & Safety Officers
- Union representatives
- Staff counsellors
- Pharmacies
- Sports, fitness and leisure industries
- Health food retailers
- Local authorities
- Community groups
- Care home workers



# PARTNERSHIPS FOR IMPLEMENTING UNDERSTANDING HEALTH IMPROVEMENT



The Royal Society for Public Health is an independent, multi-disciplinary organisation, dedicated to the promotion and protection of collective human health and well-being.



**Beth Gibb**  
Associates

Beth Gibb Associates (BGA) is a training and consultancy company promoting generic health and well being both within the workplace and outside, through educational awareness sessions to enhance the skills and knowledge of both employers and employees. BGA's specialist remit is work-related stress; a proactive rather than reactive approach, assisting organisations take steps to develop a **Healthy Workforce, Healthy Business** vision.

For further information on course content, dates and venues:

**Tel: 07790 240795**

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