



Australian Government

HLTAHPR006 Provide healthy lifestyle information

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to provide general information about healthy lifestyle practices, specifically information on nutrition and physical activity.

Information is based on the main recommendations of the current Australian national dietary and physical activity guidelines which aim to promote optimal health and wellbeing for generally healthy people. The unit does not include the provision of advice for infants and toddlers, people who need special advice for a medical condition, or the frail elderly.

Information is generally provided to individual clients in the course of general health service provision rather than as part of dedicated health education sessions.

This unit is specific to Aboriginal and/or Torres Strait Islander people working as health workers or health practitioners. They work as part of a multidisciplinary primary health care team to provide primary health care services and health education activities to Aboriginal and/or Torres Strait Islander clients.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No regulatory requirement for certification, occupational or business licensing is linked to this unit at the time of publication. For information about practitioner registration and accredited courses of study, contact the Aboriginal and Torres Strait Islander Health Practice Board of Australia (ATSIHPBA).

Pre-requisite Unit

Nil

Competency Field

Health Promotion

Unit Sector

Aboriginal and/or Torres Strait Islander Health

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

Elements describe the essential outcomes

Performance criteria describe the performance needed to demonstrate achievement of the element.

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| <ol style="list-style-type: none"> 1. Identify authoritative healthy lifestyle information. | <ol style="list-style-type: none"> 1.1. Source information about healthy eating and physical activity from the national dietary and physical activity guidelines that apply to healthy people at different stages of life. 1.2. Interpret key recommendations and messages to inform the provision of healthy lifestyle advice. |
| <ol style="list-style-type: none"> 2. Provide information to clients. | <ol style="list-style-type: none"> 2.1. Identify and use opportunities to provide information and resources about healthy lifestyle practices during day-to-day provision of health services. 2.2. Communicate in culturally appropriate and safe ways with clients, using plain language. 2.3. Provide information consistent with national guidelines to help clients make informed choices. 2.4. Advise on recommended daily serves of the five food groups outlined in national dietary guidelines. 2.5. Provide clear information about discretionary foods and inform clients about limiting daily intake. 2.6. Advise on recommended weekly levels of physical activity outlined in national guidelines according to client age. 2.7. Explain the benefits of healthy food, beverage and exercise choices and impact of poor choices on health and wellbeing. |
| <ol style="list-style-type: none"> 3. Identify and support clients with specific needs. | <ol style="list-style-type: none"> 3.1. Identify clients who require healthy lifestyle advice beyond own limitations and recognise risks of providing information to those clients. 3.2. Refer clients with specific nutritional and other needs to health professionals and support services with required expertise according to organisational procedures. |

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS

DESCRIPTION

Reading skills to:

- extract and understand routine information from national guideline documentation and key overarching recommendations.

Oral communication skills to:

- ask open and closed probe questions and actively listen to determine client understanding of information.

- Numeracy skills to:
- comprehend numerical aspects of the national dietary guidelines including food intake expressed in proportions.
- Learning skills to:
- use information provided in national guidelines to update and extend knowledge of healthy lifestyle practices.

Unit Mapping Information

This unit supersedes and is not equivalent to HLTAHW021 Provide nutrition guidance for specific health care.

Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>