



Australian Government

HLTAHPR007 Promote lifestyle change

Release: 1

HLTAHPR007 Promote lifestyle change

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to promote lifestyle change by providing education on lifestyle disease, lifestyle risk factors, and advice on healthy lifestyle choices. It requires the ability to support clients to make changes through personal goal setting, and to provide referrals to specialist health professionals and support services when required.

Information about healthy eating and exercise is based on the current Australian national dietary and physical activity guidelines. Information may be provided to individual clients in the course of general health service provision, or during dedicated individual or group 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.*

1. Raise awareness of lifestyle risk factors and health impacts.
 - 1.1. Communicate consistently in culturally appropriate and safe ways with clients, using plain language.
 - 1.2. Explain lifestyle risk factors that impact on health in the context of local community, cultural and family issues.
 - 1.3. Provide information about the incidence of lifestyle disease in Aboriginal and/or Torres Strait Islander communities.
 - 1.4. Provide information about lifestyle choices, and impact of unhealthy choices, including alcohol, smoking and illicit drugs.
 - 1.5. Outline potential short and longer-term health problems linked to lifestyle choices.
 - 1.6. Explain healthy approaches to alcohol consumption.
 - 1.7. Provide consumer-based education resources and information on ways to reduce health risks linked to lifestyle choices.
2. Provide healthy eating advice.
 - 2.1. Provide information about patterns of healthy eating and appropriate proportions of different food types based on national dietary guidelines.
 - 2.2. Advise on limiting daily intake of discretionary foods outlined in national dietary guidelines.
 - 2.3. Provide clear advice about how to interpret food labels and identify both positive and negative information.
 - 2.4. Highlight methods of cooking that support healthy eating and those that have the potential to cause ill-health if overused.
 - 2.5. Explain the key features of safe food storage and preparation that support health.
 - 2.6. Use visual aids and consumer-based education resources to support client understanding.
3. Provide information about physical activity.
 - 3.1. Outline the relationship between sedentary behaviour and health outcomes including risk of disease and obesity.
 - 3.2. Provide information about healthy patterns of physical activity including frequency, intensity and type of physical activity outlined in national physical activity guidelines.
 - 3.3. Highlight linkages between physical activity and emotional wellbeing.
 - 3.4. Use techniques that support clients to actively use and engage with the information provided.
4. Assist clients to plan for change.
 - 4.1. Acknowledge and explain common barriers to lifestyle change and how these might be overcome.
 - 4.2. Provide clients with information and techniques for making

- change based on their individual needs.
- 4.3. Explain ways of setting and monitoring personal lifestyle goals that are specific, measurable and realistic.
 - 4.4. Support clients to set their preferred goals and suggest specific changes based on their goals and preferences.
 - 4.5. Identify clients who require lifestyle advice beyond own limitations and refer to relevant health professionals and support services according to organisational procedures.
5. Evaluate effectiveness of lifestyle education activities.
 - 5.1. Seek and evaluate feedback from clients about value of information and education resources provided.
 - 5.2. Evaluate effectiveness of information provided from own perspective and identify areas for improvement.
 - 5.3. Provide ongoing feedback to relevant people based on clients' views and own input.

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:	<ul style="list-style-type: none"> • interpret key recommendations implementation advice in national guideline documentation.
Oral communication skills to:	<ul style="list-style-type: none"> • ask open and closed probe questions and actively listen to determine client understanding of information • use facilitation techniques to support client learning.
Numeracy skills to:	<ul style="list-style-type: none"> • interpret numerical aspects of the national dietary guidelines: <ul style="list-style-type: none"> • food intake expressed in proportions • measurement information expressed in kilojoules, cups, grams, millilitres, centimetres, percentages and fractions.
Learning skills to:	<ul style="list-style-type: none"> • 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 HLTAHW034 Provide healthy lifestyle programs and advice.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>