



Australian Government

HLTAHPR006 Provide healthy lifestyle information

Release: 1

HLTAHPR006 Provide healthy lifestyle information

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. 2. Provide information to clients. 3. Identify and support clients with specific needs. | <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. 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. 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. |
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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>

Assessment Requirements for HLTAHPR006 Provide healthy lifestyle information

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- provide healthy lifestyle information to three different Aboriginal and/or Torres Strait Islander clients including:
 - a child over the age of 5
 - an adult
 - an older person
- provide the following information to each client, tailored to their individual needs:
 - healthy eating information from the Australian national dietary guidelines including:
 - the five food groups and their recommended proportional daily intakes
 - discretionary foods that should be eaten only sometimes and in small amounts
 - recommendations for physical activity based on the Australian national physical activity guidelines
 - one available support service and how to access the support service.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational procedures for referral
- role and limitations of Aboriginal and/or Torres Strait Islander health workers and practitioners in providing nutritional and physical activity information and advice to clients
- roles of medical and allied health professionals in providing nutritional and physical activity advice and their expertise in addressing different needs:
 - medical practitioners
 - registered nurses and midwives
 - accredited practising dietitians
 - exercise physiologists
- nutritional and physical activity support services available in the community, state or territory
- physical activity groups operating in the local community

- how nutritional and physical activity needs differ for special population clients, and characteristics of clients with specific nutritional and physical activity needs who may require referral for specialist advice:
 - those with:
 - chronic conditions
 - oral health problems
 - physical injuries and disabilities
 - the frail elderly
 - pregnant and breastfeeding women
 - infants
 - clients who show signs of:
 - having an eating disorder
 - malnutrition
 - obesity
- risks to clients of providing inappropriate nutrition-related advice:
 - nutrient deficiencies and imbalances
 - negative impact on existing health conditions
 - food intolerance and allergy adverse reactions
 - negative food-drug interactions
 - nutrition confusion
- key contents of current Australian national dietary guidelines and associated resources:
 - the principal recommendations and guidelines
 - characteristics and examples of types of food in the five groups
 - proportions of the five food groups recommended for consumption each day
 - characteristics and examples of discretionary foods to be avoided
- food that is specific to Aboriginal and/or Torres Strait Islander people:
 - food values in traditional Aboriginal and/or Torres Strait Islander food
 - cultural values and beliefs about food
- benefits of healthy eating and of physical activity, and relationship to physical and emotional wellbeing
- potential impacts of unhealthy food choices and eating patterns on general health and wellbeing and:
 - diet-related risk factors for chronic conditions, including high cholesterol, high blood pressure and obesity
 - risk of chronic diseases including type 2 diabetes, cardiovascular disease and some types of cancers
 - risk of malnutrition
- recommendations for weekly physical activity from the current Australian national physical activity guidelines:
 - movement guidelines for the early years, children and young people
 - physical activity guidelines for adults

- physical activity guidelines for older people.

Assessment Conditions

Skills can be demonstrated through:

- work activities completed within an Aboriginal and/or Torres Strait Islander health service, or
- simulations and case studies completed within a training organisation, based on comprehensive information about client needs.

Assessment must ensure the use of:

- interaction with Aboriginal and/or Torres Strait Islander clients either through actual work activities or simulations
- current Australian national dietary guidelines and associated resources:
 - the principal recommendations and guidelines
 - guides to healthy eating
 - consumer brochures
- current Australian national physical activity guidelines:
 - movement guidelines for the early years, children and young people
 - physical activity guidelines for adults
 - physical activity guidelines for older people
- organisational procedures for referral.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:

- be an Aboriginal and/or Torres Strait Islander person who has applied the skills and knowledge covered in this unit of competency through experience working as an Aboriginal and/or Torres Strait Islander health worker or practitioner, or
- be a registered health practitioner or a health educator with experience relevant to this unit of competency and be accompanied by, or have assessments validated by, an Aboriginal and/or Torres Strait Islander person.

Links

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