



Australian Government

Department of Education, Employment and Workplace Relations

HLTAHW412B Provide information and strategies to promote nutrition for good health

Release: 1

HLTAHW412B Provide information and strategies to promote nutrition for good health

Modification History

Not Applicable

Unit Descriptor

Unit Descriptor

This unit describes the competencies required to conduct health promotion related to nutrition as part of general health care for Aboriginal and/or Torres Strait Islander communities

This unit describes the competencies required for giving nutrition advice for growth and development, maintenance of health throughout life, and in managing ill health

Specific advice provided may be limited by close supervision or established guidelines in line with community needs and health provider guidelines

Application of the Unit

Application

This unit is intended to address skills and knowledge required by those working with Aboriginal or Torres Strait Islander communities to deliver primary health care services at Certificate IV level

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in *italics* are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

1. Provide information on nutrition for good health

PERFORMANCE CRITERIA

- 1.1 Identify food sources and food availability and discuss with individuals and communities
- 1.2 Identify *issues relating to access to different types of food* throughout the year and discuss with the community
- 1.3 Describe nutritional needs for specific groups in line with Australian Dietary Guidelines
- 1.4 Identify basic core food groups and their main nutrients in relation to major food sources, including traditional foods
- 1.5 Assist individuals and communities to select an appropriate and varied diet in line with dietary guidelines
- 1.6 Identify main diet related diseases and their risk factors and discuss links with nutrition factors with the community

ELEMENT

PERFORMANCE CRITERIA

- | | |
|---|--|
| 2. Promote a healthy approach to eating and physical activity | <ul style="list-style-type: none">2.1 Identify personal, social, commercial and environmental factors that may influence food consumption patterns for adults2.2 Formulate strategies in consultation with client(s) to address differing food requirements of individuals within a family2.3 Support clients to provide healthy food to the whole family within the resources available2.4 Explain and discuss appropriate use of alcohol by adult men and women2.5 Discuss changes in physical activity patterns between traditional and contemporary times2.6 Discuss changing levels of metabolism and physical activity in relation to the impact on the nutritional needs of an adult2.7 Develop strategies to assist adults who have not exercised for some time to become more active |
| 3. Discuss nutrition issues related to specific life stages | <ul style="list-style-type: none">3.1 Chart types and amounts of food required to meet the <i>nutritional needs of people at different stages in the lifecycle</i>3.2 Discuss planned nutrition care in line with the application of Australian Dietary Guidelines and key aspects for specific groups in line with community needs3.3 Provide advice on nutrition requirements of identified community groups in line with community needs and organisational guidelines3.4 Identify personal, social, physical, commercial and environmental factors that may make it difficult for people to meet nutrition requirements at different life stages3.5 Describe common nutrition-related diseases experienced by adults at different life stages3.6 Suggest changes to foods eaten during periods of ill health in line with community needs and organisational guidelines |

ELEMENT

PERFORMANCE CRITERIA

4. Promote healthy eating and lifestyle for mothers and children

- 4.1 Discuss nutrition-related issues for pregnant and/or lactating women
- 4.2 Provide appropriate information to support *healthy eating in infants, older infants and toddlers*
- 4.3 Examine and discuss relationship between food intake of child or adolescent and their appearance, health, growth, development and behaviour
- 4.4 Discuss specific nutritional needs of children and adolescents using appropriate dietary guidelines/resources
- 4.5 Identify personal, social, commercial and environmental factors that may influence food consumption patterns of a child or adolescent
- 4.6 Formulate strategies that reflect sensitivity to family and adolescents to achieve recommended nutritional outcomes
- 4.7 Discuss principles of healthy eating for the child or adolescent involved in sport/athletics

5. Address nutrition-related problems for individuals and communities

- 5.1 Analyse records of height and weight measurements and interpret results as appropriate
- 5.2 Assess growth patterns for infants, toddlers and children using the monitoring of weight for age method
- 5.3 Identify growth problems using child or adolescent growth charts and appropriate corrective actions in conjunction with health team and family
- 5.4 Identify and discuss common nutrition related problems for children, adolescents, adults and older people
- 5.5 Support family and community appropriately to take action to address nutrition-related issues and to improve identified growth problems in children
- 5.6 Make suggestions for modifying food eaten to reduce risks of diet-related diseases
- 5.7 Make appropriate referrals to address nutrition-related problems and submit reports in line with organisation guidelines and community requirements

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- Nutritional issues for specific community, including:
 - Availability and access to food sources
 - Use of alcohol
 - Understanding of the impact of nutrition and physical activity on health, including impact of diet on dental caries across life stages
 - Personal, social, physical, commercial and environmental obstacles to good nutrition
- Australian Guide to Health Eating and the nutrients associated with each food group
- Factors that influence food consumption patterns and their impact on growth patterns for infants, children and adolescents
- Nutritional needs of people at different stages in the lifecycle, including pregnant and/or lactating women
- Common nutrition-related diseases

Essential skills:

It is critical that the candidate demonstrate the ability to:

- Communicate effectively in a group and one-on-one environment to promote healthy practices and discuss health issues
- Provide accurate and relevant information and guidance about nutrition in line with identified individual and community needs

In addition, the candidate must be able to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Access the Australian Dietary Guidelines to determine nutritional needs of specific client

REQUIRED SKILLS AND KNOWLEDGE

groups

- Work with individuals, families and communities to identify nutritional needs and develop strategies and action plans to address these needs
- Measure, calculate, record and interpret height, weight and related size parameters as indicators of nutritional health

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects of assessment:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment environment should represent workplace conditions as closely as possible

EVIDENCE GUIDE

Conditions of assessment:

This unit includes skills and knowledge specific to Aboriginal and/or Torres Strait Islander culture
Assessment must therefore be undertaken by a workplace assessor who has expertise in the unit of competency or who has the current qualification being assessed and who is:

- Aboriginal or Torres Strait Islander him/herself

or:

- accompanied and advised by an Aboriginal or Torres Strait Islander person who is a recognised member of the community with experience in primary health care

Context of assessment:

Competence should be demonstrated working individually, under supervision or as part of a primary health care team working with Aboriginal and/or Torres Strait Islander clients
Assessment should replicate workplace conditions as far as possible

Related units:

This unit may be assessed independently or in conjunction with other units with associated workplace application

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

RANGE STATEMENT

Cultural Respect

This competency standard supports the recognition, protection and continued advancement of the inherent rights, cultures and traditions of Aboriginal and Torres Strait Islander peoples

It recognises that the improvement of the health status of Aboriginal and Torres Strait Islander people must include attention to physical, spiritual, cultural, emotional and social well-being, community capacity and governance
Its application must be culturally sensitive and supportive of traditional healing and health, knowledge and practices

Community Control

Community participation and control in decision-making is essential to all aspects of health work, and the role of the health worker is to support the community in this process

Supervision

Supervision must be conducted in accordance with prevailing State/Territory and organisation legislative and regulatory requirements

References to supervision may include either direct or indirect supervision of work by more experienced workers, supervisors, managers or other health professionals

A person at this level should **only** be required to make decisions about clients within the organisation's standard treatment protocols and associated guidelines

RANGE STATEMENT

Legislative Requirements

Federal, State or Territory legislation may impact on workers' practices and responsibilities. Implementation of the competency standards should reflect the legislative framework in which a health worker operates. It is recognised that this may sometimes reduce the application of the Range of Variables in practice. However, assessment in the workplace or through simulation should address all essential skills and knowledge across the Range of Variables. Aboriginal and/or Torres Strait Islander Health Workers may be required to operate in situations that do not constitute 'usual practice' due to lack of resources, remote locations and community needs. As a result, they may need to possess more competencies than described by 'usual practice circumstances'. Under all circumstances, the employer must enable the worker to function within the prevailing legislative framework.

Issues relating to access to food may include:

- Income
- Nutritional knowledge
- Physical abilities of individuals
- Transport
- Other social and domestic factors
- Community infrastructure factors

Nutrition requirements for specific groups include those for:

- Babies
- Infants
- Children
- Adolescents
- Adults
- Pregnant and breastfeeding women
- Men
- Older people

RANGE STATEMENT

- Selecting an appropriate diet may include:*
- Reference to Australian Dietary Guidelines Series including:
 - *Dietary guidelines for older Australians*
 - *Dietary guidelines for Australian adults*
 - *Dietary guidelines for children and adolescents in Australia*
 - Use of a model, such as the *Australian Guide to Healthy Eating*, the *Aboriginal and Torres Strait Islander Guide to Healthy Eating* or other appropriate tools
 - Consideration of:
 - available food sources
 - individual, family and community issues relating to access to food
 - stage of life
 - specific dietary guidelines provided for health reasons
- Suggestions for modifying food eaten to reduce risks of diet-related diseases may relate to:*
- Overweight and obesity
 - Diabetes
 - Cardiovascular disease
 - High blood pressure and high blood lipids
 - Common dietary restrictions identified for clients with chronic renal failure (supported by specialist referral)
 - Other diet related diseases (supported by specialist referral)

RANGE STATEMENT

Information about healthy eating for infants includes:

- Explanation of:
 - why breast milk is best for babies and breastfeeding is best for mothers
 - strategies to support mothers initiate and maintain breast feeding
 - role of the colostrum in the first days of the baby's life
 - risks of formula feeding
 - evaluation of various formula feeds available for infants
- Demonstration of correct selection, preparation and use of formulas and utensils

Information about healthy eating for older infants and toddlers includes:

- Explanation of:
 - the relationship between good food and good teeth in early childhood
 - nutritional needs of infants for solid food
 - health risks associated with excessive consumption by the infant and toddler of foods high in salt, sugar and fats
 - most common nutrition related problems in early childhood
 - relationship between infection and poor nutrition in young children
 - strategies to help carers learn about good food for babies and toddlers

RANGE STATEMENT

Nutrition-related issues for pregnant and/or lactating women may include:

- Specific nutritional needs experienced during pregnancy and lactation in relation to dietary guidelines
- Strategies for meeting additional requirements using appropriate dietary guidelines and resources
- Personal, social, commercial and environmental factors that may influence a pregnant or lactating woman's food consumption pattern
- Child-bearing trends of Aboriginal and Torres Strait Islander women, and the implications of these trends
- Family relationships and the various roles and responsibilities family members have in supporting mothers and babies
- Strategies for achieving healthy weight gain during pregnancy
- Consequences of inappropriate food, alcohol and other drugs intake during pregnancy and lactation
- Most common nutrition related problems in pregnancy and after the birth of child

Unit Sector(s)

Not Applicable