

UNIT CODE	HLTAHPR006
UNIT TITLE	Provide healthy lifestyle information
APPLICATION	<p>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.</p> <p>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 specifically does not include the provision of advice for infants and toddlers, people who need special advice for a medical condition, or the frail elderly.</p> <p>Information is generally provided to individual clients in the course of general health service provision rather than as part of dedicated health education sessions.</p> <p>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.</p> <p>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).</p>
PREREQUISITE UNIT	Nil
COMPETENCY FIELD	Health Promotion
UNIT SECTOR	Aboriginal and/or Torres Strait Islander Health
ELEMENTS	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>

1. Identify authoritative healthy lifestyle information.	<p>1.1 Identify sources of authoritative and evidence based information about healthy lifestyle practices.</p> <p>1.2 Identify the national dietary and physical activity guidelines that apply to healthy people at different stages of life.</p> <p>1.3 Review national guidelines and identify key recommendations and messages that inform the provision of healthy lifestyle information.</p>
2. Provide information to clients.	<p>2.1 Identify and use opportunities to provide information and resources about healthy lifestyle practices during day-to-day provision of health services.</p> <p>2.2 Communicate in culturally appropriate and safe ways with clients, using plain language.</p> <p>2.3 Provide information consistent with national guidelines to help clients make informed choices.</p> <p>2.4 Advise on recommended daily serves of the five food groups, provide information about discretionary foods and inform clients about limiting daily intake.</p> <p>2.5 Explain the benefits of healthy food, beverage and exercise choices and impact of poor choices on health and wellbeing.</p>
3. Identify and support clients with specific needs.	<p>3.1 Identify clients who require healthy lifestyle advice beyond own limitations and recognise risks of providing inappropriate advice.</p> <p>3.2 Refer clients with specific nutritional and other needs to health professionals and support services with required expertise according to organisational procedures.</p>
FOUNDATION SKILLS	
<i>Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.</i>	
SKILLS	DESCRIPTION
Reading skills to:	<ul style="list-style-type: none"> interpret key overarching recommendations of unfamiliar national guideline documentation.
Oral communication skills to:	<ul style="list-style-type: none"> provide information to clients using plain language and terms easily understood ask open and closed probe questions and actively listen to determine client understanding of information.
Numeracy skills to:	<ul style="list-style-type: none"> interpret numerical aspects of the national dietary guidelines including recommended and proportional food intakes in different food groups.
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	<p>No equivalent unit.</p> <p>For details, refer to the full mapping table in the Draft 2 Validation Guide.</p>

LINKS	Companion Volume Implementation Guide
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TITLE	Assessment Requirements for HLTAHPR006 Provide healthy lifestyle information
PERFORMANCE EVIDENCE	<p>Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:</p> <ul style="list-style-type: none"> ■ provide healthy lifestyle information to three different Aboriginal and/or Torres Strait Islander clients to include: <ul style="list-style-type: none"> ○ a child over the age of 5 ○ an adult ○ an older person ■ provide the following information to each client, tailored to their individual needs: <ul style="list-style-type: none"> ○ healthy eating information from the Australian national dietary guidelines to include information about: <ul style="list-style-type: none"> ● 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 this.
KNOWLEDGE EVIDENCE	<p>Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:</p> <ul style="list-style-type: none"> ■ organisational procedures for referral ■ roles of medical and allied health professionals in providing nutritional and physical activity advice and their expertise in addressing different needs: <ul style="list-style-type: none"> ○ 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 ■ 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 ■ characteristics of clients with specific nutritional and physical activity needs who may require referral for specialist advice to include: <ul style="list-style-type: none"> ○ those with: <ul style="list-style-type: none"> ● chronic conditions ● physical injuries or disabilities ● oral health problems ○ the frail elderly ○ pregnant and breastfeeding women ○ infants ○ clients who show signs of: <ul style="list-style-type: none"> ● having an eating disorder ● malnutrition

	<ul style="list-style-type: none"> • obesity <ul style="list-style-type: none"> ■ risks to clients of providing inappropriate nutrition-related advice: <ul style="list-style-type: none"> ◦ nutrient deficiencies and imbalances ◦ negative impact on existing health conditions ◦ food intolerance or allergy adverse reactions ◦ negative food-drug interactions ◦ nutrition confusion ■ sources of authoritative and evidence based information about healthy eating and healthy levels of physical activity ■ key contents of current Australian national dietary guidelines and associated resources: <ul style="list-style-type: none"> ◦ the five principal recommendations/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 ■ information about food that is specific to Aboriginal and/or Torres Strait Islander people: <ul style="list-style-type: none"> ◦ 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: <ul style="list-style-type: none"> ◦ risk of diet-related chronic conditions, such as high cholesterol, high blood pressure and obesity ◦ risk of chronic diseases such as type 2 diabetes, cardiovascular disease and some types of cancers ◦ risk of malnutrition ■ the overarching recommendations in current Australian national physical activity guidelines: <ul style="list-style-type: none"> ◦ movement guidelines for the early years, children and young people ◦ physical activity guidelines for adults ◦ physical activity guidelines for older people.
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<p>ASSESSMENT CONDITIONS</p>	<p>Skills must be demonstrated in a health service workplace within a multidisciplinary primary health care team.</p> <p>Evidence of performance must be gathered:</p> <ul style="list-style-type: none"> ■ during on-the-job assessments in the workplace under live conditions while interacting with Aboriginal and/or Torres Strait Islander people, or ■ during off-the-job assessments in the workplace, not under live conditions, using simulated activities while interacting with Aboriginal and/or Torres Strait Islander people. <p>Evidence of workplace performance can be gathered and reported through third party report processes. (Refer to the Companion Volume Implementation Guide for information on third party reporting.)</p> <p>Evidence can be supplemented by assessments in a simulated workplace environment using simulated activities, scenarios or case studies only when:</p> <ul style="list-style-type: none"> ■ the full range of situations covered by the unit cannot be provided in the individual's workplace, and or ■ situations covered by the unit occur only rarely in the individual's workplace. <p>Assessment must ensure the use of:</p> <ul style="list-style-type: none"> ■ current Australian national dietary guidelines and associated resources: <ul style="list-style-type: none"> ○ the principal recommendations/guidelines ○ guides to healthy eating ○ consumer brochures for healthy eating ■ current Australian national physical activity guidelines: <ul style="list-style-type: none"> ○ 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. <p>Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors, and:</p> <ul style="list-style-type: none"> ■ 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.
<p>LINKS</p>	<p>Companion Volume Implementation Guide</p>

