



TOITŪ TE WAIORA
Community, Health, Education
and Social Services
Workforce Development Council

New Zealand Diploma in Holistic Health Advocacy (Level 5) [Ref: 4915]: Guidance Notes

Version 1 November 2023



Guidance notes for:

New Zealand Diploma in Holistic Health Advocacy (Level 5) [Ref:4915]

This document has been developed as an outline of recommended content for providers intending to create a programme leading to the New Zealand Diploma in Holistic Health (Level 5) [Ref:4915].

Note: where *include* is indicated this is not exclusive, other additions beyond those listed may also be included within a programme.

Definitions

For the purpose of this guidance document:

- *Cultural safety* – Supporting an environment that is safe including shared respect, shared meaning, shared knowledge and being aware of bias.
- *Advocacy* – Raising awareness, promoting, and supporting others to maintain wellness: this is not to be confused with prescribing, analysing, advising.

Programmes should consider reference to the following:

- NZ Health Charter (Ethical Framework) *Placeholder name still to be finalised.*
 - NZ Ministry of Health Eating and activity guidelines: www.health.govt.nz/our-work/eating-and-activity-guidelines/current-guidelines
 - Māori models of health - Te Whare Tapa Whā, Te Wheke, Te Pae Mahutonga
 - Pacific models of health - Kakala model, Fa'afaletui model, Ta and Va model, Fonua model, Fonofale model, Te Vaka Atafaga, Tivaevae model.
 - Food Act 2014: www.legislation.govt.nz/act/public/2014/0032/75.0/DLM2995811.html
 - Food Standards Australia New Zealand Act 1991: www.legislation.gov.au/Details/C2011C00117
 - Nutrient Reference Values for Australia & New Zealand www.nhmrc.gov.au/about-us/publications/nutrient-reference-values-australia-and-new-zealand-including-recommended-dietary-intakes#block-views-block-file-attachments-content-block-1
 - Health & Disability Commission Code: [The Code and Your Rights - Health and Disability Commissioner \(hdc.org.nz\)](http://www.hdc.org.nz/The-Code-and-Your-Rights-Health-and-Disability-Commissioner)
 - NZ Health Strategy www.health.govt.nz/new-zealand-health-system/setting-direction-our-new-zealand-health-system/health-strategies-all-new-zealanders/new-zealand-health-strategy.
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Graduates of this qualification will be able to:

GPO 1

Apply knowledge of healthy lifestyle choices at different life stages to address preventable health problems.

Credits 35

Programme content is intended to include:

Knowledge:

- Definition of healthy lifestyle choices. Lifestyle choices could include:
 - stress management.
 - mental health/wellbeing (nature, balanced lifestyle, positive relationships, clear communication and boundaries, environmental factors, sleep)
 - holistic health/wellbeing (Māori and Pacific models of care)
 - exercise/physical activity.
 - eating well/cultural and social importance of food.
 - dependence (vaping, smoking, alcohol, recreational drugs, social media, gaming, gambling)
- Different life stages - Overview of the different life stages including:
 - infants and toddlers
 - children and young people (ages 2-18)
 - adults including pregnancy and breast feeding.
 - elderly.
- Importance of healthy lifestyle choices in preventing health problems - Preventable health problems including:
 - cardiovascular disease
 - diabetes
 - stroke
 - obesity
 - cancers
 - chronic respiratory disease
 - gum disease
 - osteoporosis
 - high blood pressure
 - non communicable disease.

Application of knowledge:

May include presentations, case study format, assignment based.



Graduates of this qualification will be able to:

GPO 2

Apply scientific knowledge of the human body to help prevent lifestyle-based health problems.

Credits 55

Programme content is intended to include:

Knowledge:

- Importance of understanding the human body and its functions in preventing health problems.
- Anatomy and Physiology:
 - overview of the 11 major systems of the human body and their functions
 - understanding the relationship between organs, tissues, and cells
 - the impact of lifestyle choices on the body's systems
- Nutrition and Digestion:
 - understanding the importance of nutrition and its impact on the body
 - strategies for improving digestion and overall nutrition.
- Physical Activity and Exercise:
 - importance of physical activity and exercise in maintaining a healthy body
 - strategies for incorporating physical activity and exercise into daily life.
- Sleep and Stress Management:
 - the impact of stress and lack of sleep on the body
 - strategies for managing stress and improving sleep quality.

Application of knowledge:

May include presentations, case study format, assignment based.



Graduates of this qualification will be able to:

GPO 3

Apply evidence-based knowledge of current New Zealand health trends and risks to health, to advocate for healthy lifestyle choices including healthy eating and good nutrition.

Credits 20

Programme content is intended to include:

Knowledge:

- Definition of healthy eating and good nutrition.
- Overview of the current health trends and risks in New Zealand including:
 - cultural factors influencing health.
 - population risk factors could include - diabetes, hypertension, obesity, respiratory disease.
 - Individual risk factors.
- Importance of healthy eating and good nutrition in preventing health problems.
- Understanding Nutritional Needs.
- Benefits of Healthy Eating and Good Nutrition.
- Barriers to Healthy Eating and Good Nutrition including:
 - impact of changes in diets could include increased processed foods, different food sources for migrants.
 - health determinants – social and economic environment (deprivation, income, social status, education, connection with family/whanau); physical environment (housing, access to services (including healthcare), air and water quality); an individual's genetics, characteristics, and behaviours.
- Raising awareness about the benefits of healthy eating and good nutrition
- Promoting healthy eating in workplaces and schools including portion size, and impact of physical activity.
- Promoting community programs and initiatives to support healthy eating.

Application of knowledge:

May include presentations, case study format, assignment based.



Graduates of this qualification will be able to:

GPO 4

Provide ethical and culturally safe health education, and advocacy to support a person maintain wellness and help prevent lifestyle related disease.

Credits 10

Programme content is intended to include:

Knowledge:

Knowledge:

- Definition of ethical and culturally safe health practices.
- Overview of the impact of cultural beliefs and practices on health.
- Importance of health education and advocacy in preventing lifestyle-related disease, can include immunisation and screening.
- Cultural Safety in Health Care including:
 - understanding cultural safety and why it's important.
 - recognising cultural differences and avoiding assumptions
 - strategies for providing culturally safe care.
 - holistic wellbeing (Māori and Pacific models of health)
 - person centred care
- Ethical Considerations in Health Care
 - overview of ethical principles in health care
 - recognising and addressing potential ethical dilemmas
- Health Education and Advocacy
 - strategies for promoting health education and advocacy.
 - strategies for preventing lifestyle-related diseases, including healthy eating and physical activity.
 - developing culturally appropriate health education programs.

Application of knowledge:

May include presentations, case study format, assignment based.
