

Job Profile Information: Health Improvement Officer

**This supplementary information for the Health Improvement Officer role is for guidance and must be used in conjunction with the Job Capsule for Job Family Health and Community
Job Zone 2 Level 2 Camden Way Category**

It is for use during recruitment, setting objectives as part of the performance management process and other people management purposes. It does not form part of an employee's contract of employment.

Role Purpose:

The role of the Health Improvement Officer is to, deliver, evaluate and input into the ongoing development of a range of practical and educational food and physical activity based initiatives to parents and carers, children and young people and their families to encourage healthy lifestyle choices. This will include direct delivery of practical sessions, workshops, displays and demonstrations to help improve nutrition knowledge and cooking skills, overcome other barriers to healthy eating and being active and raise awareness of other public health initiatives and services. A significant area of the work will be with families of children age 2-11 years old, and will include delivering healthy family lifestyle programmes in both Camden and Islington.

Example outcomes or objectives that this role will deliver:

- To develop and deliver practical healthy lifestyle programmes to improve eating habits and increase physical activity levels and other food related activities for individuals and groups, including sessions on specific aspects of healthy eating such as healthy weaning and nutrition in pregnancy.
- To plan and evaluate all interventions to ensure they are delivered to a high quality and in line with the service specification and Key Performance Indicators (KPI's).
- To undertake networking to help raise the profile of the service and identify and engage with target populations to maximise access and uptake to services.
- To act as part of the wider public health workforce by acting as an effective gateway to other public health initiatives (e.g. Healthy start) and increase uptake of other services including Camden baby feeding service, health checks, weight management services, smoking cessation services, low and free cost physical activity and children's centres services.

- To support other community staff (e.g. health visitors, school nurses, school teachers, youth leaders) by providing training and/or practical assistance with diet-related health promotion activities.
- To present accurate, up to date and consistent information on healthy eating which is culturally sensitive and age appropriate using language and methods appropriate for the target population.
- To be responsible for health and safety of all participants in all sessions by ensuring that agreed food hygiene, health and safety procedures are undertaken / adhered to at all times and that equipment is stored safely, kept clean and in safe working order.
- To keep accurate records of client and group sessions, undertaking simple analysis to assess progress towards agreed goals or outcomes.
- The post holder may be required to undertake other duties and responsibilities not set out in this job description.

People Management Responsibilities:

None

Relationships;

The Camden Health and Wellbeing Team is part of Camden Learning. The role will require the post holder to work closely with children centres and other early years settings, schools, community centres and support services within the council and externally. This will involve developing effective partnerships with health professionals (e.g. health visitors, GP's, family support workers) and other children and young people's services to help increase referrals into our service and make referrals into other services. The post holder will also work closely with colleagues within the team, such as the Health Improvement Practitioners, in the development and delivery of programmes.

Work Environment:

This post is concerned with the direct delivery of services to the public and therefore the post holder is expected to work in all community settings appropriate to the role across Camden and Islington.

Candidates should be aware that some evening and weekend work may be necessary to meet the needs of the service.

Technical Knowledge and Experience:

- Degree or equivalent qualification in nutrition
- Specialist knowledge of nutrition for under 5's including evidence based weaning practises.
- Knowledge of health determinants and health inequalities and how these impact on health and well-being.
- Knowledge of the importance of accurate and reliable data collection and monitoring and recording of outcomes.
- Knowledge of government policy and the evidence base in relation to food, nutrition and healthy eating
- Knowledge of risk assessment and management and how to control hazards to health, wellbeing and safety relevant to own area of work
- Knowledge of basic Health & Safety issues in a kitchen environment
- Basic cooking skills
- Excellent communication skills, including the ability to communicate with individuals, groups and communities using various methods to enable them to make and maintain healthy lifestyle choices.
- Flexibility in the organisation of workload and able to work weekends and evenings as and when required
- Ability to work as an effective team member.
- Ability to obtain, collate, analyse and use routine data to assess and improve service delivery
- Relevant experience related to working on food issues with individuals and groups in the community
- Experience of delivering group education sessions to a wide range of audiences

Camden Way Five Ways of Working

In order to continue delivering for the people of Camden in the face of ever increasing financial pressure, we need to transform the way we do things. We call this the Camden Way. The Camden Way is a key part of our transformation strategy often referred to as the transformation triangle which links the Camden Plan, the Camden Way and the Financial Strategy together.

The Camden Way illustrates the approach that should underpin everything we do through five ways of working:

- Deliver for the people of Camden

- Work as one team
- Take pride in getting it right
- Find better ways
- Take personal responsibility

For further information on the Camden Way please visit:

<http://www.togetherwearecamden.com/pages/discover-jobs-and-careers-in-camden/working-for-camden/>

Chart Structure