To use the model, users will initially need to distinguish their entry level category. Nutrition workers such as Community Food Workers, Health Trainers and Nursery Nurses can identify this level by determining their highest level of education or training in nutrition. Examples of Level 3 and 4 nutrition education and training may include short courses, NVQs, Awards, Certificates and Diplomas. Health Professionals such as GPs, Nurses, Midwives and Pharmacists will all hold higher level qualifications (such as a bachelor or masters degree) in their own discipline therefore will comply with the Level 3+ competences. All users are expected to demonstrate that they know and understand the knowledge statements at lower levels. Phrases highlighted in bold within the knowledge statements have been defined to aid in the users understanding of the competence.

Nutrition workers at Level 3 will typically comply with competences 1 – 6 and nutrition workers at Level 4 will typically comply with competences 1 – 8. Nutrition workers at Level 5+ will comply with all competences, 1 – 10. All users of the model must act in accordance with the Code of Practice.

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The Workforce Competence Model is made up of 10 competences and a Code of Practice, developed and tested with the target workforce. The 10 competences are:

1. Fundamentals of Human Nutrition
2. IT Skills & Knowledge
3. Relating & Communicating to Others
5. Effective Organisation & Time Management
6. Promoting Behaviour Change
7. Data Collection Techniques
8. Facilitating Group Activities
9. Research Methods
10. Improving Population Health & Wellbeing

Each competence is supported by a series of knowledge statements which demonstrate the knowledge and understanding required in order to satisfy the requirements of each competence. Knowledge statements are set out by Levels 3, 4 or 5+. As the levels are cumulative, all users are expected to demonstrate that they know and understand the knowledge statements at lower levels. Phrases highlighted in bold within the knowledge statements have been defined to aid in the users understanding of the competence.

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Figure 2. Workforce Competence Model in Nutrition

05 The Workforce Competence Model in Nutrition

National Qualifications

Competences 1-10

Code of Practice

Workers in Nutrition:

Health Professionals:

Competences 1-8

Code of Practice

Cert of HE / NVQs

MSc / BSc

HND / Foundation degree

NVQs / A-levels

Competences 1-6

Code of Practice

Workers in Nutrition:

Health Professionals:

Competences 1-8

Code of Practice

Cert of HE / NVQs

MSc / BSc

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Competences 1-6

Code of Practice