Definitions

Barriers - such as financial constraints, living conditions, environmental hazards

Body and dietary assessment tools - such as food frequency questionnaire, BMI assessment

Capabilities - the extent of an individual's ability to achieve something

Chronic diseases - such as obesity, diabetes, cardiovascular disease

Communication channels - telephone, email, correspondence, letter, online forums, presentation

Data collection tools - waist and height measurements for BMI, food diary collection techniques, food frequency questionnaire methods

Dietary needs - different food and nutrient requirements individuals may have depending on their circumstances

Diversity issues - recognising individual as well as group differences with respect to age, class, ethnicity, gender, physical and mental ability, race, sexual orientation

Energy intake and expenditure - the number of calories consumed from food and burned through physical activity

Essential food components - including fats, carbohydrates, proteins, vitamins and minerals

Ethical conduct - principles of confidentiality, equality, anti-discriminatory practice, security and the sharing of information

Conflicts of interest - a situation where an individual has a private or personal interest sufficient to compromise their specific duties

European and National legislation - as set out by the World Health Organisation and Department of Health

Evaluate and review - evaluate the quality of the information used and its source

Health promotion campaigns - such as Change for Life

Healthcare organisations - such as primary care trusts, health authorities/boards, local authorities etc

Human development - throughout the human life course (infancy, early years, adolescent, adults, elderly)

Information security - password/PIN, backup files, copies, avoid inappropriate disclosure of information

Information that is fit for purpose - letter, newsletter, report, poster, web-page, multi-media presentation etc

IT tools - transferability of information into other formats, speed of internet connection, time taken to download large files

Manage electronic files and folders - including file handling (save, edit, format, delete, display file lists, search functions, access control etc), organisation and storage (permissions, archive, share etc)

Minimise risk - virus checking software, anti-spam, firewall, software and attachments from unknown sources

05 The Workforce Competence Model in Nutrition

Interest sufficient to compromise their specific duties

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Non-communicable diseases - a disease which is not contagious, such as obesity, diabetes, dental caries
Nourishment related software - nutritional analysis software such as NetWisp, Diet-Plan, Nutmeg UK
Over-nourishment - obesity its related risk factors, such as diabetes and cardiovascular disease
Personal presentation - body language (positioning, space), eye contact and wearing appropriate clothing
Qualitative and quantitative data collection methods - structured questionnaires and semi-structured interviews
Quality of data and information - including timeliness, accuracy, completeness, appropriate for purpose and accessibility
Relevant services - community services performed for the benefit of the individual, such as cook and taste workshops, supermarket tours, budgeting advice
Research Governance Framework for Health and Social Care - defines the principles of research governance that ensure research is performed to a high scientific and ethical standard
Resources - materials, equipment, systems, tools and structures needed for effective implementation
Risk assessments - careful examination of what in your work can cause harm
Routine maintenance - safely maintain the functionality and operation of IT systems (replace printer cartridge etc), delete unwanted files, addressing IT problems (storage full, paper jams etc), when to seek IT experts advice
Software applications - word processing, spreadsheet, internet browser, e-mail
Software programmes - Microsoft, Excel, Word, Outlook, Power Point etc
Storage media - data/memory stick, network drive, mobile device
Theoretical models - theories and models of experimental learning and behaviour change e.g. Trans-theoretical Model, Social Cognitive Theory, Health Belief Model, Self-Efficacy Model
UK guidelines - such as the Eatwell Plate
Under-nutrition - malnutrition and the outcome of insufficient food intake and unhealthy weight loss
Verbal communication - tone, pitch, speed and manner of voice

Key Terms

Colleagues: Fellow workers within your own and other organisations
Communities: A group of people living in one area
Group(s): A number of individuals classified as a unit by the nutrition related initiative/activity
Individuals: Members of the general public who may be involved/take part in your daily working activities
Others: Individuals, colleagues, learners and groups
People: Members of the general public that collectively form communities

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