

## Assignment – Health promotion – the importance of a healthy lifestyle

### Learner guidance

You need to design a single poster or infographic (electronic image containing written facts and/or statistical information) to communicate the benefits of a healthy lifestyle and the risks of obesity and an unhealthy lifestyle. The poster is targeted at people who are considering making changes to their lifestyle but who are still not fully committed.

The type and level of information conveyed should be appropriate for the target group. You should use a combination of images, statistical data and bullet-point text to describe the following:

The message

- The health risks of being overweight or obese.
- The current prevalence of obesity in the UK.
- The benefits of a healthy lifestyle.
- The risks of an unhealthy lifestyle (relate to common medical conditions).

You must include sources of evidence-based, credible health and well-being information.

### Assignment mark scheme – Health promotion – the importance of a healthy lifestyle

Did the learner complete the poster or infographic, to include:	Possible marks	Actual marks
1. The terminology and level of detail appropriate for the target audience?	<b>1</b> (minimum 1 marks)	
<b>The message</b>		
2. The health risks of being overweight or obese?	<b>3</b> (minimum 2 mark)	
3. The current prevalence of obesity in the UK?	<b>3</b> (minimum 2 marks)	
4. The benefits of a healthy lifestyle?	<b>3</b> (minimum 2 marks)	
5. The risks of an unhealthy lifestyle (relate to common medical conditions)?	<b>3</b> (minimum 2 marks)	

**Total** / **13 marks** (11 marks in total, with the minimum set marks achieved for each question required to pass)

### Pass/Refer

<b>Assessor's feedback:</b>
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