

The Nutrition & Health Coach course (BTEC Advanced Diploma qualification) at IINH is a part-time, practical, interactive training programme delivered twice yearly (starting Sept & Jan) in Online and Blended format over approx 8 months. *Note: During Covid only the online course option is available.*

IINH Nutrition & Health Coaches are trained and qualified to educate, motivate and guide individuals and groups seeking understanding and practical help to improve health-related habits and/or resolve diet- and lifestyle-related issues. The work takes place within a coaching framework.

Scope of Practice – Summary

Qualified IINH Nutrition & Health Coaches, once registered with UKHCA and insured, may:

- Educate, guide and coach individuals to adopt safe and appropriate adjustments to their dietary and lifestyle habits, based on their own health-related goals. Coaching may take place one-to-one, online, or in collaboration with other health practitioners.
- Prepare and deliver educational talks, presentations on dietary and lifestyle topics.

Scope of Practice - What the IINH Nutrition & Health Coach May and **May Not Do**

Activity	Coach May:	Coach May Not:	Comment
Personal Coaching	Conduct 1-to-1 consultations; Review goals, past & current health, diet, lifestyle habits; Work with client to plan suitable changes (educate, discuss, suggest, as needed); Follow-up to track progress, providing feedback, encouragement, suggestions, advice; Agree adjustments as needed	<p>Claim to 'Prevent, Treat, Diagnose, Cure, Prescribe'</p> <p>Challenge diagnosis, advice or instructions from client's GP or consultant etc.</p> <p>Interfere with the doctor-patient relationship in any way</p>	<p>These are terms used by doctors</p> <p>Coach alerts client if potential 'red flag' issue, urges prompt medical attention</p>
Educating / Guiding: - Personal - Groups - Talks	Explain nutrients, food groups, various dietary approaches & plans (Mediterranean, Food Pyramids/ Plates, Low-Fat, Low-Carb, Paleo, Atkins, Macrobiotics, Vegetarian, Vegan, Flexitarian, among others), incl. strengths & weaknesses. Discuss suitability (or not) for client or age group	Recommend dietary plans based on own ideology, beliefs or preferences	Client goals, health, preferences, circumstances are prioritised.
	Show how processing important foods/ ingredients can destroy food matrix, deplete nutrients, raise refined carb/calorie intake		
	Explain ingredients/ additives; Making healthier choices using ingredient & nutrient labels	Recommend avoiding ALL processed foods	

Activity	Coach May:	Coach May Not:	Comment
	Explain 'organic' concept; Soil health, how organic plant & animal foods produced; Conventional vs organic foods & products: nutrient levels, pesticide use; Organic foods to prioritise, based on chemical residues & cost considerations		Food & health in context of soil, environmental, climate & animal welfare issues, among others
	Identify inexpensive healthy food options (incl organic) available in supermarkets & elsewhere		Healthy eating does not have to be costly!
	Explore minor digestive issues: importance of hydration, relaxed eating, chewing well, avoiding stress, eating with others, etc	Suggest supplement use instead of addressing diet and eating habits	
	Explain 'Food & feelings' diary to track if symptoms linked to foods/ stress/ eating habits		A functional approach to help understand why problems occur
	Explore elimination approach to help identify problem foods/ ingredients. How to use results from elimination diet or food intolerance testing to help client understand & adjust food choices appropriately. Know when to suggest food intolerance test.	Routinely suggest food intolerance testing	Food & feelings diary to inform elimination diet usually identifies problem food(s)
	Help with weight control: discourage dieting, try longer-term, lower-carb, wholefoods approach; Intermittent fasting discussed if appropriate	Recommend low calorie diets for weight loss	
	Explain how poor diet contributes to several common metabolic diseases & how to upgrade food choices & habits accordingly	Claim that diet changes will prevent, halt or reverse a diagnosed disease	Useful e.g. to help diabetics manage carb intake
	Explain common nutrition-related concerns at different life stages: pre-conception through to old age		Can help improve nutrition of e.g. seniors
	Explain multiple health benefits of exercise; Motivate clients to move more & regularly	Give detailed exercise plans (unless qualified as PT)	
	Explain how stress can impact digestion, other physical & mental health, etc; Approaches to help reduce stress		Incl. mindfulness, meditation, yoga, etc.
	Discuss food supplements. When appropriate, suggested use is limited to multivitamin/mineral products plus several others on approved list.	Recommend supplement use before/ instead of a food-based approach Recommend supplements not on approved list	Refer to e.g. nutritional therapist or GP regarding other supplements