

**Health & wellbeing**  
*What you need to know: - definition, factors*

Not just the absence of disease but a holistic attitude/the whole person:  
 Physical (healthy body, regular exercise, a healthy diet, sleep, shelter & warmth, personal hygiene)  
 Intellectual (keeping the brain healthy, concentrate, learn new knowledge/skills, communicate & solve problems)  
 Emotional (feeling safe & secure, express emotions, deal with negative emotions, self-concept)  
 Social (friendships, relationships with friends and family)

**Genetic inheritance**  
*What you need to know: - inherited conditions - predispositions*

**Genetic inheritance** is a physical factor that can have positive and negative effects  
 Genes are inherited from both birth parents

**Inherited characteristics**  
 - height, eye colour, hair colour  
 - This can effect self image (how you see yourself) & self esteem, (how you feel about yourself)

**Inherited conditions**  
 Different versions of genes are called alleles.  
 Some alleles can be faulty and pass on conditions  
**Dominant condition**  
 (one parent passes faulty allele on)  
 i.e. Huntington's – involuntary movements and loss of intellectual ability  
**Recessive condition**  
 (both parents pass faulty allele on)  
 i.e. Cystic fibrosis – sticky mucus on the lungs

**Genetic predisposition**  
 Some people are predisposed (more likely) to develop a condition due to genetic makeup  
 i.e. heart disease, cancer, diabetes.  
 Whether they end up developing the conditions depends on their lifestyle & environmental factors (i.e. Diet, exercise)

**Physical activity**  
*What you need to know: - recommendations - benefits at each life stage*

**Exercise** is a lifestyle choice  
 - gentle – walking, housework  
 - moderate – light jog, steady swim  
 - vigorous – spinning, football

**Lack of exercise:**  
 Stiff joints  
 Poor stamina/strength  
 Obesity  
 Stroke  
 Heart disease  
 Osteoporosis  
 Poorly formed muscle

**How much?**  
 Changes depending on age. Adult: approx. 150 mins moderate per week

**Why?**  
 P – lower BMI, energy, stamina, strengthen bones & muscle  
 I – links to better memory and thinking skills  
 E – increases confidence, Relieve stress, concentrate, relax  
 S – social interaction, communication, teamwork

**Ill Health**  
*What you need to know: - Effects on a persons PIES, difference between acute & chronic*

**Ill health** -a physical factor which can have a negative effect on health & wellbeing

**Chronic**  
 Comes on more slowly, lasts a long time  
 Usually treated, not cured  
 i.e. diabetes, arthritis, asthma, heart disease

**Management:**  
 Address the negative impacts on the person and try to control the symptoms (i.e. use of medication, counselling, schooling in hospital, support groups)

**Effect on PIES –**  
 P – growth rates, restricted movements  
 I – disrupted learning, difficulties in thinking./problem solving, memory problems  
 E – negative self-concept, stress  
 S – isolation, loss of independence, difficulties forming relationships

**Acute**  
 Starts quickly, lasts for a short period of time. Usually cured  
 i.e. bacterial/viral infection, flu, broken bones, pneumonia  
**Management** - Usually with medication

**Substance misuse**  
*Effect on PIES*

**Alcohol** - a lifestyle choice  
 Men & women should drink <14 units/week  
 1 unit = 1 single spirit  
 1.5 units = 1 pint, 1 small glass of wine  
 Avoid saving units for 'binge'  
 Can increase risk of addiction & cancers.

**Smoking & Nicotine** – a lifestyle choice.  
 Nicotine is an addictive drug found in tobacco products.  
 Cigarette smoke contains nicotine, tar, carbon dioxide & soot which are all harmful.  
 People smoke to relieve stress, peer pressure, or are unable to quit. Passive smoking also carries risk to others

**Drugs** – including legal and illegal.  
 Prescription misuse - when people take for non medical (recreational use), become addicted to them, take excess, or take someone else's.  
 Stimulants - alertness, excitability (i.e. Cocaine, nicotine)  
 Depressants –calm, relax (i.e. cannabis, alcohol, heroine)  
 Hallucinogens – cause hallucinations i.e. LSD, ketamine)

*Effect on PIES*  
 P – dependence (alcoholism) damage to organs (mouth, liver, breast), infertility, weight gain  
 I – difficulty in decision making, depression, anxiety, stroke & brain damage  
 E – poor judgement leading to risky behaviour  
 S – relationship breakdown, domestic violence

*Effect on PIES*  
 P – increases risk of disease (cancer, stroke, coronary heart disease and others)  
 I – addiction leads to irritation, distraction & stress when unable to smoke. Increase chance of anxiety and depression.  
 E – poor self concept. May worry about negative impacts on health and costs.  
 S – may feel socially excluded when smoking, people may avoid smokers due to smell.

*Effect of drug misuses*  
 Addictive drugs are taken to change the mental state, to give an immediate feeling of wellbeing or happiness but they have long term effects. i.e. Paranoia,, sleep problems, anxiety, depression, suicidal feelings,

**Diet**  
*What you need to know: - amounts, quality, effects of poor diet*  
 Diet - lifestyle choice. Diet = The balance of foods a person eats (diet doesn't mean weight loss!)

**Foods to avoid**  
**Salt** – raises blood pressure → heart disease  
**Saturated fat** – raises blood cholesterol → heart disease  
 \*found in animal fats such as meat, butter  
**Sugar** – rots teeth, high in kcals (energy) → tooth decay & weight gain

**Fruit & vegetables**      **Starchy foods**  
**Meat, fish eggs, beans**      **Dairy**      **Oils**

Section	Nutrient	Needed for
Starchy	Carbohydrates (& fibre if wholemeal)	Carbohydrates - Provides energy Fibre – Digestive system/prevents constipation
Fruit & vegetables	Vitamins Fibre	Vitamins - Keep the body healthy Fibre – Digestive system/prevents constipation
Meat, fish, eggs, beans	Protein	Growth and repair of cells and muscles
Dairy	Calcium	Strong bones and teeth
Oils	Unsaturated fats	Reduces cholesterol, Keeps the body warm, Protects organs

Water is important to stay hydrated  
 Control calorie intake to manage weight.  
 More energy in (food) than expended in exercise causes weight gain  
 Less energy in (food) than expended in exercise causes weight loss

**Personal hygiene**  
*Good personal hygiene*

Prevents spread of infection  
 Improves self concept  
 -Hand washing  
 - Washing  
 - Nails clean  
 -Tissue for cough/sneeze  
 -Brushing and washing hair  
 -Brushing teeth  
 -Clean clothes  
 -Flushing the toilet

The cleanliness of a persons body. Essential for health & wellbeing

*Effect on PIES of poor personal hygiene*  
 P - Catching & spreading disease  
 Poor body odour, bad breath & tooth decay  
 Illness such as food poisoning, sore throat, athletes foot.  
 I – may reduce chance of job  
 E – poor self – concept, bullied  
 S – social isolation, loss of friendship.

**Key Words**

**Health & Wellbeing** – how physically fit and mentally stable a person is (not just absence of disease)  
**Genetic Predisposition** – more likely to inherit a condition based on genes  
**Chronic illness** – gradual, long term illness, treated not cured. i.e. asthma  
**Acute illness** – illness comes on quickly, short term & curable i.e. cold  
**Balanced diet** - variety of different types of food and providing adequate amounts of the nutrients necessary for good health.  
**Substance misuse** - continued misuse of any mind-altering substance that affects a person's health & wellbeing (drugs, alcohol, smoking)  
**Hygiene** – cleanliness of body and clothing to maintain health & wellbeing.

# Knowledge Organiser

## A1. Factors affecting Health & Wellbeing

### Social, emotional, cultural, economical & environmental factors

### Health & Social Care BTEC Technical Award - Component 3

#### Social interaction

Between family—friends—work colleagues—school friends.

Reacting to people through communication & relationships

**Integration** – when people feel they belong to a group  
**Isolation** - when people do not have contact with others.  
Due to: staying in, physical illness, reduced mobility or unemployment, mental illness, a condition such as autism

	Positive relationships	Negative relationships
<b>P</b>	Day to day care & practical assistance	Peer pressure/Poor lifestyle choices (drinking)
<b>I</b>	Shared experiences, supported learning & thinking	Less support with learning, conversation
<b>E</b>	Unconditional love, security, contentment, self concept, independence & confidence	Loneliness, insecurity, anxiety, depression,
<b>S</b>	Companionship, social interactions	Relationship difficulties

#### Relationship breakdown

**Can lead to:**  
Anxiety, stress, depression  
insecurity, loss of confidence, poor lifestyle choices, more pressure on finances, new home etc

#### Topics

- Social interaction
- Stress
- Economic/financial
- Life events
- Environment & Living Conditions
- Willingness to seek help or access services

#### Stress

Feelings of mental & emotional tension.

#### Causes of stress

Pressures at work  
Exams  
Financial difficulties  
Life events  
(illness, relationship changes, moving home, bereavement)

Occurs when the body responds to demand  
The hormone adrenaline is released  
Trigger 'fight or flight' response  
– so you respond instantly in life or death situations  
BUT an overreaction to non life threatening situation can cause negative stress.

#### Effect on health & wellbeing

##### Physical

##### Short Term:

- Tense muscles
- Fast breathing
- Dry mouth
- Faster heartbeat
- Butterflies
- Urge to pass water (urine)
- Diarrhoea
- Sweaty hands

##### Physical:

##### Long term:

- Sleeplessness
- High blood pressure
- Irritability
- Loss of appetite
- Heart disease
- Headaches
- Poor sex life
- Anxiety
- Mood swings

##### Emotional

Difficulty controlling emotions – crying, angry  
Feeling insecure  
Negative self concept  
Feeling anxious

##### Social

Difficulty making friends/building relationships  
Breakdown of close relationships  
Loss of confidence  
Social isolation

##### Intellectual

Forgetfulness  
Poor concentration  
Difficulty in making decisions

#### Willingness to seek help or access services

##### Asking for help

People need to seek help from health & social services at various stages. Being reluctant can lead to negative effects

##### Barrier 1: Gender

Men are less likely to access as they are often less open & avoid looking vulnerable

##### Barrier 2: Education

More educated are more likely to seek help  
They are more likely to:  
Research symptoms and know when help is needed  
Understand importance of early diagnosis & treatment  
Know how and where to access services

##### Barrier 3: Culture

Social behaviour, value, transition, customs and beliefs of communities. E.g.  
- discriminated against when accessing services  
- not speaking English well enough to discuss issues  
- some cultures require women to see women  
- Some cultures use 'alternative therapy'  
- stigma (feel ashamed)of conditions e.g., depression

#### Environmental & Living conditions

Air – water – noise – light – housing – area

**Environmental** – Air, water and land around us.

**Pollution** - Contamination of the environment & living organisms by harmful chemicals.

##### Examples

Outdoor air – Chemicals from factories, exhausts  
Indoor air – Aerosols, mould, cigarette smoke, carbon monoxide from heating  
Water – Farm fertilisers/pesticides, waste, sewage  
Food pollutants – chemicals in food production  
Noise – Machinery and traffic music, loud neighbours  
Light – Excess lighting, street lights

##### Housing

##### Good living conditions

Less polluted areas, quiet, safe, spacious, warm, dry, safe outdoor space

##### Poor living conditions

- Overcrowding – anxiety & depression, sleeplessness, difficulty concentrating & studying  
- Lack of open space – less exercise & physical play  
- Pests - Rats carry disease, bugs carry disease  
- Damp & mould - Respiratory problems (asthma)  
- Poor heating – poor health (cold, flu) heart disease

##### Impact of pollutants

- Lung problems (Bronchitis, asthma, lung cancer)
- Heart damage (disease, stroke)
- Reduction of brain function (thinking and memory)
- Low birth weight or premature births

##### City

Better transport links  
Close to facilities i.e. Shops, gym, entertainment, health services  
Easy access to social events  
BUT pollution problems

##### Rural

Sense of community  
Access to outdoors & less polluted  
BUT commute, difficult to access services, isolation

#### Economic

Relate to a persons employment situation & financial resources. Effects lifestyle, health & wellbeing

##### Factors

**2) Occupation** - Job role & status (i.e. level of responsibility, salary)

##### 3) Employment/unemployment

- Part time  
- Self employed  
- Not being able to find work (due to being disabled, made redundant, or being reliant on state benefits)

##### 1) Wealth

-Level of income  
- Amount of personal wealth, including non-essential, valuable material possessions (jewellery, cars & property)

##### Adequate income:

Pay for rent/mortgage – Pay bills (heating etc.)  
- Afford luxuries, clothing, holidays, car, house with a garden – Eat a balanced diet – Socialise with friends – Afford travel to leisure/health services – Live in suburbs /countryside

**Relative Poverty** - Can only afford the essentials. (reduced financial resources)  
Life choices will be limited -more likely to:  
- suffer ill health  
- lack personal development (i.e. school trips, warm clothes, doing well at school)  
**Absolute Poverty** -Not enough money to meet basic needs (food, clothing, housing) even with benefits.

	Positive	Negative
<b>P</b>	Good housing conditions Healthy diet Manual jobs can improve muscle tone & stamina	Poor housing conditions Poor diet Manual jobs - muscular/skeletal problems Desk jobs - less activity and weight gain
<b>I</b>	Opportunity to access intellectual activities Work, education & training helps to develop problem-solving & thinking skills	Long hours -less leisure time & reduced learning opportunities Being unemployed can result in poor mental health
<b>E</b>	A well paid job gives a feeling of security and less stress/worry over housing etc. Affording to socialise =positive self concept	Financial worries - stress & breakdown of relationships Not affording to go out and socialise =depression Unemployment of a low status job =low self concept
<b>S</b>	Better financial resources =opportunities to socialise Socialise with colleagues	ask of financial resources reduces opportunities for socialising Reduced opportunities for relationships = social isolation Financial worries = stress & breakdown of relationships

#### Life events

Events can change life circumstances in positive & negative ways

##### Expected

These can be predicted. They are easier to plan for & manage the effects  
-Leaving school  
-Starting school  
-Moving house  
-Starting work  
-Living with a partner  
-Marriage/civil partnership  
-Retirement

##### Unexpected

Cannot be predicted and cannot prepare.– has a greater impact  
e.g. Redundancy, imprisonment, exclusion, sudden death of someone close (bereavement) and ill health, accident or injury

##### Effects on health & wellbeing:

**P** – High blood pressure  
**I** – Depression, difficulty thinking & decision making, memory  
**E** – Difficulty sleeping, grief, insecurity, stress and anxiety  
**S** – Isolation, loss of friends

**Some positives** – catalyst for change of behaviours, opportunities for new study or training, support for emotional, diet etc

##### Effects on health & wellbeing:

**Positives:**  
New friends, learning, skills, independence, excitement, confidence  
**Negatives:**  
Anxiety, insecurity, stress, unhappiness about loss of 'old' life, change in lifestyle

#### Key Words

**Health & Wellbeing** – how physically fit and mentally stable a person is (not just absence of disease) Linked to PIES.

**Social integration** – When people feel they belong to a group

**Social Isolation** - When people do not have contact with others.

**Social interaction** Acting/reacting to people through communication & relationships

**Stress** - Feelings of mental & emotional tension.

**Adrenaline** – a hormone released when the body responds to a demand which can lead to stress.

**Economic** - Relate to a persons employment situation & financial resources

**Income** – money people receive from work, savings pensions or benefits.

**Expected life events** – can be predicted e.g. Leaving school

**Unexpected life event** – cannot be predicted i.e. Bereavement

**Environmental** – The air, water and land around us.

**Pollution** - contamination of environment & living organisms by harmful chemicals.

**Time constraints**



Work/Study	Family commitments
Get up 30 minutes earlier	Drop children at a club and go for a run
Keep walking shoes at work for lunchtime walks	Walk after dinner with your partner
Seated exercise at your desk	Take up family cycling
Take stairs instead of a lift	Swim at a health club



**Barriers to achieving goal through a health and well being plan**

**Financial resources**  
Costs of GYM membership can be prohibitive look for free alternatives

- Exercise classes
- Swimming
- Park run

**Physical resources**  
Use of weighing scales for themselves or food portions

- Use pharmacy for own weight
- Alternatives to portions such as cups

**Unachievable targets**

- Too ambitious
- Not appropriate
- Lack of understanding
- Not in the right frame of mind
- Timing
- Fear of failure
- Task is too big

**Lack of support as an obstacle**  
This could lead to the individual giving up on their plan

**Diet**  
Causes of failure

- Family and friends having a takeaway
- Special occasions
- Treated to regular meals

Overcoming obstacles

- All join in the diet
- Hide biscuits and treats
- Go bowling instead of a meal out

**Smoking**  
Causes of failure

- Family and friends continuing to smoke
- Others not wanting them to give up
- Lack of will power

Overcoming obstacles

- Explain the reason they are giving up
- Try to get them to join them

**Alcohol**  
Causes of failure

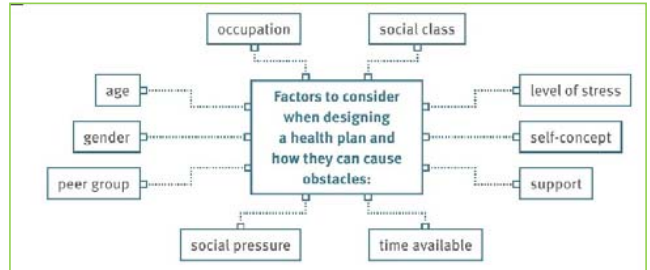
- Family and friends drink regularly with meals
- Nights out centred around drinking
- Treated to regular meals

Overcoming obstacles

- Offer them soft drinks
- Become the designated driver
- Change the venue

**Potential obstacles for implementing plans**

A final important factor is to assess the persons difficulties they face in its implementation.



Not everyone wants free fruit, but they might like a weekly swim. Some people enjoy lunchtime running while others would rather try out some yoga. Some need presentations and background reading, whilst others prefer to just get on with it. Take time to listen to the client and involve them in the planning as this will allow you to support them and make them more likely to engage with the plan.

**An example of a health and wellbeing improvement plan:**

**Problem:** Unfit office worker. Lifestyle too sedentary, so needs to become more active

Recommended actions	Short-term SMART targets	Long-term SMART targets	Sources of support	How support will help
Get 2.5 hours moderate exercise a week	<ul style="list-style-type: none"> <li>• Go for a 30 minute walk on Mondays, Wednesdays and Fridays and a 4-hour walk on Sundays for the first 4 weeks, in your lunch break if necessary.</li> <li>• Walk more briskly, so you walk further in the same time and on the same days for the next 4 weeks.</li> <li>• Cycle or jog instead of walking for at least the same time, getting faster each week.</li> </ul>	<ul style="list-style-type: none"> <li>• Go for at least a 30-minute run at least three times a week.</li> <li>• Walk at least 10000 steps on the days you do not run.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask a family member or friend to exercise or go with you</li> <li>• Fact sheet: Physical activity guidelines for adults (19-64 years) on www.gov.uk</li> <li>• Coach to 5K running app</li> <li>• Coach to 5K running podcasts when you get past 5k on www.nhs.uk</li> </ul>	<ul style="list-style-type: none"> <li>• Less likely to get bored or make an excuse not to go if with someone else</li> <li>• Gives examples of physical activity that meets the guidelines, so you can change what is suggested here for something else to give more variety. Also explains the benefits to sour you on</li> <li>• Shows you what to do, designed to get you running in just 12 weeks</li> <li>• Provides longer structured runs to help you continue to improve</li> </ul>
Do strengthening exercises twice a week	Do exercises to work the legs, hips, back, abdomen, chest, shoulder and arms twice a week.	Do exercises to work the legs, hips, back, abdomen, chest, shoulder and arms at least three times a week.	NHS Fitness Studio exercise videos (www.nhs.uk)	These instructor led videos are different lengths and exercise different muscles, so you can find some that suit your needs



**Sources of support**

We all need support and help sometimes, especially when a person is undertaking a health and well being plan.



Tyze online, private, secure, personal networks bridge formal and informal systems of care.

**Informal Support**

- Lending scales and fitness equipment
- Advice and strategies; such as how to tackle a particular exercise
- Practical support such as cooking healthy meals, or lifts to the gym
- Emotional support such as whole family going on the diet, friend walking or running with you, not smoking at your house.

**Formal Support**

- Practical support from GP or nurse
- Advice and strategies; such as how to reduce units alcohol
- Emotional support such as encouragement at a slimming club
- Information in the form of health promotion materials, leaflets
- Aid such as medicines and equipment vouchers for slimming club, nicotine replacement prescription, exercise podcasts

**Voluntary Sector**

- Running events such as 'Race for life' help people meet activity targets while raising money.
- Self help groups such as 'Walking for health'



**Ability/disability and addiction**



Ability	Disability	Addiction
<ul style="list-style-type: none"> <li>• A person with learning difficulties may find it hard to understand.</li> <li>• They may also find it difficult to manage everyday tasks</li> <li>• It is important that the plan is clear and easy to understand</li> <li>• Sources of support should be identified in the plan</li> </ul>	<ul style="list-style-type: none"> <li>• An individual with a physical disability may have difficulty if the plan is not considered carefully</li> <li>• Consider the access such as wheelchairs and walking aids in any places they need to visit</li> <li>• Any exercise you advise should consider their physical limitations</li> </ul>	<p>People become addicted to alcohol, nicotine and drugs because they like the way they make them feel both physically and mentally.</p> <p>People can be addicted to</p> <ul style="list-style-type: none"> <li>• Food – the compulsion to eat even when not hungry</li> <li>• Smoking – giving up nicotine has strong withdrawal symptoms</li> <li>• Alcohol – admitting the problem is the first stage in reducing intake</li> </ul>

**Barriers to accessing identified services**



Barrier	Overcoming barriers
Physical	Ramps, wide automatic doors, disabled toilets, intercoms
Psychological	Leaflets that are easy to access, private waiting rooms
Financial	Accessing funding through means tested benefits
Cultural and language	Multi-lingual information, braille and large print for leaflets
Geographical	Hospital transport from rural areas and the use of health center