



ManorAcademy
Aspire Achieve Excel

**Health and Social Care
KNOWLEDGE ORGANISER
Y11**



Contents

Introduction

Unit Sheets p.4

Powerful Knowledge

Learning Aim A Factors p.6

Learning Aim B Interpreting Health Data p. 11

Learning Aim B Needs, Wishes and Circumstances p.18

Learning Aim B Barriers p.18

Key Words p.20

Practice Pages

Learning Aim A Practice Pages p.23

Learning Aim B Practice Pages p.33

Revision Tools

Memory and Recall Questions p.44

Learning Aim A Revision Tools p.45

Learning Aim B Revision Tools p.47

UNIT SHEETS

This section of your Knowledge Organiser contains the unit sheets for each topic. Use them to make sure you know what is required at each stage of your learning.

Component 3: Unit Sheets

Assessment Objectives

Section A: Factors Affecting Health and Wellbeing			
	RAG Complete	RAG Before Revision	RAG After Revision
Genetic Inheritance			
Diet			
Exercise			
Substance Abuse			
Personal Hygiene			
Social Integration			
Stress			
Access to Services			
Financial Resources			
Housing			
Relationship Changes			
Section B: Improving Health			
Lifestyle Data			
BMI			
Pulse Rate			
Blood Pressure			
Peak Flow			
Target Setting			

Sources of Support			
Barriers			

POWERFUL KNOWLEDGE

In this section you can find the key information your teachers want you to know, understand and be able to recall.

Learning Aim A: Factors Affecting Health and Wellbeing

Categories of Factors.

PIES Effects - How a factor impacts our health and wellbeing.

Physical - Refers to growth and other physical changes that happen to our body throughout life.

Intellectual - The development of language, memory and thinking skills.

Emotional - Refers to the ability to cope with feelings about ourselves and toward others.

Social - Refers to the ability to form friendships and relationships and learn to

Economic:

Our financial resources. Not having enough can cause problems.

Examples:

- Income (money)
- Wealth (lots of money and goods)
- Occupation (job)
- Social class (working or middle)
- Material possessions.

Lifestyle: A person chooses to do something. **Examples:**

- Smoking
- Exercise

Cultural Factors:

This refers to the values, traditions and beliefs an individual is born into.

Examples:

- Female who prefers a female doctor.
- Dietary requirements. For example, Muslims they do not eat pork.
- Individuals may prefer to be called by their surname. 'Mr Smith.

Environmental:

Air, water and land around us.

Pollution - contamination of the environment and 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

Physical	Intellectual	Emotional	Social
Fitness levels	Memory levels	Stress	Social engagement
Illness and disease	Concentration and focus	Anxiety	Social isolation
Fatigue	Skills	Self-esteem	Relationships with others
Disability	Use of language	Self-concept	Opportunities
Weight		Attachments to others	Independence and dependency
Blood Pressure		Feeling lonely	
Resting Pulse Rate			
Peak Flow			

Physical Factors

Genetic Inheritance:

Some people experience conditions that are passed on through genetics. This means that there is a mutation in the DNA of one or both of their biological parents which has then been given to them. This mutation then causes the individual to have a condition. The effects of the condition on the individual will differ, depending on the mutation. However, it is important to note that these conditions can't be cured.

Disability

Disability is more than being in a wheelchair. Individuals can have a range of different disabilities including sensory impairments such as visual or hearing problems. Other people may have disabilities that are caused by chronic illnesses such as arthritis. We must be considerate of the effects of disability that go beyond the physical limitation and consider emotional and social impacts such as the effects of discrimination on self-esteem.

Lifestyle Factors

Diet:

An individual's diet, what they eat, is extremely important to their health and wellbeing. We should aim to eat a balanced diet which resembles the 'Eat Well Plate'. Eating too much or too little of a particular food group would lead to malnutrition. The effects of this could be obesity, vitamin deficiencies or problems with muscle and bone mass. Excessive amounts of fat and sugar can also lead to dietary diseases such as Type 2 diabetes.

Smoking

The most common effect of smoking is cancer. There are many different types of cancer linked to smoking but lung cancer is the most common. Smoking can however cause a number of other types of disease, particularly those that affect our respiratory system. For example, damage to the lungs can be caused and an individual may develop emphysema. If they have asthma, smoking can make it worse. In addition, smoking increases a person's risk of heart attack and stroke as a result of the negative impacts it has on the cardiovascular system.

Exercise

Many adults in the UK do less exercise than what is recommended. Exercise can have a number of different physical and emotional benefits. For example, those who exercise regularly have an increased level of stamina and energy levels. Exercise can also be a great social opportunity. However, if you are not active enough then you may experience weight gain due to a calorie surplus. Other people may find their levels of fitness reduce and they become out of breath quickly.

Substance Abuse

Substance abuse is the improper use of any chemicals or medication. A person who takes a prescribed medicine in the wrong way may be classed as a substance abuser. The impact that the abuse has will vary depending on the type of substance used. However, abuse of many recreational drugs such as cocaine and heroin can lead to overdose, nausea, organ failure and death.

Cultural Factors

Religion

Religion is an important part of many people's lives although it is becoming less popular in the UK. Our religion often forms our norms and values that we identify with and use to guide us through life. For many, religion is an important source of emotional and social support. However, other people find that religion can limit the things that they are able to do in life.

Gender Roles

Different communities have varying ideas about the roles of men and women. This can have a significant impact on health and wellbeing. For example, men are often told that they should not show weakness. This can lead to them failing to access medical care for physical and mental ill health when it is needed. Alternatively, women often carry the burden of having to

run a house, work and look after children. This can leave women with very little time to focus on their own health.

Economic Factors

Income

A person's income can have a significant impact on the lifestyle choices that they are able to make. Those on a lower income may struggle to afford to buy essential items to remain healthy such as fresh food or access to sports facilities. On the other hand, richer people may experience less stress if they have fewer money worries.

Occupation

The job that we do may affect the stress levels that we experience. Those who work in professional occupations such as medicine, law or education may experience greater levels of pressure in their job which can lead to stress. Manual jobs such as building have risks associated with the dangers of the job. Those who take part in physical work are much more likely to become injured at work.

Environmental Factors

Air Pollution

There are many pollutants in the air around us. We may be exposed to second hand smoke if we live with others who smoke cigarettes. Inhaling this smoke carries the same health risks as smoking ourselves. In addition, we may live in a built up urban area where we are exposed to chemical pollutants in the air. Exposure to these can cause respiratory conditions such as COPD and asthma.

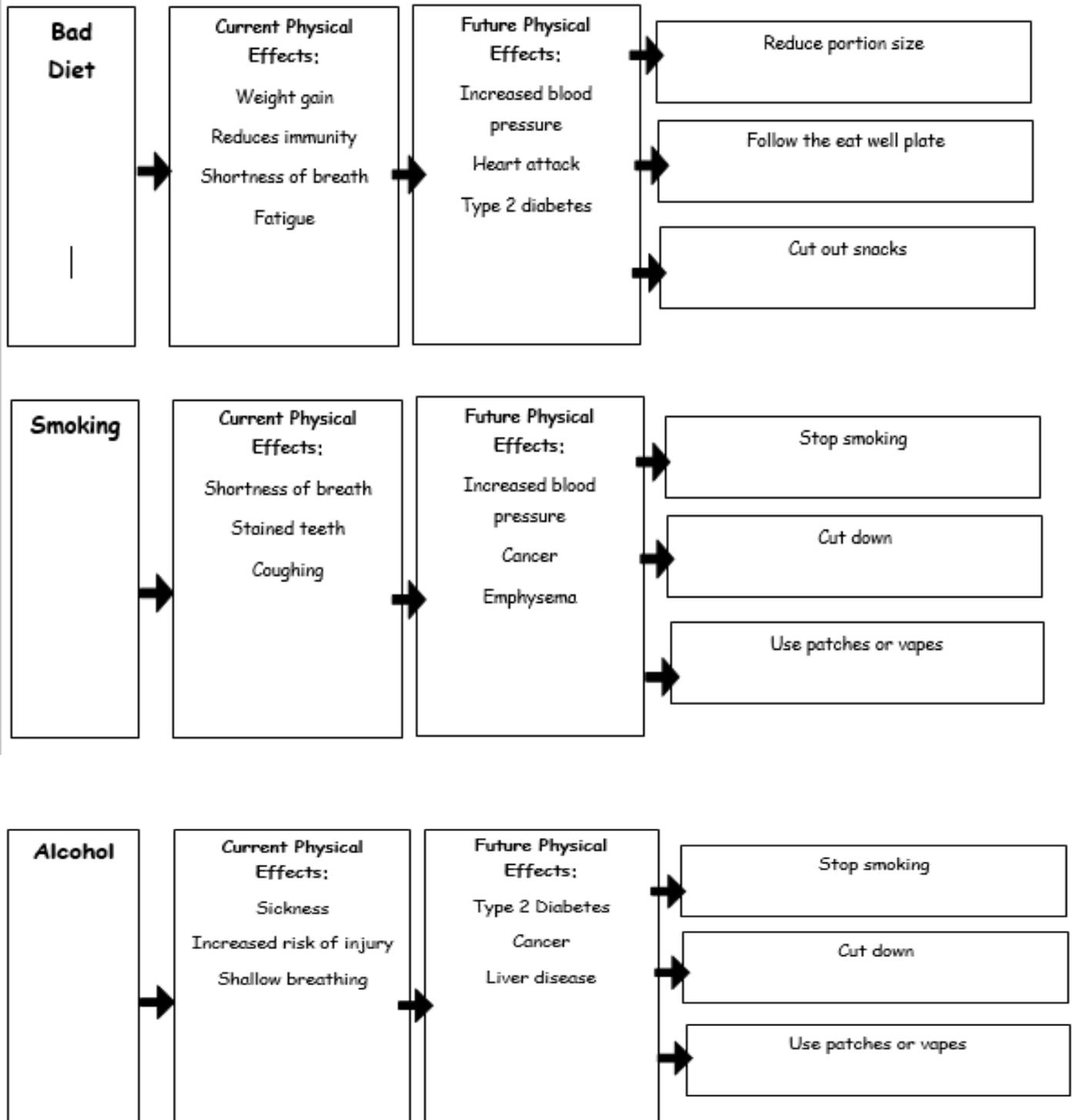
Noise Pollution

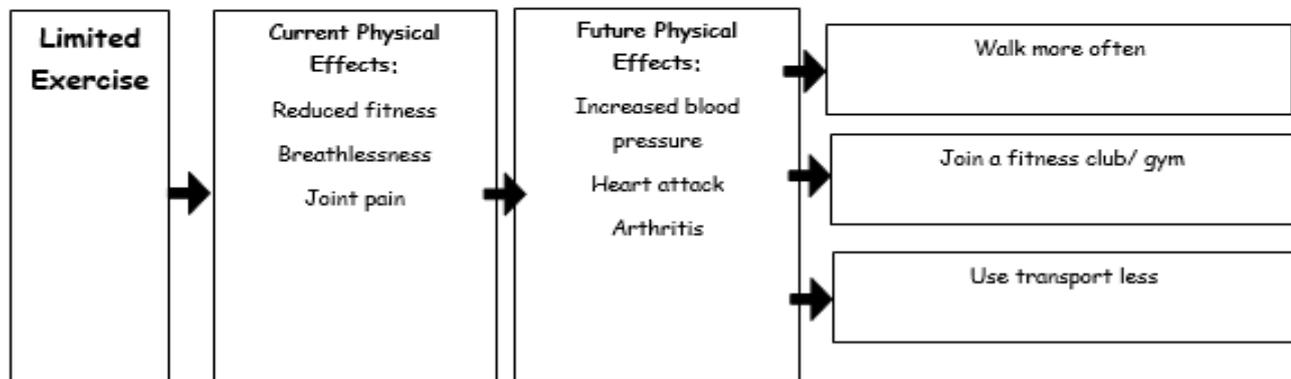
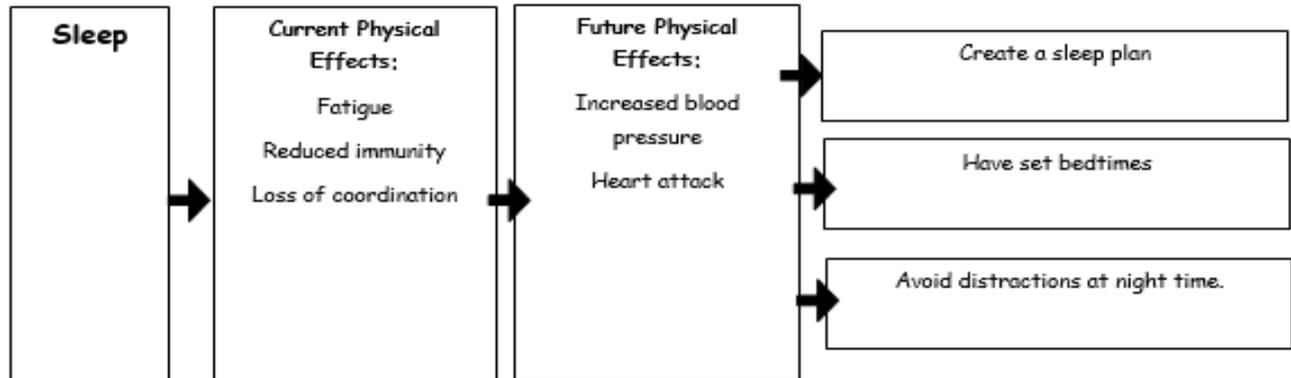
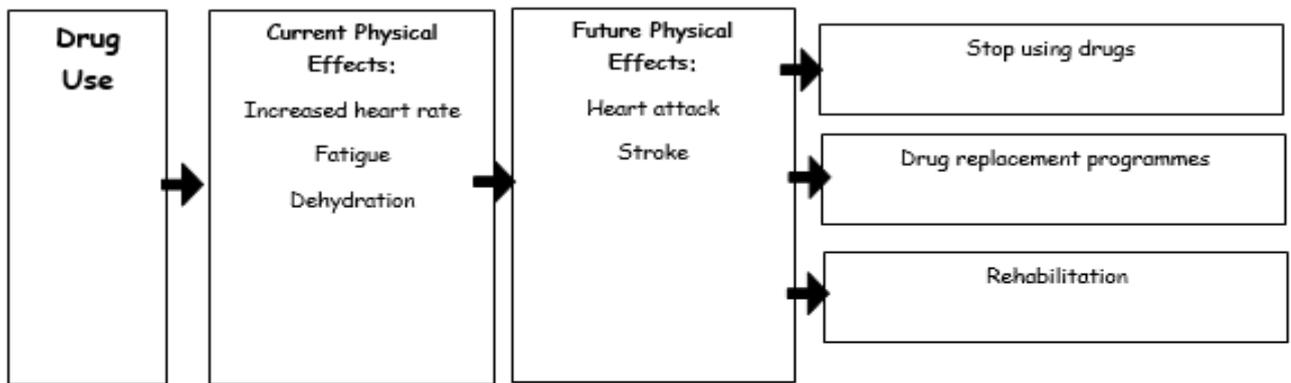
Living in a busy area such as a city centre may also expose us to noise pollution. Others may experience this if they live next to a busy main road, train track or on an aeroplane flight path. Noise pollution can have a number of emotional impacts on an individual. This can include broken sleep.

Learning Aim B: Improving Health

Lifestyle Factors Data

Lifestyle data is information about a person's health behaviours. These are things that you can't measure and the individual has to report them. This includes information about diet, exercise, smoking, alcohol, drug use and sleep.





Body Mass Index (BMI)

BMI (Body Mass Index)

Body Mass Index (BMI) measures how suitable a person's weight is compared to their height. A ratio number is given which classifies a person's weight.

Weight Categories	BMI (kg/m ²)
Underweight	< 18.5
Healthy Weight	18.5 - 24.9
Overweight	25 - 29.9
Obese (Class I)	30 - 34.9
Severely Obese (Class II)	35 - 39.9
Morbidly Obese (Class III)	40 - 49.9
Super Obese (Class IV)	>50

If your BMI is above the recommended 'healthy weight' then you are **unhealthy**.

If your BMI is below the recommended 'healthy weight' then you are **unhealthy**.

Current Effects of **High** BMI:

- Breathlessness
- Reduced fitness
- Reduced mobility
- Increased pulse rate

Future Effects of **High** BMI:

- Stroke
- Heart Attack
- Hypertension
- Sleep apnoea
- Arthritis

Current Effects of **Low** BMI:

- Anaemia
- Reduced fitness
- Decreased immunity
- Fatigue

Future Effects of **Low** BMI:

- Stroke
- Heart Attack
- Osteoporosis (brittle bones)

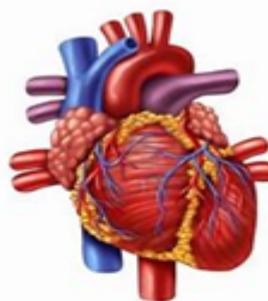
Targets to improve BMI:

- Reduce calorie intake if overweight: cut out snacks, reduce high fat or sugary foods.
- Cut out sugary or alcoholic drinks.
- Increase calorie intake whilst following eat well plate if underweight
- Balance calorie intake with calorie burn

Pulse Rate

Resting pulse rate measures how many times the heart beats per minute when we are at rest.

Recovery after exercise rate measures how fast it takes for our pulse rate to go back to normal after exercise.



If your resting pulse rate is above the recommended rate for your age then you are **unhealthy**.

If your resting pulse rate is below the recommended rate for your age then you are **healthy**.

Current Effects of **High** Resting Pulse Rate:

- Breathlessness
- Dizziness
- Heart pain
- Fatigue

Future Effects of **High** Resting Pulse Rate:

- Heart disease
- Heart attack

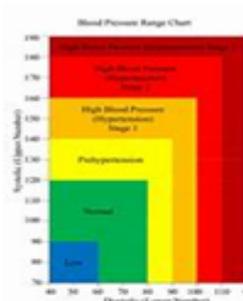
Targets to improve resting pulse rate:

- Do more exercise to strengthen the heart
- Stop smoking
- Improve diet and reduce fat intake
- Lose weight
- Reduce alcohol
- Reduce stress

Blood Pressure

Blood pressure readings measure how hard the blood hits the artery walls after it is pumped by the heart.

We are given two blood pressure readings. These are the systolic and diastolic pressures.



If your blood pressure is above the recommended rate then you are **unhealthy**.

If your blood pressure is below the recommended rate then you are **unhealthy**.

Current Effects of **High** Blood Pressure:

- Breathlessness
- Dizziness
- Headache
- Fatigue

Future Effects of **High** Blood Pressure:

- Heart attack
- Stroke
- Hypertension

Current Effects of **Low** Blood Pressure:

- Dizziness
- Fatigue

Future Effects of **Low** Blood Pressure:

- Heart attack
- Stroke

Targets to improve blood pressure:

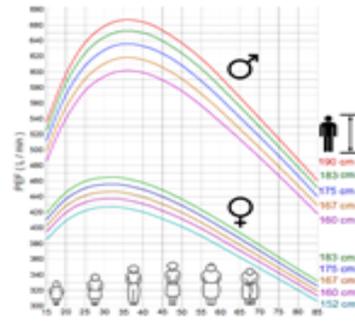
- Do more exercise to strengthen the heart
- Stop smoking
- Improve diet and reduce fat intake
- Lose weight
- Reduce alcohol
- Reduce stress

Peak Flow

Peak flow measures how many litres of air a person is able to breathe out of their lungs in one minute.

The higher your peak flow, the healthier you are.

Measurements take into account a person's age, gender and height.



If your peak flow is above the recommended rate then you are **healthy**.

If your peak flow is below the recommended rate then you are **unhealthy**.

Current Effects of **Low** Peak Flow:

- Sign of blockage or irritation
 - Breathlessness
- Difficulty being active
- Reduced oxygen intake

Future Effects of **High** Blood Pressure:

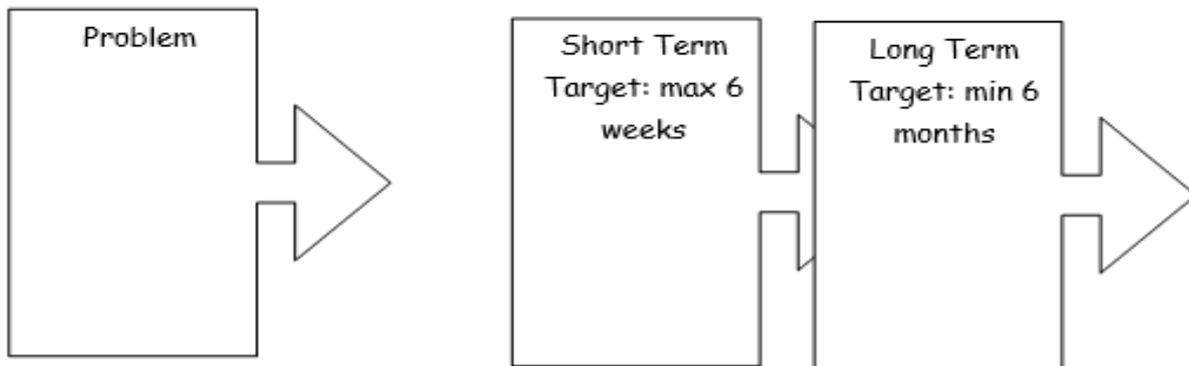
- Respiratory conditions such as lung disease
- Increased strain to heart

Targets to improve peak flow:

- Stop smoking
- Improve diet and reduce fat intake
- Lose weight
- Reduce exposure to air pollution

*A low peak flow is an effect of asthma, there is nothing that can be done about this so it is important to make other improvements.

Target Setting to Improve Health and Wellbeing



Always make sure that your **short term and long term target link to each other.**
E.g. swap three sugary snacks per week to fruit develops to cut out all sugary snacks.

Sources of Support

When you create your targets, you will need to explain how a source of support would help the individual to achieve it. This must be within a health and social care context.

Examples of Sources of Support:

- Friends and Family
- General Practitioner (GP)
- District Nurse
- Social Worker

Information and Advice:

- Guidance on health changes
- Access to other services

Emotional Support:

- Listening to problems
- Motivation

Practical Support:

- Lending money
- Taking you to appointments
- Providing childcare

Meeting Needs and Avoiding Barriers

When setting targets, you will need to consider how they meet the needs, wishes and circumstances of the individual.

You will also need to think about any barriers they may experience and how you would help them to overcome them.

Needs, Wishes and Circumstances:

Needs, wishes and circumstances	Suggestions
Individual has a low income	Think of low cost or even free things they can do. Planning is key to reduce costs.
Individual has a busy job	Plan shorter activities that can fit around a busy lifestyle. Plan targets into leisure time.
Individual has a low self-esteem	Use sources of support to help them to achieve their target. Set small, easy to achieve targets.
Individual lives in a rural area	Use the outdoors to set activities. Be considerate that many services will require travel to access.
Individual does not have access to transport	Use local services or technology such as the internet. Incorporate walking where possible.
Individual has to look after children	Plan activities and targets that involve children. Plan targets that can be achieved when children are at school.
Individual has a pre-existing health condition	Think about the limitations of this condition. Use existing medical carers to support targets.

Barriers

Barrier	Way to overcome it
Physical barriers such as poor health or disability	Small targets (baby steps) that don't cause harm to the individual. Think creatively e.g. wheelchair activities or low impact exercise. Adaptations to the home may be required.
Emotional barriers such as poor self-esteem, lack of confidence or	Set targets in the home to achieve. Utilize family and friends to support and achieve targets with them. Refer

low motivation.	to therapy/ counselling if needed. Use friends for healthy competition or support groups.
Economic barriers such as low income.	Planning can always cut costs. For example by reducing food waste if meals are planned. Local facilities such as an exercise class at a local church are often cheaper than large gyms.
Environmental barriers such as lack of space.	Use outdoor spaces to allow for more room. If there are a lack of services then plan for activities to be set up amongst communities.
Social barriers such as childcare and dependency.	Include dependents in the targets where possible. Use evenings to plan in targets where there is more time or refer to other sources of support.

Key Words

Word	Definition	Word	Definition
Physical Development	Changes to our health.	Physical Disability	A barrier we face physically e.g not being able to walk.
Intellectual Development	Changes our thinking, memory and skills.	Learning Disability	A barrier we face to our learning.
Emotional Development	Changes to the way we think about ourselves and others	Dementia	A condition usually experienced by older people where memory is lost.
Social Development	Changes to the relationships with have with others.	Impairment	When we are not able to do something.
Physical Factors	Health and Disease Factors	Anxiety	A constant feeling of worry and nervousness.
Intellectual Factors	Learning that affects us.	Stress	A physical and emotional response to difficult times.
Emotional Factors	Feelings that affect us.	Depression	A prolonged feeling of being down.
Social Factors	Other people and their impacts.	Self-Esteem	How secure and happy we are in ourselves.
Economic Factors	Money (income, poverty and wealth) and its effects.	Self-Concept	Who we see ourselves as.
Emotional Factors	Feelings that affect us.	Social Engagement	How much we get involved with other people/ have friends.
Cultural Factors	Religion, language, norms and values.	Social Disengagement	Not being involved with other people.
Lifestyle Factors	The choices that we make.	Marginalisation	Being pushed out of a group or society.
Substance Abuse	Misusing alcohol and drugs.	Discrimination	Being treated differently to other people.

Poverty	Having less income than what is seen as needed to meet your basic needs.	Income	The money that you earn.
Occupation	Your job.	Obesity	Being overweight.
Arteries	Blood vessels that take blood away from the heart.	Mobility	How much you are able to move around.
Respiratory System	The breathing system e.g. lungs.	Cardiovascular System	The heart and blood system.
Cancer	A disease that is linked to poor lifestyle choices.	Type 2 Diabetes	A disease that is formed due to poor lifestyle choices.
Arthritis	A bone disease where joint movements are painful.	Stroke	When the brain is deprived of oxygen due to a burst artery or blockage.
Hypertension	When a person's blood pressure is dangerously high.	Emphysema	A disease of the lungs caused by smoking.

PRACTICE PAGES

In this section of your Knowledge Organiser you will be able to work on practice examples – in class and at home as independent tasks.

Section A: Practice Pages

Location

Damien is 31 years old. He is a patient at Bellevue Surgery. Damien lives in a modern one bedroom apartment in a large town. He does not have a garden, but he has a small balcony and there is a park a short distance from his home.

Medical history

Damien has had breathing difficulties for most of his life. He was diagnosed with asthma when he was three years old. Asthma is a chronic condition that needs regular monitoring. Damien attends the asthma clinic at Bellevue Surgery twice a year.

Family, friends and social interactions

Damien is divorced. He has a daughter, Marie, who is five years old. Damien has a wide circle of friends from school and work. He meets his friends twice a week to play cards and drink a few beers. On Sunday he plays football in the local park if he is well enough.

Day-to-day life

Damien works in an office where he sits at a computer all day. He earns a low income and struggles to pay the rent for his flat. Damien eats a lot of fast food and takeaway meals.

Q1a) Explain **two social** factors that could have a **positive** effect on Damien's health and wellbeing. (4)

1. _____

2. _____

B) Explain **one environmental** factor that could have a **positive** effect on Damien's health and wellbeing. (2)

C) Explain **two physical** factors that could have a **negative** effect on Damien's health and wellbeing. (4)

1.

2.

D) Explain **one economic** factor that could have a **negative** effect on Damien's health and wellbeing. (2)

Damien has been divorced from his wife, Simone, for three years. Simone and Damien do not have much contact with each other. This has made it difficult for Damien to arrange visits with his daughter, Marie. A few months ago, Simone and Marie moved to another town to be with Simone's new partner. This has made it harder for Damien to maintain a relationship with his daughter. Simone and Marie still need Damien's financial support, but because of his low income he has difficulty paying it.

Q2a) Explain **two** effects of having less contact with his daughter on Damien's **emotional** wellbeing. (4)

1.

2.

B) Explain **one** impact of divorce on Damien's **social** wellbeing. (2)

How to structure your answers

Question 1.

Identify one factor

Give a clear reason for why this is positive/negative

Model Answer

Q1a) Explain **two social** factors that could have a **positive** effect on Damien's health and wellbeing. (4)

One social factor that could have a positive effect on Damiens health and wellbeing is that he has a wide circle of friends. This is positive because this means he has a supportive network which can give him a sense of belonging.

Question 2.

Identify an effect or impact.

Give a clear reason for why this effect/impact will be positive or negative on health and wellbeing.

Model Answer

Q2a) Explain **two** effects of having less contact with his daughter on Damien's **emotional** wellbeing. (4)

One effect of Damien not seeing his daughter is that his bond with her may be broken or reduced. This will impact his emotional wellbeing negatively, as this may cause him increased anxiety or worry.

Case Study 2

Location:

Bernadette is 42 years old and currently lives with her elderly mother Doreen and her daughter Harriet. Doreen is unable to look after herself since her hip replacement. They live in a 2 bed bunglaow in a quiet village. They do have a large garden which Bernadette enjoys spending time in. The nearest shops are half hour away.

Medical history:

Bernadette has arthritis in her knees. She was recently diagnosed with this after having time off work due to the pain in her knees and to look after her mum. Bernadette has been prescribed painkillers to help with the pain but has started to take more than the recommended amount.

Family, friends and social interaction:

Bernadette's daughter Harriet also helps support Doreen. She does have a wide circle of friends that she sees often. They meet up once a week for a drink in their local pub. However, Bernadette has not meet her friends for the last two weeks due to the pain caused when she drives.

Day to day life:

Bernadette works in the local supermarket and enjoys her job, she relies on this income to support herself and her mum. Bernadette has had to reduce her hours because of the pain she is in. This has made her become more isolated from her friends and her daughter. Bernadette spends her days caring for her mum and watching TV.

Question 1 A

Explain **two** environmental factors that could have a negative effect on Bernadettes health and wellbeing. (4)

1B

Explain **one** physical factor that could have a negative effect on Bernadettes health and wellbeing. (2)

Question 2 A

Explain **two** social factors that could have a positive effect on Bernadettes health and wellbeing. (4)

2B

Explain one emotional factor that could have a positive effect on Bernadettes health and wellbeing. (2)

Bernadette's was made a widow 5 years ago after her husband passed away suddenly. She has struggled to come to terms with being alone, which prompted her to move in with her mother. Explain how bereavement may affect Bernadettes social and emotional wellbeing in different ways. (4)

Practice Pages

Case Study 1: Samuel

Samuel is 32 years old and lives on a farm. He works on the farm that is owned by his parents. Samuel has recently been experiencing depression and this has had an impact on his relationship with his family members and his friends. Samuel hasn't seen most of his friends for the past three months and instead spends all of his time on the farm or out running. He has found that running helps him to clear his mind and feel better. Samuel has been prescribed anti-depressant medication from his doctor. He has found that this medication helps him but he is now becoming addicted to the medication and often takes more than he should. He also takes a large amount of pain killers each day. When he doesn't take them, he feels sick and has a headache.

Samuel grew up in a very religious family and used to attend church every week. Last year, Samuel decided that he no longer felt that he believed in his religion and left the church. This caused some arguments between Samuel and his parents who were disappointed in him. Since then, he has been exploring other religious that he identifies more with.

Explain how one cultural factor could have a positive impact on Samuel's health and wellbeing.

A cultural factor that Samuel is experiencing is that he has started to explore new religions that he can identify with better. This will have a positive impact on him emotionally because he will start to form a better self-concept. This is because he will start

to understand himself and what he believes in better rather than believing what he has been told to believe in the past.

Explain how one social factor could have a negative impact on Samuel's health and wellbeing.

.....
.....
.....

Explain how one factor has a positive impact on Samuel's physical health and wellbeing.

.....
.....
.....

Three years ago, Samuel went to prison for six months for fraud. Samuel and some other farmers tricked a company out of thousands of pounds and Samuel got caught for it. The other farmers got away with what they did. Samuel comes from a family that have never broken the law and this shocked all of the people who live in the small rural village that Samuel comes from.

Explain how going to prison may have affected Samuel's emotional health and wellbeing in two ways.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Case Study 2: Linda

Linda is 72 years old and lives in a rural area with her husband Peter. They have four children together and ten grandchildren. All of her family live close by to them and they see them regularly. Linda owns an online craft business where she sells knitting supplies. She is also a member of her local knitting club. Her business earns her enough money that she and Peter can live comfortably in their retirement.

Last year, Peter was diagnosed with dementia and Linda has noticed a lot of changes in Peter's personality and behaviour. He is now very difficult to deal with and Linda is his main carer. Linda's children have asked Linda to move Peter into a nursing home but Linda wants to keep looking after him herself. This has got harder recently because Linda had a heart attack. Her doctors told her that this heart attack was a result of smoking but that her stress levels have made her health worse.

Explain how one economic factor will have a positive impact on Linda's health and wellbeing.

.....
.....
.....

Explain how one environmental factor will have a negative impact on Linda's health and wellbeing.

.....
.....
.....

Explain how one factor would have a negative on Linda's emotional health and wellbeing.

.....
.....
.....

After many months of her children trying to persuade her, Linda has finally agreed to move Peter into a nursing home for people with dementia. This will be the first time that Linda will have lived alone for over 50 years. Linda has chosen a nursing home that is a half an hour drive away from her home. Peter will live there permanently from now on.

Explain how living alone will affect Linda's social development.

.....

.....

.....

Explain how Peter moving into a nursing home will affect Linda's emotional health and wellbeing.

.....

.....

.....

Case Study 3: Neeta

Neeta is 19 years old and has recently moved to university to study adult nursing. Neeta's university course requires her to complete nursing placements where she works in hospitals and also attend lectures. Neeta has moved into a halls of residence, where she lives with four other nursing students from around the country. In her halls, she has her own bedroom but shares a living room and kitchen with the other students. Neeta is a Hindu and lives with people from a range of different ethnic and religious backgrounds.

Although Neeta works at her placement 5 days a week, she also has to work a part time job at a restaurant for two nights each week to help financially. This is because Neeta comes from a family that lives in poverty and her parents cannot afford to help her financially whilst at university. Working so much makes Neeta feel very tired and it is having an impact on her progress at university.

Explain how one cultural factor could have a positive impact on Neeta's health and wellbeing.

.....

.....

.....

Explain how one economic factor could have a negative impact on Neeta's health and wellbeing.

.....
.....
.....

Explain how one factor may have a negative impact on Neeta's emotional health and wellbeing.

.....
.....
.....

Neeta decided that she wanted to become an adult nurse following the death of her brother four years ago. Her brother had cerebral palsy and had experienced health barriers for all of his life. Neeta had helped to care for her brother whilst she was growing up and often attended medical appointments with him. They were very close and he always made her laugh.

Explain one emotional effect of Neeta's bereavement.

.....
.....
.....

Explain one way that caring for her brother will have affected Neeta's social wellbeing.

.....
.....
.....

Section B: Interpreting Health Data

Oliver is 24 years old and works on a building site. He is physically active throughout the day and does lots of heavy lifting. Oliver likes to go out drinking with his friends all weekend and he also uses cocaine.

Resting Pulse Rate	85
Blood Pressure	152/97

Use the health indicator sheets earlier in the booklet to complete your health analysis.

	Lifestyle	Pulse Rate	Blood Pressure
Current Effects			
Future Effects			

Riaz is 49 years old. He is a Muslim and therefore does not drink alcohol. He does however smoke cigarettes and eats a high fat diet. Riaz loves food from his local takeaway and drinks lots of fizzy drinks.

Peak Flow	420 (he is 1.7m tall)
BMI	34

Use the health indicator sheets earlier in the booklet to complete your health analysis.

	Lifestyle	Peak Flow	BMI
Current Effects			

Future Effects			

Interpreting Data Example: Oliver

Lifestyle Data	<p>Risks to current health: The lifestyle data shows that Oliver is a regular substance abuser. He drinks a lot of alcohol and also abuses recreational drugs. This would have a significant impact on his current health because he is poisoning his body. He is most likely to experience hangovers and withdrawal from the drugs that he abuses at weekends, this could mean that he often feels fatigued, sick or has headaches. He may also find the this abuse is lowering his immune system, leading him to picking up illnesses more often such as the common cold.</p>
	<p>Risks to future health: If Oliver continues to abuse drugs, it is likely that he will lower his life expectancy. This could be because he would be at risk of a drug overdose where he could die. In addition, he is more likely to experience diseases of the liver due to the damage the alcohol does to his body. This would also lower his life expectancy if his liver is unable to function correctly.</p>
Pulse Rate	<p>Risks to current health: Oliver's pulse rate is high, which means that he is unhealthy. This is because his heart, which is a muscle, is being put under strain to pump blood effectively around the body. This can be caused by Owen's abuse of the drug cocaine. When he is using the drug his heart will be put under further strain and could become damaged. He is most likely to be affected by this at this point by feeling like his heart is racing in his chest, causing breathlessness.</p>
	<p>Risks to future health: If Oliver does not successfully lower his resting pulse rate, he will increase his risks of having a heart attack. This will be because his heart is under so much strain that it eventually stops working effectively. This would most likely be seen in his heart rate becoming irregular, leading to cardiac arrest. If he did not get treatment for this he could die.</p>
Blood Pressure	<p>Risks to current health: Oliver's blood pressure is high, meaning that he is unhealthy. This could be because there is a narrowing in his arteries. This is most</p>

	<p>likely caused by his abuse of alcohol, which raises your blood pressure. As a result of this, Oliver may frequently feel dizzy or fatigued. This will also put his heart under increased stress as it is having to work harder to push the blood through the narrowing in the arteries.</p>
	<p>Risks to future health: Having a high blood pressure will make it likely that he will experience a stroke. This is when there is a blood clot or haemorrhage in the brain, causing damage to the tissue. This happens because there is a build-up of pressure. A potential consequence of this could be that Oliver then develops vascular dementia which is a more common form of dementia amongst younger people, caused by damage to the brain. Other effects of stroke could be paralysis as a result of damage to the part of the brain responsible for mobility.</p>

Explain what the health data tells us about Riaz's physical health.

<p>Lifestyle Data</p>	<p>Risks to current health:</p>
	<p>Risks to future health:</p>
<p>Peak Flow</p>	<p>Risks to current health:</p>

BMI	<p data-bbox="231 517 598 555">Risks to future health:</p>

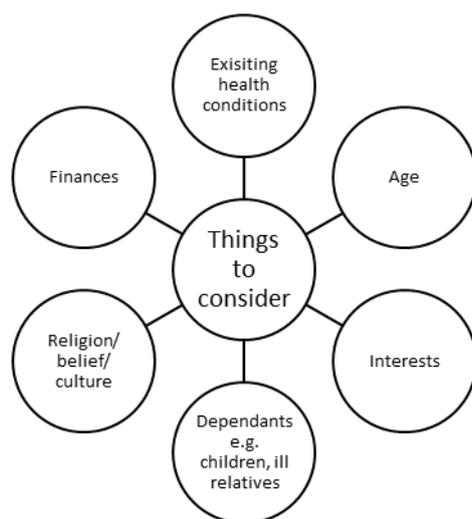
--	--

Key Words		
Obesity	Respiratory System	Stroke
Limited Mobility	Heart Attack	Inflammation

Justifying Health Improvement Plans

When you are planning health and wellbeing targets, you must consider how they meet the needs of the individual. The case study will have lots of information in it that will shape the targets that you should set.

You will be asked in question 5 of the exam to justify the targets that you set. There are a number of points that you can consider.



Model Responses:

I set Hillary the target of becoming more active by going on walks because this would be a type of exercise that is **more suitable** for her medical needs. For example, her heart condition could make it difficult for her to run so a low impact walk could help her to increase mobility whilst not causing any further harm.

I **thought that it would be a good idea** to give Richard the target to stop smoking based on the physiological health data. For example, his blood pressure is high and his peak flow is low, showing that he has problems with both his cardiac and respiratory system. As a result, it is vital that he improves his health before he dies of a premature death.

When planning Zainab's targets, I **was considerate of** emotional wellbeing. The case study states that she isn't very confident. **This is why I planned** for all her targets to be achieved alongside her husband and daughter. Therefore, her family can provide her with emotional support and encourage her to be more successful.

Model Response

One of the targets that I set Olive, so that she could become more active, is to start going for a walk each night. **I chose to set her this target because** she wants to increase her activity levels. Walking would be a **good choice for Olive because** the case study said that she works part time and has a low income. **This would mean that** Olive may have more time than other people to go on walks because she is not spending all her time at work. In addition, going walking is free. She won't have to pay anything in comparison to going to a gym where the membership could be expensive. **This would be beneficial to Olive because** she doesn't have much money so wouldn't be able to afford these fees.

Now have a go: Choose one of the other case studies above and justify the target that you set them. (Tip- use the connectives listed below to show the justification skill)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Justification Connective	Included
I have chosen to set the target...	
I did this because...	
This would be suitable because...	
The benefits of this would be...	

Barriers

After planning your targets, you must consider the barriers your individual may face in meeting them. The case study will have lots of information in it that will give you ideas about the barriers that they will have.

You will be asked in question 6 of the exam to explain the barriers that your individual may face. Once you have said what the barrier will be, you need to explain how they can overcome the barrier.

The acronym below will help you to think about the barriers that your individual could face.

O	Others- how do other people impact on their likelihood to succeed? Do they have to look after others? <i>Overcome by: getting childcare, asking friends for help.</i>
B	Beliefs- if they have a religious belief, how might this affect their actions? <i>Overcome by: choosing actions that are reinforced by their beliefs.</i>
S	Support- do they have people around them to motivate them? <i>Overcome by: seeking support from a professional or joining a group.</i>
T	Time- how can you fit the targets in if they are busy? <i>Overcome by: planning short activities, assigning time during in the week to do the activities, planning.</i>
A	Access- how easy can they access services? <i>Overcome by: accessing online and telephone services, travelling further.</i>
C	Cost- how much will it cost to achieve the targets? Can they afford this? <i>Overcome by: choosing activities that are free, using community facilities, planning.</i>

Justification Connective	Included
A barrier that could be faced is...	
This would be a problem because...	
A way to overcome this would be...	
This would be beneficial because...	

Exam Tips for Success!

Question	Top Tips
1&2	<ul style="list-style-type: none"> • Make sure you write about the right categories and factors. • Double because your answers- what is the impact and why is it positive or negative.
3	<ul style="list-style-type: none"> • Make sure you write in the correct section for each type of data. • Make a judgement about health- are they healthy or unhealthy. • Current needs to be what would affect them now. • Future is the more serious health effects that could happen if they don't change. • Only write about physical health.
4	<ul style="list-style-type: none"> • Make sure your targets link to your action, they shouldn't be a mix of different things. • Short term target is 6 weeks. • Long term target is 6 months. • Make it SMART.
5	<ul style="list-style-type: none"> • Write at least one paragraph for each target you set. • Include what need you considered and how your target takes it into account. • Make sure you use justification connectives. • Top answers refer to needs and health data.
6	<ul style="list-style-type: none"> • Pick out barriers from the case studies. • Write about why it would be a barrier. • Make sure you explain how you would overcome the barrier.

REVISION TOOLS

Use this section of your Knowledge Organiser to support you with revision.

Test yourself and then use the revision resources to help you fill the gaps in your knowledge.

Revision Tools:

Memory and Recall Questions

Set 1

1. Identify the category of factors that smoking fits into.
2. Identify the category of factors that speaking a different language fits into.
3. Identify the category of factors that being in poverty fits into.
4. Identify the category of factors that living in a busy city falls into.
5. Identify the category of factors that living alone fits into.
6. Identify a current physical effect of binge drinking alcohol.
7. Identify a future effect of binge drinking alcohol.
8. Identify a potential cause of emphysema.
9. Identify a current effect of having a BMI in the obese category.
10. Identify a way that a person could reduce their BMI.

Set 2

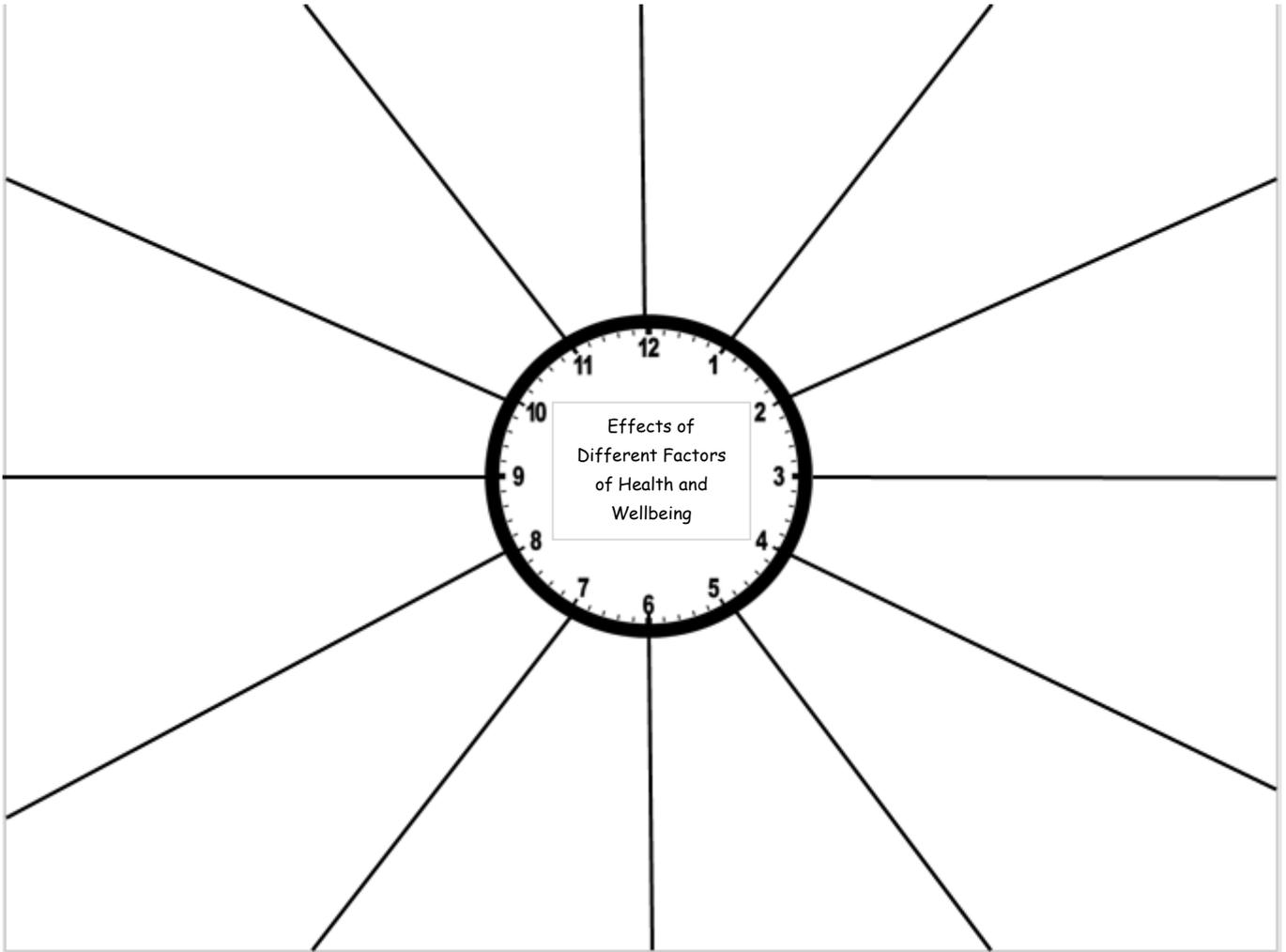
1. Identify an emotional effect of bereavement.
2. Identify a social effect of divorce.
3. Identify a physical effect of stress.
4. Identify a way that a person could reduce stress.
5. Identify a potential cause of a stroke.
6. Identify the three things that are considered when measuring peak flow.
7. Identify the category of effects that weight gain falls into.
8. Identify the category of factors that a genetic condition falls into.
9. Identify a genetic condition.
10. Identify the addictive drug that is in cigarettes.

Set 3

1. Identify the category of factors that living in a small town fits into.
2. Identify a benefit of living in the countryside.
3. Identify a benefit of having lots of friends.
4. Identify a potential negative effect of having a busy job.
5. Identify a lifestyle choice that is influenced by income.
6. Identify the category of effects that memory loss fits into.
7. Identify the term used to describe the misuse of drugs and alcohol.
8. Identify a social effect of poor personal hygiene.
9. Identify an economic factor.
10. Identify a way that someone could increase their peak flow.

Learning Aim A:

Category of Factor	Definition	Examples
Physical		
Lifestyle		
Cultural		
Economic		
Environmental		



Learning Aim B:

Interpreting Data

Pulse Rate

Average values of heart rate at different ages		
Age	Heart rate (beats/min) for men	Heart rate (beats/min) for women
18 – 25	70 – 73	74 – 78
26 – 35	71 – 74	73 – 76
36 – 45	71 – 75	74 – 78
46 – 55	72 – 76	74 – 77
56 – 65	72 – 75	74 – 77
65 +	70 – 73	73 – 76

Complete the following table:

	Healthy	Unhealthy
Andrew is 47 years old and his resting pulse rate is 81.		
Frank is 68 and his resting pulse rate is 70.		
Sheila is 63 years old and her resting pulse rate is 77.		
Louisa is 19 and her resting pulse rate is 82.		

1. Explain a potential current effect of having a high resting pulse rate.

.....
.....

2. Explain a potential future effect of having a high resting pulse rate.

.....
.....

3. Explain why a lower resting pulse rate would suggest that a person is healthy.

.....
.....

BMI

BMI

Weight categories	BMI (kg/m²)
Under weight	<18.5
Healthy weight	18.5 – 24.9
Over weight	25 – 29.9
Obese	30 – 34.9
Severely obese	35 – 39.9
Morbidly obese	> 40

	Healthy	Unhealthy
Karl's BMI is 28.2.		
Rochelle's BMI is 17.9.		
Leanna's BMI is 38.4		
Mohammed's BMI is 23.1		

1. Explain a potential current effect of having a high BMI.

.....
.....

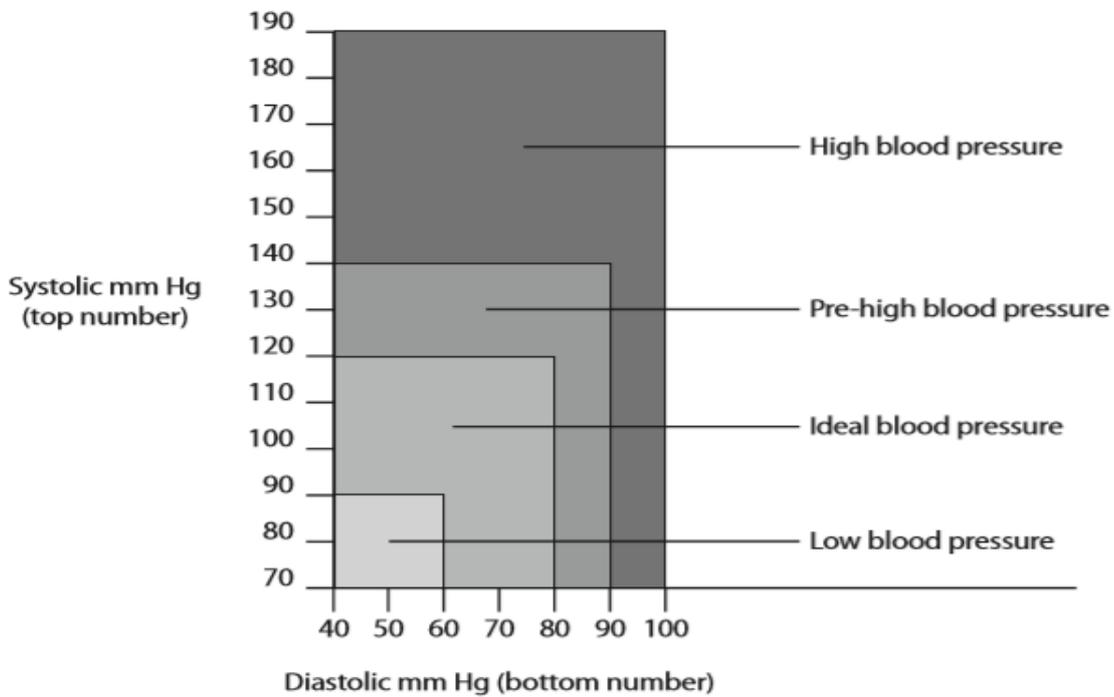
2. Explain a potential future effect of having a low BMI.

.....
.....

3. Explain how a person could increase their BMI in a healthy way.

.....
.....

Blood Pressure



	Healthy	Unhealthy
Shanice has a blood pressure reading of 114/68.		
Barney has a blood pressure of 143/82.		
Salma has a blood pressure of 88/56		
Nigel has a blood pressure of 160/90		

1. Explain a potential current effect of having low blood pressure.

.....

2. Explain a potential future effect of having a high blood pressure.

.....

3. Explain what the consequences could be if a person is suffering from hypertension.

Peak Flow

		PEF in l/min												
		Body height in metres												
Age in years	Men	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00
	15	455	476	496	519	536	556	576	596	616	636	656	676	696
20	452	472	492	512	532	553	573	593	613	633	653	673	693	
25	449	469	489	509	529	549	569	589	609	629	650	670	690	
30	446	466	486	506	526	546	566	586	606	626	646	666	686	
35	442	462	482	502	523	543	563	583	603	623	643	663	683	
40	439	459	479	499	519	539	559	579	600	620	640	660	680	
45	436	456	476	496	516	536	556	576	596	616	636	656	677	
50	432	452	473	493	513	533	553	573	593	613	633	653	673	
55	429	449	469	489	509	529	549	570	590	610	630	650	670	
60	426	446	466	486	506	526	546	566	586	606	626	647	667	
65	422	443	463	483	503	523	543	563	583	603	623	643	663	
70	419	439	459	479	499	520	540	560	580	600	620	640	660	
75	416	436	456	476	496	516	536	556	576	596	617	637	657	
80	413	433	453	473	493	513	533	553	573	593	613	633	653	

	Healthy	Unhealthy
Dave is 47 years old and is 185cm tall. His peak flow is 616l/m.		
Stew is 38 years old and 164cm tall. His peak flow is 482l/m		
Marvin is 28 years old and 195cm tall. His peak flow is 690l/m.		

1. Explain a potential health complication that could lower a person's peak flow.

.....

2. Explain a potential current effect of having a low peak flow.

.....

3. Explain how smoking affects a person's peak flow.

.....

