
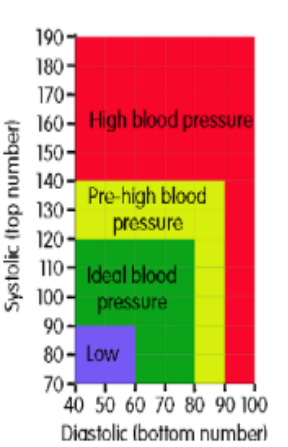


Key terminology		Definition of health and wellbeing	Factors	
Holistic	Looking at the whole person rather than just the part that requires treatment or care		Factors	To include:
Hierarchy	A list of things or people arranged in rank order from lowest to highest		Physical	<b>Inherited conditions</b> <b>Physical ill health</b>
Acute	Illnesses that come on quickly, is short term and can be cured.			<b>Mental ill health</b> <b>Physical abilities</b> <b>Sensory impairments</b>
Cardiovascular disease	Any condition affect the heart or blood vessels			
Short term	Less than 6 months		Lifestyle	<b>Nutrition</b> <b>Physical activity</b> <b>Smoking</b> <b>Alcohol</b> <b>Substance misuse</b>
Long term	More than 6 months			
Psychological	Relates to the mental and emotional state of a person			
Disability	A condition that limits a person's movements, senses or activities		Social	<b>Supportive and unsupportive relationships</b> <b>Social inclusion and exclusion</b> <b>Bullying</b> <b>Discrimination</b>
Impairment	A loss or abnormality of a body function			
Monitor	Check progress over a period of time			
Nicotine	Powerful, addictive substance found in tobacco		Cultural	<b>Religion</b> <b>Gender roles and expectations</b> <b>Gender identity</b> <b>Sexual orientation</b> <b>Community participation.</b>
Addiction	Not taking control of doing, taking or using something to the point where it could be harmful to an individual			
Coerce	To make someone do something they don't want to			
Intimidate	To frighten someone	Economic	<b>Employment situation</b> <b>Financial resources</b>	
Diversity	Recognising and valuing a person's differences		Environment	<b>Housing needs</b> <b>Home environment</b> <b>Pollution</b>

Measurable of health	
Measures of health include measurable indicators, observed indicators and lifestyle	
Measurable indicators	Temperature, blood glucose, liver function, peak flow, height/weight, blood pressure, resting pulse/recovery pulse, cholesterol levels, waist-to-hip ratio
Observed indicators	Breathless, pale/flushed skin, rashes, limping, swelling, lumps, sweating, behaving oddly
Lifestyle indicators	Exercise, sleep, diet, hygiene, work, housing, pollution, substance abuse, stress

Interpretation of data and who publishes guidelines

Health indicators	Measures a person’s health data against published guidelines from the Government and scientists
Diet - nutrition	The Eatwell guide
Physical activity	Chief Medical Officer, Public Health England
Smoking	UK Chief Medical Officer’s Smoking Guidelines
Alcohol and substance misuse	UK Chief Medical Officer’s Alcohol Guidelines, Drinkaware Trust, National Institute for Health and Care and the Organisation for National Statistics

Measurable													
Resting heart rate (pulse) and recovery after exercise	Comparison of your resting heart rate with the rate after exercise and see how long it takes to return to its normal resting rate Pulse rate is the measure of how fast your heart is beating. Average resting pulse rate for an adult is about 60-100 bpm. The lower your RPR, the fitter you are. The predicted maximum PR is 220 minus your age												
Body Mass Index (BMI)	<div><div>A measure to indicate the amount of fat on your body in relation to your height to tell you if your weight is healthy. Too much weight can lead to: cardiovascular disease, high blood pressure, type 2 diabetes, arthritis, strokes, joint problems. Low amounts of body fat can indicate: an undiagnosed illness or an eating disorder</div><table><tr><th>BMI</th><th>Meaning</th></tr><tr><td>Less than 18.5</td><td>Underweight</td></tr><tr><td>Between 18.5 – 24.9</td><td>Healthy weight</td></tr><tr><td>Between 25 – 29.9</td><td>Overweight</td></tr><tr><td>Between 30 – 39.9</td><td>Obese</td></tr><tr><td>40 and above</td><td>Severely obese</td></tr></table></div>	BMI	Meaning	Less than 18.5	Underweight	Between 18.5 – 24.9	Healthy weight	Between 25 – 29.9	Overweight	Between 30 – 39.9	Obese	40 and above	Severely obese
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Blood pressure	<div><div></div><div>A measure is the pressured exerted by your blood against the walls of your arteries. Measured in millimetres of mercury as 2 numbers shown one over the other Systolic pressure (top number) the maximum pressure in the arteries as the heart pumps blood out around the body Diastolic pressure (bottom number) the minimum pressure as the heart relaxes between beats High blood pressure can be caused by: stress, being 65 and over, being overweight, drinking too much caffeine, eating too much salt, smoking, genetics, not eating a balanced diet, not getting enough sleep or exercise, being of African or Caribbean descent. Low blood pressure can be caused by medication or an illness such as Parkinson’s disease.</div></div>												