Health and Social Care – Year 11

Unit 3: LA: A – Factors that affect health and wellbeing

|Spring term – 2024 - Exam

Key terminology		Definition of health and wellbeing		Factors	
Holistic	Looking at the whole person rather than			Factors	To include:
HOIISTIC	just the part that requires treatment or care	Positive	How physically fit and mentally stable a person is and recognising the ability to improve your health Looks at the absence of illness and disease. Not recognising the need to change any	Physical Lifestyle	Inherited conditions Physical ill health Mental ill health Physical abilities Sensory impairments
Hierarchy	A list of things or people arranged in rank order from lowest to highest	Negative			
Acute	Illnesses that come on quickly, is short term and can be cured.	Holistic	aspect of your health and wellbeing Looks at all aspects of a person's health.		
Cardiovascular disease	Any condition affect the heart or blood vessels		Recognising one aspect of health can affect another		Nutrition Physical activity Smoking
Short term	Less than 6 months				Alcohol Substance misuse
Long term	More than 6 months		SELF- ACTUALIZA- TION	Social Supportive and unsupportive relationships Social inclusion and exclusion Bullying Discrimination	Supportive and
Psychological	Relates to the mental and emotional state of a person		TRUTH Construction		unsupportive relationships Social inclusion and exclusion Bullying
Disability	A condition that limits a person's movements, senses or activities		Love and both and a service of an and a service of a serv		
Impairment	A loss or abnormality of a body function		SAFETY AND SECURITY Investign one procession, comparison to solid adulty		
Monitor	Check progress over a period of time		PHYSIOLOGICAL NEEDS	Cultural	Religion Gender roles and
Nicotine	Powerful, addictive substance found in tobacco	Impact of life events: life circumstances			expectations Gender identity Sexual orientation
Addiction	Not taking control of doing, taking or using something to the point where it could be harmful to an individual				
		Expected life events	Parenthood, retirement, starting and leaving school, marriage, entering retirement, moving house		Community participation.
Coerce	To make someone do something they don't want to			Economic	Employment situation Financial resources
Intimidate	To frighten someone	Unexpected life events	Divorce, promotion, imprisonment, unemployment, exclusion from school, ill health,	Environment	Housing needs Home environment Pollution
Diversity	Recognising and valuing a person's differences		accident/injury, death of a partner/child/friend		

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Unit 3: LA: B – Health Indicators

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Measurable of health		Measurable						
Measures of health include measurable indicators, observed indicators and lifestyleMeasurable indicatorsTemperature, blood glucose, liver function, peak flow, height/weight, blood		(pulse) and recovery after exerciselong it takes t Pulse rate is t Average resti The lower you		ison of your resting heart rate with the rate after exercise and see how akes to return to its normal resting rate te is the measure of how fast your heart is beating. resting pulse rate for an adult is about 60-100 bpm. er your RPR, the fitter you are.				
	pressure, resting pulse/recovery pulse, cholesterol levels, waist-to-hip ratio		The predicted maximum PR is 220 minus your age					
Observed indicators	Breathless, pale/flushed skin, rashes, limping, swelling, lumps, sweating, behaving oddly	Body Mass Index (BMI)	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.					
Lifestyle indicators	Exercise, sleep, diet, hygiene, work, housing, pollution, substance abuse, stress		an undiagnosed illness or an	ody fat can indicate:				
indicators				BMI	Meaning			
Interpretation of data and who publishes guidelines			eating disorder	Less than 18.5	Underweight			
				Between 18.5 – 24.9	Healthy weight			
				Between 25 – 29.9	Overweight			
Health	Measures a person's health data against published guidelines from the Government and scientists			Between 30 – 39.9	Obese			
indicators				40 and above	Severely obese			
		Blood pressure	A measure is the pressured exerted by your blood against the walls of your arteries. Measured in millimetres of mercy 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.					
Diet -	The Eatwell guide							
nutrition		190 - 180 -						
Physical activity	Chief Medical Officer, Public Health England	170-						
Smoking	UK Chief Medical Officer's Smoking Guidelines	40 - Pre-high blood 130 - Pre-high blood 130 - Pre-sure 120 - Pre-sure 120 - Pre-sure 120 - Pre-sure 120 - Pre-sure						
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	Ite Ite Ideal blood 100 - pressure 90 - 90 - Low 90 - 80 - Low 100 - 70 - 40 50 60 70 80 90 100 Diastolic (bottom number)						