

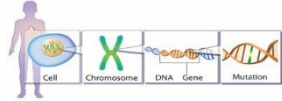
Health and Social Care Knowledge Organiser: Component 3 Health and Wellbeing

LEARNING AIM A

Factors Affecting Health and Wellbeing

A1 Factors affecting health and wellbeing

1. **Definition of health and wellbeing**
 - a. A combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness
2. **Physical and lifestyle factors that can have positive or negative effects on health and wellbeing:**
 - a. Genetic inheritance, including inherited conditions and predisposition to other conditions
 - b. Ill health (acute and chronic)
 - c. Diet (balance, quality and amount)
 - d. Amount of exercise
 - e. Substance user, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs
 - f. Personal hygiene
3. **Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing:**
 - a. Social interactions, e.g. supportive/ unsupportive relationships, social intergration/ isolation
 - b. Stress, e.g. work-related
 - c. Willingness to seek help or access services, e.g. influenced by culture, gender, education
4. **Economic factors that have a positive or negative effect on health and well-being**
 - a. Financial resources
5. **Environmental factors that can have a positive or negative effect on health and well-being:**
 - a. Environmental conditions, e.g. levels of pollution, noise
 - b. Housing, e.g. conditions, location
6. **The impact of life events relating to relationship changes and changes in life circumstances**



LEARNING AIM B

Interpreting Health indicators

B1 Physiological indicators

1. **Physiological indicators that are used to measure health:**
 - a. Pulse (resting and recovery rate after exercise)
 - b. Blood
 - c. Peak flow
 - d. Body mass index (BMI)
2. **Using published guidance to interpret data relating to these physiological indicators**
3. **The potential significance of abnormal readings: risks to physical health**

B2 Lifestyle indicators

1. **Interpretation of lifestyle data, specifically risks to physical health associated with:**
 - a. Smoking
 - b. Alcohol consumption
 - c. Inactive lifestyle



NUTRITION



EXERCISE



TOBACCO & ALCOHOL



STRESS MANAGEMENT



SLEEP



HEALTHY RELATIONSHIPS

LEARNING AIM C

Health & Wellbeing improvement Plans

C1 Health and wellbeing improvement plans

1. **The importance of a person-centred approach that takes into account an individual's needs, wishes and circumstances**
2. **Information to be included in plan:**
 - a. Recommended actions to improve health and wellbeing
 - b. Short term (less than 6 months) and long term targets
 - c. Appropriate sources of support (Formal and/ or informal)



C2 Obstacles to implementing plans

1. **Potential obstacles**
 - a. Emotional/ psychological - lack of motivation, low self-esteem, acceptance of current state
 - b. Time constraints - work and family commitments
 - c. Availability of resources - financial, physical, e.g. equipment
 - d. Unachievable targets - unachievable for the individual or unrealistic timescale
 - e. Lack of support, e.g. from family and friends
 - f. Other factors specific to individual - ability/ disability, addiction
 - g. Barriers to accessing identified services



