

COMPONENT 3: HEALTH AND WELLBEING KNOWLEDGE ORGANISER

Challenging texts



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TOPIC CONTENT:

- You will learn to interpret indicators that can be used to measure physiological health and lifestyle data.
- You will learn how to design a health and wellbeing plan including SMART targets (long/short term)
- This unit combines and builds on everything from Components 1 and 2

Health and Wellbeing

Holistic – looks at the whole person not just the part that needs treatment or care.



Abraham Maslow designed a hierarchy of needs – basic needs are constant however depending on life stages other needs can vary. E.g. a sense of belonging may look different in adolescence than in Middle Adulthood.

LEARNING OBJECTIVES

- A – Factors that affect health and wellbeing
- B – interpreting health indicators
- C- Person-centred approaches to improving health and wellbeing.

Physical Factors

Physical abilities – how well you can perform a physical action such as walking, doing buttons etc. can be hugely impacted if we experience any kind of temporary or permanent physical impairment.

Sensory impairments – The loss of one of the 5 senses can have a devastating ability on someone’s ability to perform every day tasks. e.g. loss of vision could reduce someone’s ability and confidence to socialise.

Lifestyle factors

Nutrition – A balanced diet is essential for a healthy body and mind.

People who eat poorly are more prone to illness, being over/under weight

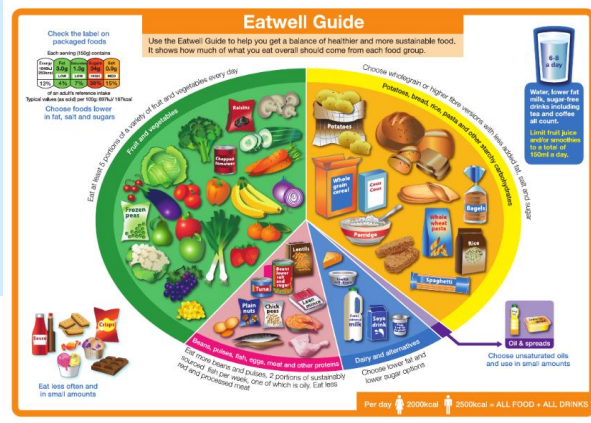


Figure 3.4: The Eatwell Guide recommends our diet contains these food items

Lifestyle factors

Physical Activity – Regular exercise is essential for our health and wellbeing

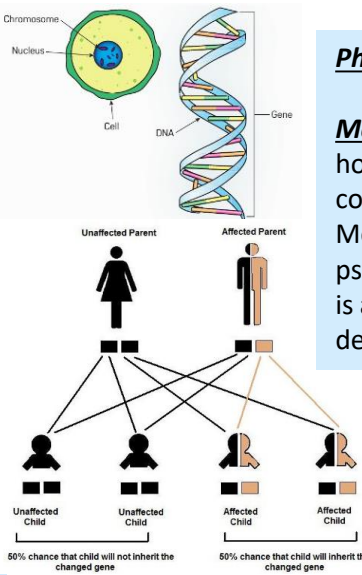
Physical Factors

Inherited conditions:

Most people have 23 pairs of chromosome in each of our cells. One from each pair from Birth Mother One from each pair from Birth Father.

There are two types of inheritance: **Dominant** – only one parent needs to have/carry the condition for the child to inherit the condition e.g. Huntington’s Disease.

Recessive – Both parents need to have/carry the condition for the child to inherit it e.g. cystic fibrosis.



Physical Factors

Mental Ill Health – Mental health determines how we think/feel and behave as well as how we cope with situations. Mental ill health is when emotionally, psychologically and socially someone’s wellbeing is affected by a condition such as anxiety, stress, depression etc.

Lifestyle factors

Alcohol – Can have a detrimental impact on someone’s physical health. Excessive drinking can lead to addiction and increased risks of cancer.

Smoking – Cigarettes contain highly addictive Nicotine which can have huge impacts on a person’s wellbeing and health.

Illegal drugs and misuse of prescribed drugs - can have a profound impact on your health and wellbeing

Physical Factors

Physical Ill health: - can be acute, chronic or both. Acute = comes on quickly, is short-term and can be cured. Chronic = Life long.

e.g. Asthma is a chronic condition impacting the lungs life long. There is no cure. HOWEVER ... an asthma attack is an acute condition which can be remedied with medication.

Social Factors

Bullying – can take many forms physical, verbal, cyber, emotional and sexual – it is a repetitive intention to harm, coerce or intimidate.

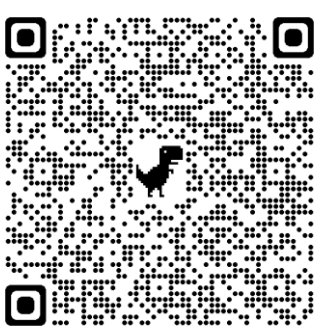
Discrimination – treating someone differently because they are seen as different. This could be for lots of reasons. E.g. gender, age

Key terms –

- Holistic
- Disability
- Impairment
- Illness
- Sensory Impairments
- Dominant Genes
- Recessive Genes
- Nutrition
- Mental Ill Health
- Addictions
- Nicotine
- Hazards
- Supportive relationships
- Unsupportive relationships
- Social inclusion
- Social Exclusion
- Coerce
- Sexual Orientation
- Gender Identity
- Stereotypes
- Diversity
- Barriers to accessing care
- Formal support
- Informal Support
- Life style indicators
- BMI
- Pulse Rate
- Recovery Rate
- Blood Pressure
- Sphygmomanometer
- Person-Centred Approach
- SMART targets

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Cultural Factors

Religion – being part of a religious group can be positive for health and wellbeing. Many religious groups offer lots of support for individuals within their community.

Community Participation – belonging to a group with which someone identifies e.g. a street organising events together, or a member of the LGBTQIA+ community taking part in a Pride march.

Gender Roles and expectations – The roles and behaviours often stereotypically expected of men and women.

Gender Identity – how a person identifies. There are over 100 genders in the UK.

Sexual Orientation – The emotional, romantic or sexual attraction someone feels for another person/s

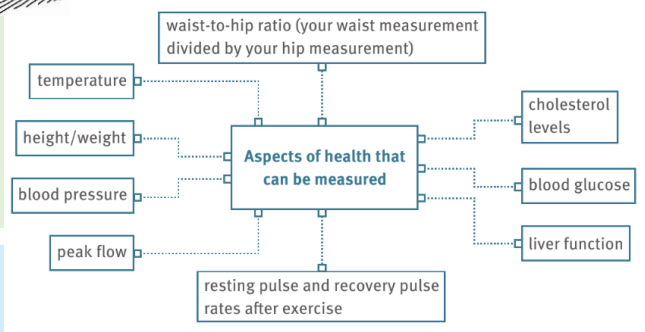
Economic Factors

Employment situation – whether someone is working can have a huge impact on their health and wellbeing

Financial Resources – the money and personal wealth at someone's disposal.



Health indicators – Physical and measurable indicators of someone's health.



Environmental Factors:

Housing needs, conditions and locations The type of housing and the location of housing can hugely impact health and well-being. E.g. small flat in the city could lead to stress and ill-health due to air pollution.

Home environment – living with abuse or neglect can hugely impact health and wellbeing.

Pollution –

Air pollution can lead to life long health conditions.

Water Pollution can lead to illness.



Health indicators –

Pulse rate – Resting pulse rate compared to rate after exercise and recovery time. The quicker your pulse returns to normal the fitter you are.

Blood Pressure – The pressure exerted by your blood against the walls of your arteries. Long-term High blood pressure can have devastating consequences on the organs.

	Systolic (top number)	Diastolic (bottom number)
High blood pressure	140–190	90–100
Pre-high blood pressure	120–140	80–90
Ideal blood pressure	90–120	60–80
Low blood pressure	70–90	40–60

Health indicators –

BMI – Body Mass Index

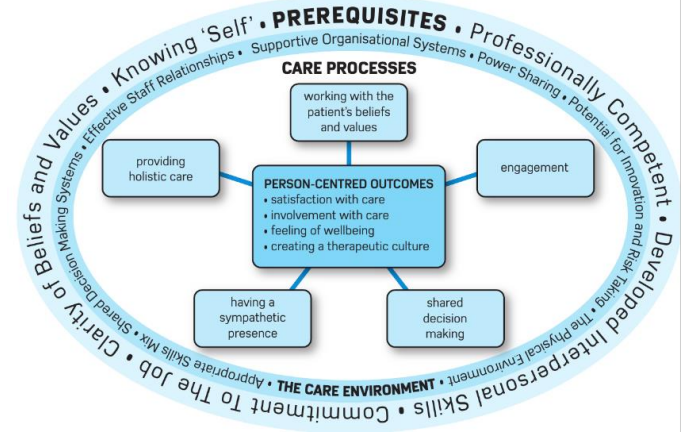
Used to determined if someone is overweight.

$$BMI = \frac{\text{Weight in kg}}{(\text{Height in m})^2}$$

BMI	Meaning
Less than 18.5	Underweight
Between 18.5 and 24.9	Healthy weight
Between 25 and 29.9	Overweight
Between 30 and 39.9	Obese
40 and above	Severely obese

Person-centred approach.

Recognising that each person is individual and therefore it is important to approach their care and needs in the individually. You place the person in the centre of their care and ensure that their care plan is developed specifically around their individual needs, wishes and circumstances.



SOURCES OF SUPPORT

Formal Support – Support from a professional. E.g. GP, Pharmacist

Informal Support – support from someone close the service user e.g. Family, Friends and Neighbours

- Barriers to accessing care and support. Things that prevent someone being able to easily access support for specific health and wellbeing needs.**
- Physical** – being physically unable to get to a health and social care setting e.g. no wheelchair access.
 - Sensory disability** – Being unable to communicate with or access a facility due to sensory limitations.
 - Social and Cultural** – limitations due to social or cultural background e.g. men being uncomfortable having a female practitioner due to cultural beliefs.
 - Language and speech**- a language barrier between service user and health care practitioners.
 - Geographical** – unable to access a service due to its location e.g. you live in a rural location.
 - Financial**- Limitations due to financial limitations e.g. being unable to access medication due to fees.

Life events

Physical events such as accidents, puberty etc. can have a profound impact on someone's health and wellbeing.

Relationships changes – both positive e.g. getting married or negative e.g. bereavement have a huge impact on someone's wellbeing.

Expected life events – things that are an accepted part of someone's life e.g. getting a job, going to school etc.

Unexpected life events – things that are not the norm e.g. being made redundant, going to prison etc.