

Structure of the exam Questions 1-7

Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 Identify **one** cultural factor that can affect health and wellbeing.

- A Sensory impairment
- B Physical activity
- C Community participation
- D Financial resources

(Total for Question 1 = 1 mark)

2 State **two** positive effects that income can have on health and wellbeing.

1

2

(Total for Question 2 = 2 marks)

3 State **one** economic factor, **other** than income, that can affect health and wellbeing.

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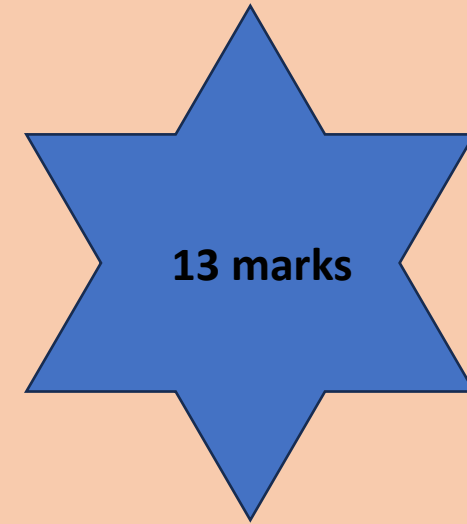
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(Total for Question 3 = 1 mark)

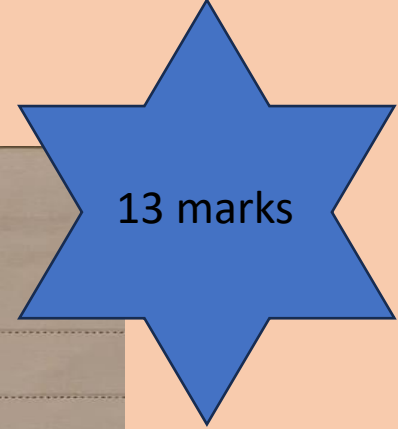
4 Identify **two** social factors that can affect health and wellbeing.

- A Inclusion
- B Substance misuse
- C Discrimination
- D Housing location
- E Physical activity

(Total for Question 4 = 2 marks)



Structure of the exam Questions 1-7



Explain **one** negative effect of gender expectations on an individual's health and wellbeing.

(Total for Question 5 = 2 marks)

6 Explain **two** negative effects that using the drug cannabis can have on health and wellbeing.

1

2

(Total for Question 6 = 4 marks)

7 Give **one** positive effect that being able to express gender identity can have on the emotional health of an individual.

(Total for Question 7 = 1 mark)

Factors that can influence health and well-being Q 1- 7

Physical

- ill health
- Genetic conditions
- Sensory
- Mental health
- Disabilities
- Lifestyle choices
- Mental Health

Social

- Relationships

Cultural

Religion
Gender roles and expectations
Gender identity
Sexual orientation
Community participation

Environmental

Housing
Pollution

Economic

Financial and resources

Question 1 -7

Physical factors

1) Identify one **physical factor** that can affect health and wellbeing

- **Inherited conditions**
- **Ill Health**
- **Disabilities**
- **Mental Ill health**
- **Sensory Impairment**

2) Identify an **inherited condition** that can affect health and well being

- Cystic Fibrosis, Sickle cell disease, Muscular dystrophies, Marfan Syndrome, Huntington's disease

Questions 1-7

3) Identify a **physical illness** that may not be genetic and can be caused by lifestyle choices.

- Cardiovascular disease, Obesity, Type 2 diabetes

4) Identify a type of **disability**

- Physical: Muscular dystrophy, epilepsy, developmental: dyslexia, dyspraxia, behavioral: ADHD, ASD.

5) Identify a **mental health** condition

- Stress, anxiety

6) Identify a **sensory Impairment**

- Hearing and visual

Question 1 – 7 Genetic Disorders (Inherited)

**Physical factor
Inherited**

7) What is **Cystic Fibrosis**

Cystic fibrosis is an inherited condition that causes sticky mucus to build up in the lungs and digestive system. This causes lung infections and problems with digesting food.

Question 1 – 7 Genetic Disorders (Inherited)

Physical factors
Inherited

8) What are the effects of **Cystic Fibrosis**:

- Breathing difficulties as mucus restricts the airways
- Weakened immune system
- Isolate and not go out as the individual is susceptible to infection so ma avoid others
- Poor growth as mucus build-up stops absorption of nutrients
- Low mood as living with a chronic/life- limiting condition can be upsetting

Question 1 – 7 Genetic Disorders (Inherited)

Physical factors
Inherited

9) What is **Sickle cell disease**?

- People with sickle cell disease produce unusually shaped red blood cells that can cause problems because they do not live as long as healthy blood cells and can block blood vessels. When the blood vessels block this causes severe pain.

Question 1 – 7 Genetic Disorders (Inherited)

Physical factors
Inherited

10) What are the effects of **sickle cell disease**

- painful episodes mainly to spine and limbs (episodes of pain known as sickle cell crises are one of the most common and distressing symptoms of sickle cell disease).
- getting infections often (Common cold, and more severe such as meningitis)
- Anaemia where haemoglobin in the blood is low. Haemoglobin is the substance found in red blood cells that's used to transport oxygen around the body.
- A sudden drop in the number of red blood cells and may cause additional symptoms, such as headaches, a rapid heartbeat, dizziness and fainting.

Question 1 – 7 Genetic Disorders (Inherited)

Physical factors
Inherited

11) What is **muscular dystrophy**?

- A disorder that causes muscle stiffness or weakness that gets worse over time. (Progressive disorder)

12) What are the negative effects of muscular dystrophy?

- The muscles will weaken, leading to an increasing level of disability.
- MD is a progressive condition, which means it gets worse over time.
- Some types of MD eventually affect the heart or the muscles used for breathing, at which point the condition becomes life-threatening.
- There's no cure for MD, but treatment can help to manage many of the symptoms.

Question 1 – 7 Genetic Disorders (Inherited)

Physical factors
Inherited

13) What is **Huntington's disease**

- A brain disorder affecting the central nervous system. It causes an individual to make uncontrolled movements. It usually starts in early to middle adulthood and is progressive

14) What are the effects of Huntington's Disease?

- It may cause heart or eye defects
- difficulty concentrating and memory lapses
- stumbling and clumsiness
- depression
- involuntary jerking or fidgety movements of the limbs and body
- mood swings and personality changes
- speaking and breathing, problems swallowing
- difficulty moving

Question 1 – 7 Genetic Disorders (Inherited)

Physical factors
Inherited

15) What is **Marfan's Syndrome**

A connective tissue disorder that can cause pain in different parts of the body and becomes more severe with age.

16) What are the effects of Marfan's Syndrome

- being tall
- abnormally long and slender limbs, fingers and toes
- heart defects
- lens dislocation – where the lens of the eye falls into an abnormal position

Question 1 – 7 Physical Illness (Can be caused by lifestyle choices)

Physical factors
Lifestyle choices

17) Identify one **physical illness** that may be caused by lifestyle choices that can affect health and wellbeing

- Obesity
- Cardiovascular
- Type 2 Diabetes

18) What is **Obesity**?

- The term obese describes a person who has excess body fat.

19) What are the effects of Obesity on health and wellbeing

- breathing difficulties; increased sweating; snoring; difficulty doing physical activity; often feeling very tired; joint and back pain; low confidence and self-esteem; feeling isolated

Question 1 – 7 Ill health (Can be caused by lifestyle choices)

Physical factors
Illness caused by
lifestyle choices

20) What is **type 2 diabetes**?

A common condition that causes the level of sugar (glucose) in the blood to become too high, caused by problems with a chemical in the body (hormone) called insulin. It's often linked to being overweight or inactive, or having a family history of type 2 diabetes.

21) What are the effects of **type 2 diabetes** on health and well being?

- Excessive thirst, needing to urinate a lot and tiredness, risk of getting serious problems with eyes, feet, nerves, loss of feeling and pain (nerve damage), strokes, heart disease, problems with the kidneys

Question 1 – 7 Ill Health (Can be caused by lifestyle choices)

Physical factors
Illness caused by
lifestyle choices

22) What is **cardiovascular (CVD) disease**?

- Conditions affecting the heart or blood vessels, a build-up of fatty deposits inside the arteries and an increased risk of blood clots.

23) What are the effects of cardiovascular disease on health and well-being?

- Chest pain (angina) and breathlessness, feeling lightheaded or fainting, swollen ankles and legs heart attack, heart failure.

Question 1 – 7 Disabilities

Physical factors
Disabilities

24) What are the 3 types of **disabilities**?

- Physical (Loss of limbs, muscular dystrophy, epilepsy)
- Developmental, (dyslexia, dyspraxia)
- Behavioural (ADHD, ASD)

25) How can disabilities affect people?

- Reduced mobility, growth, motor skills, activity, (epilepsy: seizures)
learning, concentration, memory, ability, co-ordination)

Question 1 – 7 Mental Health

Physical factors
Mental Health

26) State the negative effects that **mental health** can have on health and wellbeing

Depression, Isolation, malnourished, underweight, overweight, inactivity, heart rate, anxiety, stress, social interaction, stomach pain, breathlessness, sleep, tiredness, memory loss, low self-esteem, lack confidence, relationships.

27) State a physical factor, other than mental health that can have an effect on health and wellbeing

Genetic, disability, sensory.

Question 1 – 7 Sensory

Physical factors
Sensory

28) State the negative effects that **sensory impairments** can have on health and wellbeing

Hearing, communication, sight, social isolation, self esteem, learning, tiredness.

29) State a physical factor, other than a sensory impairment that can have an effect on health and wellbeing

Genetic, ill health

Question 1 – 7 Lifestyle Choices

Physical factors
Lifestyle choices

30) What are **Lifestyle factors**/choices people can make that will have a positive or negative effects on health and wellbeing?

- Nutrition
- Physical activity
- Smoking
- Alcohol
- Substance misuse

Question 1 – 7 Lifestyle Choices

Physical factors
Lifestyle choices
Diet

31) What are the effects of **poor diet**?

- malnourished, the body will lack vitamins, minerals, carbohydrates, fats, proteins leading to deficiency disorders, scurvy leading to problems with the skin, gums, joints, rickets, slow growth, lack of energy, breathing difficulties if overweight, underweight, infections, tiredness, tooth decay, difficulty concentrating, heart disease, brain development, low self-esteem, lack of confidence effecting social skills and emotions.

Question 1 – 7 Lifestyle Choices

Physical factors
Lifestyle choices
Exercise

What are the effects of physical activity?

- Help maintain a healthy weight; reduces the risk of obesity; diabetes; heart disease; strengthen and co-ordinate muscles; develop motor skills; keeps joints flexible; can develop social skills; teamwork; communication; listening and focus; increases self- image; self- esteem; releases hormones (serotonin) in the brain that can improve mood and cognitive abilities.

Q 1-7 Lifestyle Choices

Physical factors
Lifestyle choices
Smoking

What are the effects of smoking?

- Short term: yellow fingers, bad breath, stained teeth, low self-esteem, relationship breakdown, increased heart rate, loss of taste and smell, worsen symptoms of asthma, premature birth during pregnancy, reduced fertility.
- Long term: respiratory problems such as COPD, lung, mouth and throat cancer, increased risk of cardiovascular disease such as stroke, heart attack.

Q 1-7 Lifestyle Choices

Physical factors
Lifestyle choices
Alcohol

What are the effects of alcohol?

- high blood pressure
- Strokes
- Reduced fertility
- Weaker immune system
- Weight gain
- Memory
- Anxiety; mood changes; loss of motivation;
- Poor decision making and accidents
- Decreased heart rate
- Dehydration
- Disturbed sleep
- Addiction
- liver damage, some cancers which can affect other organs such as the lungs causing respiratory problems.
- Diabetes

Q 1-7 Lifestyle Choices

Physical factors
Lifestyle choices
Drugs

What does substance misuse include?

- Using illegal drugs (Cannabis; cocaine)
- Using legal drugs dangerously (Alcohol)
- Using prescription drugs and over the counter drugs incorrectly

What are the effects of substance misuse?

Coronary heart disease; memory; decision making; anxiety; mood changes; Heart attacks; Reduced fertility; Kidney and liver damage; Respiratory problems; Complications during pregnancy

Q 1-7 Social Factors

39) What are the Social Factors that can impact health and well-being?

- Supportive and unsupportive relationships with others – friends, family, peers and colleagues
- Social inclusion and exclusion
- Bullying
- Discrimination

Q 1-7 Social Factors

40) What is the positive effect of supportive relationships?

- Emotionally stable; secure; safety; feel loved and belonged; content; self-image; self-esteem; motivation; engage in community facilities and physical activity; good mental and physical health

Q 1-7 Social Factors

41) What is the negative effect of supportive relationships?

- Low self-esteem; lack of motivation; poor mental health; isolation; excluded from activities and facilities; can impact education and employment; anxiety; depression; loneliness; focus; concentration; memory; stress.

Q 1-7 Social Factors

Social Factors
People, places

42) What are the effects of Bullying and Discrimination

- Anxiety as fearful of it happening again
- Stress
- Poor health
- Mental health
- Reduced self-esteem as made to feel worthless
- Isolation as do not feel accepted
- Anger at not being treated fairly
- Self-harm as coping mechanism

Unable to focus and concentrate

Memory

Q 1-7 Cultural Factors

43) What are the Cultural factors that can impact health and well being

- Religion
- Gender roles and expectations
- Gender identity
- Sexual orientation
- Community participation

Q 1-7 Cultural Factors

- 44) How does religion affect a person's choices and behaviour positively and negatively?
- Positively: Sense of belonging, feel valued, loved, self image and self esteem, safe environment, socialize, relationships, share same beliefs, interaction, can come to terms with bereavement.
- Negatively: Discrimination, exclusion, isolated, negative self image, strict rules such as dietary, clothing, and medical requirements

Q 1-7 Cultural Factors

- 45) How can gender roles affect own and others views on expectations of a persons behaviour
- Historical effect of women expectations to stay at home, look after children, housewife, caring, nurturing, whereas men are expected to be stronger. Growth and development, subjects at school and career opportunities, how young children play and form friendships.

Q 1-7 Cultural Factors

46) What is gender identity?

- A person's own sense of their gender. For a lot of people sex and gender match up, however some people's gender identity is not the same sex they were assigned to at birth.

47) What are the different terms people may choose to describe their gender identity?

- Transgender; (different sex they were assigned to at birth)
Cisgender; (same) Non-binary or genderqueer; (does not identify as either male or female, could be both or neither) gender fluid (Not fixed and can change overtime).

Q 1-7 Cultural Factors

48) How can gender affect growth and development?

- Hormone blockers can have side effects, however can pause the physical changes of puberty, older adolescents and adults can take cross-sex hormones to develop sexual characteristics. Surgery to change body parts, can improve self image, self esteem, confidence.
- Negatively can lead to discrimination and bullying, emotionally can be upsetting, relationships.

Q 1-7 Cultural Factors

49) What is the different types of sexual orientation?

- Straight, Bisexual, Lesbian, Gay, Asexual

50) What is the positive and negative impact of understanding sexual orientation on individuals?

- Positively; determines who they are physically and emotionally attracted to and who to form relationships with. Can help understand own emotions and feelings towards others, confidence and content in relationships.
- Negative: Discrimination, bullying, emotionally upsetting, stress, worry, feeling rejected and different, can distract people in school, loss of focus and can effect school work.

Q 1-7 Cultural Factors

51) How does belonging to a community group effect people positively and negatively. (School, religion, neighbourhood, club)

- Positively: socialise with people who have similar beliefs, speak the same language and will feel a sense of belongingness to a group giving a sense of pride. Self- esteem, happy.
- Negatively: If cannot access their choice will feel upset and lonely, isolated lonely, depression. May be discriminated against for the group the belong to based on age, race, religion, disability, mental health.

Q 1-7 Environmental Factors

52) What are the environmental factors that can have positive or negative effects on health and wellbeing:

- Housing needs, conditions, location
- Home environment
- Exposure to pollution – air, noise and light.

Q 1-7 Environmental Factors

**Environmental Factors
Housing, pollution**

53) How can moving home impact people's health and well-being?

social life as they do not know anyone and may feel lonely and isolate themselves and become anxious about meeting new people.

54: Who can living in a city affect people's health and well-being?

They can access facilities, have more choices for socialising and health care and job opportunities which will make people feel secure if they have opportunities for good jobs and career development and can go to clubs of interest feeling socially included.

Negatively: Pollution, cars, factories, power station, can affect breathing, premature birth, brain development, poor mental health.

Noise can affect sleep, hearing and cause anxiety and stress and high blood pressure, headaches, concentration

Light Pollution: Unable to concentrate, sleep, stress, headache.

Q 1-7 Environmental Factors

Environmental Factors Housing

55) How can housing affect people positively and negatively?

Negatively: cold, damp, risk of ill health, breathing difficulties, lack of outdoor space for physical activity, risk of accidents, poor hygiene, self-esteem, stress, breakdown of relationships, overcrowding, lack of privacy.

56) How can abuse affect people ? (Neglect, physical, emotional, sexual, financial, domestic)

Stress, fear, isolation, concentration, sleep, appetite, weight loss or weight gain, illness, communication, relationships, lack of trust, depression, mental health

Q 1-7 Economic Factors

Economic Factors
Financial, employment,
money, resources

What are the economic factors that can have positive or negative effects on health and wellbeing:

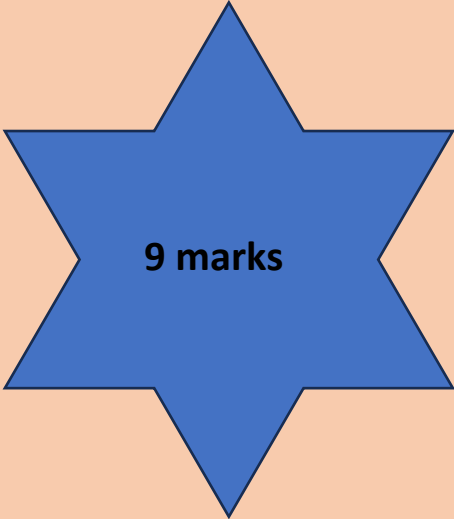
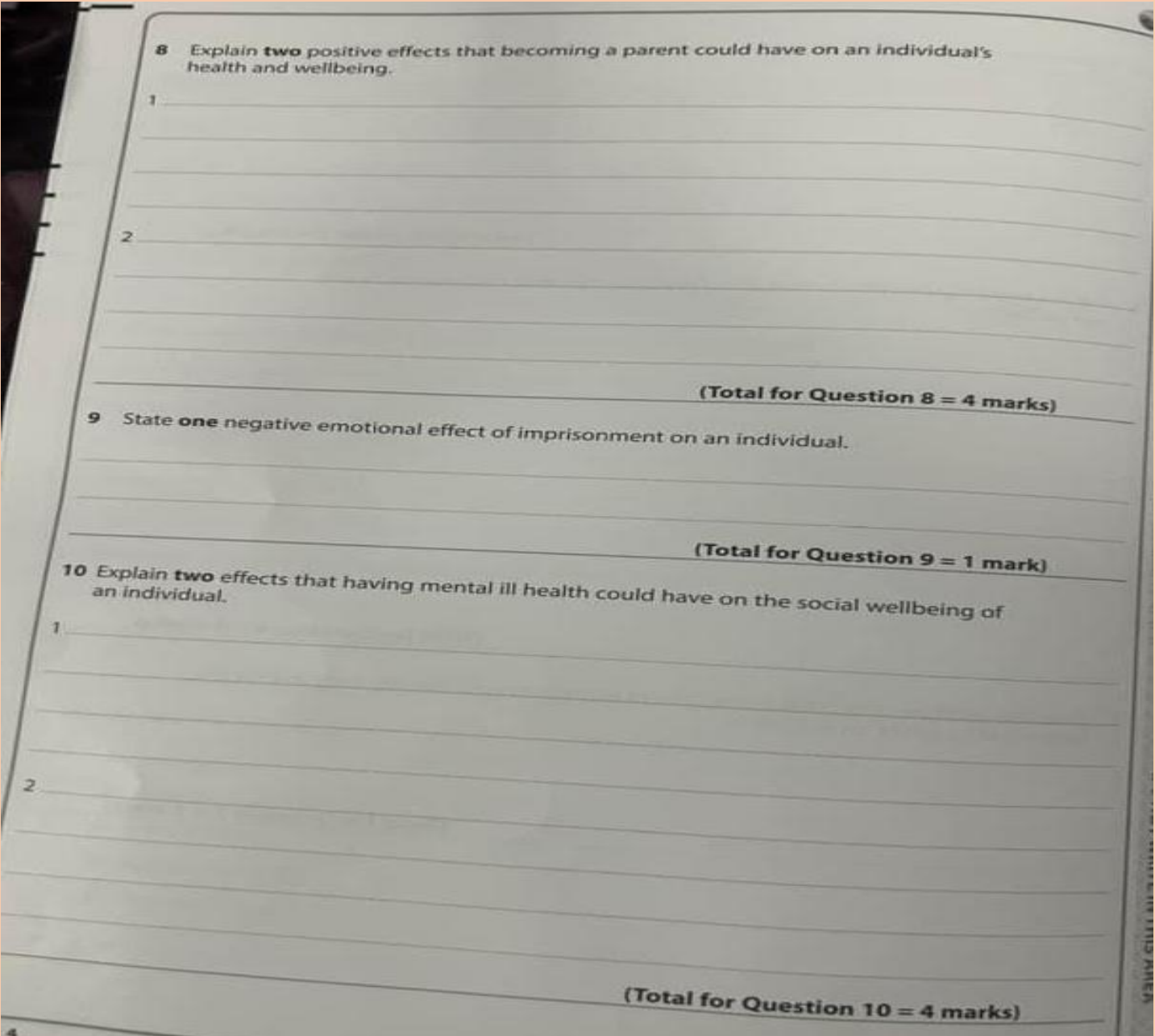
- Employment situation
- Financial resources – income, inheritance, savings.

53) How can economic factors effect individuals' health and well-being?

Positive: Good housing, hygiene, feel safe secure, less stress and worries, can afford to go out, buy items for family, books, tutors to develop children's academic ability, self –esteem, less likely to have accidents

Negatively: Work commitments stressful and spend little time with family, inactive if working on computers, visual impact working on computers. If unemployed stressful worrying about paying for bills, low self- esteem, poor housing and living conditions, breakdown of relationships, poor health.

Structure of exam Questions 8 – 10 Life Events



Q 8-10 Life Events

Name a life event that could impact health and well-being PIES.

- Bereavement
- Moving house, school
- Retirement
- Redundancy
- Imprisonment
- Accident
- Ill Health
- Relationship change: divorce, new relationship, marriage, children.

Section B1: Q 8- 10 Life Events

54) What are the different life events that can impact people at different life-stages PIES?

Accidents, Mental Health, Relationship changes such as divorce, bereavement, parenting, marriage, living together, civil partnership, moving house, school, jobs, unemployment, exclusion from school, retirement, redundancy, imprisonment

55) What are the effects of life events PIES?

Ill health, disability, loss of independence, emotional, social, isolation, mental health, lack of physical activity, immune system, cognitive development, stress, lack of concentration, memory loss, loneliness, sleep, motivation, financial, time, nutrition, addiction.

Q 11 – 13 Classification, impact ways to improve health and well being

11 State the correct classification for a resting heart rate of 65 bpm.

(Total for Question 11 = 1 mark)

Staff in the rehabilitation clinic have explained to Raj that his resting heart rate (pulse) is too high.

12 Explain **two** ways that having a high resting heart rate could impact on Raj's current physical health.

1

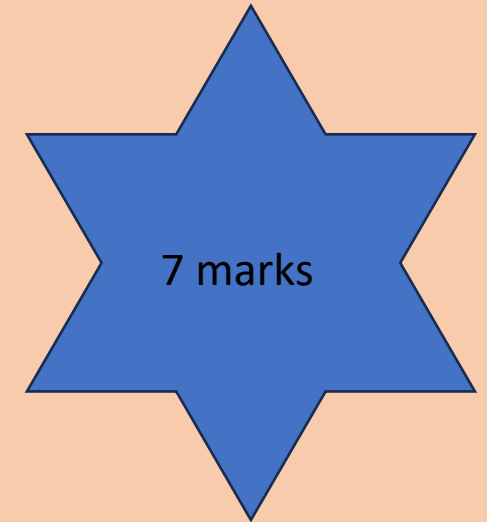
2

(Total for Question 12 = 4 marks)

Staff in the rehabilitation clinic have created a plan for Raj, to help him increase his physical activity.

13 Explain how increasing his physical activity will lower Raj's resting heart rate.

(Total for Question 13 = 2 marks)



Section B2: Q 11: Classification

Pulse Rare (heart rate)

State the correct classification for a resting heart (pulse) rate of:

- 60 – 100
- 55
- 105

- Normal
- Low
- High

If an individual's heart rate (pulse) returns back to their normal rate quickly after physical activity what is this an indicator of? (A difference of 25 – 30 bpm is considered to be good).

- A good indicator of fitness

Q 12, Impact on health and well being

Pulse Rare (heart rate)

What are the short -term and long- term risks of low pulse rate of less than 60bpm on people?

- Light headedness, dizziness, shortness of breath, chest pain, fainting, high blood pressure

What are the short -term and long- term effects of high pulse rate of 100bm on people?

- Cardiovascular problems, heart failure

Section B2: Q 11: Classification

State the correct classification for a blood pressure of:

- 90/60mmHg or below
 - Between 90/60mmHg and 120/80mmHg,
 - between 120/80mmHg and 140/90mmHg
 - 140/90mmHg or higher
-
- Low blood pressure
 - ideal blood pressure
 - pre-high
 - high blood pressure



Q 12, Impact on health and well being



What are the short -term and long- term effects of low blood pressure on people?

- Short term: dizziness, blurred vision, fainting, feeling sick

Long term: Life threatening condition, cold and clammy, rapid breathing, weak pulse.

What are the short -term and long- term effects of high blood pressure on people

- Short term; head -aches, shortness of breath, nose bleeds

- Long term; damage the arteries, stroke, decreases blood flow, heart attack, dementia.

Section B2: Q 11: Classification



20) What classification is a BMI of below 18.5?

- underweight

21) What classification is a BMI of 18.5 to 24.9?

- healthy weight

22) What classification is a BMI of 25 to 29.9?

- Overweight

23) What classification is a) BMI of 30 to 39.9 b) anything above

- Obesity; severely obese

Q 12, Impact on health and well being



What are the effects of being underweight on people

- Lack of energy, breathing difficulties, ill health, tiredness, deficiency disease, menstrual cycle can stop, feeling cold, low mood, depression, weaker immune system, anaemia.

What are the effects of obesity people

- Cancer, cardio-vascular, diabetes type 2, stroke
- Explain how ... can cause an increase on pulse rate, blood pressure, BMI

Q13. Ways to improve health and well being



35) What does evidence-based data tell us about smoking

- Smoking causes serious risk to health
- Quitting smoking can help reduce these risk
- 70% of lung cancer is caused by smoking
- Increased risk of cardiovascular problems

Q13. Ways to improve health and well being



33) What are the Government guidelines on physical activity?

- The UK's Chief Medical Officers physical activity guidelines
- 5-18 yrs should do at least 1 hour a day moderate to vigorous
- 19+ should do 2 ½ hours a day moderate or 75 mins of vigorous activity
- People should break up the length of time sitting for long periods of time with physical activity.

Q13. Ways to improve health and well being

37) What are the Government guidelines on alcohol

- The UK Chief Medical Officers Alcohol Guidelines
- Do not regularly drink more than 14 units of alcohol a week
- If drinking as much as 14 units a week it should be spread over 3 or more days
- Women not to drink any alcohol during pregnancy



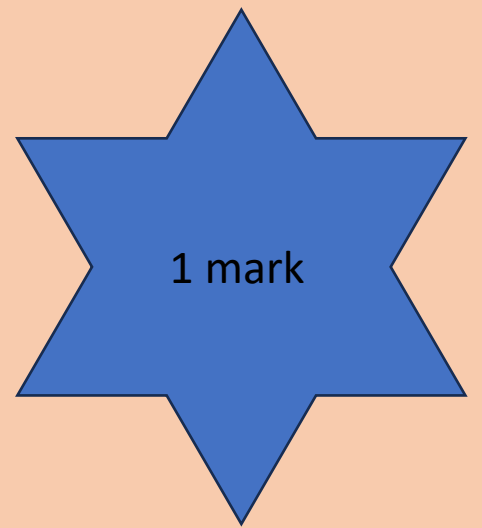
Q13. Ways to improve health and well being



32) What are the Government guidelines for a healthy diet?.

- The eat-well guide: (5 a day, eat well plate, food pyramid, 6m- 8 glasses of water a day)

Q 14 Person Centred Approach



14 Identify **one** reason why a person-centred approach is important for supporting individuals to improve health and wellbeing.

- A** It reduces their confidence
- B** It increases their independence
- C** It reduces their motivation
- D** It increases their needs

(Total for Question 14 = 1 mark)

Person Centred approach

What is a person- centred approach applied by care workers?

- It focuses on the individual, allows the individual to be involved in decision making and their own care and be more independent.

What does care planning consider using the person- centred approach?

- PIES needs, wishes, cultural, dietary needs and circumstances, where they live, abilities, age, relationships and support.

What are the 4 main principles of person- centred care?

- Dignity, compassion, respect, services work together multi-agency working.

Person Centred Approach

Identify the benefits of a person- centred approach for health and social care workers or services

- Saves time, unique needs are targeted, saves money, fewer complaints, patients are happy, increased job satisfaction.

Identify the benefits of a person- centred approach for health and social care workers or services

- More comfortable, confident, will trust the care worker and follow plans, needs met, happier, motivated, more independent, get the help and extra support they need.

Q 15: Obstacles, (barriers to changing lifestyle to a healthier choice

Raj is a single parent of two children. His wife died three years ago. He lives in the city centre close to bars and nightclubs. Raj has his own business, often working evenings and weekends. He describes himself as stressed. Raj enjoys going out with his friends and entertaining his clients.

Staff at the rehabilitation clinic would like Raj to cut down on his alcohol consumption.

15 Discuss how Raj's circumstances could affect his ability to reduce his alcohol consumption.

(Total for Question 15 = 6 marks)



6 marks

Obstacle is.....	This is an obstacle because.....	This obstacle can be overcome by.....
Lack of motivation	Might not attend weekly exercise or diet sessions. Not able to cut down on smoking / alcohol.	<ul style="list-style-type: none"> • Remind themselves the benefits of completing their health & wellbeing program (i.e loose weight / better peak flow) • Vary the exercises in an exercise workout / activity - makes them enjoyable and interesting to stay motivated and choose an activity that you enjoy.
Low self esteem	Don't feel that their diet / exercise plan will make any difference	<ul style="list-style-type: none"> • Stick to the health and wellbeing plan and set realistic challenges - e.g. join slimming world and lose 2lbs each week / build up exercise to 2.5 hours a week / Gradually reduce alcohol to 14 units or below • Remind themselves why they are doing the target - e.g. lose weight to buy new clothes (increase self esteem).
Acceptance of current state	Someone who just accepts their current health state because they feel fine and have convinced themselves that they don't need a health and wellbeing plan.	<ul style="list-style-type: none"> • Get a health check up to ensure that there are no hidden symptoms of an illness (e.g. high blood pressure) and then start the program • Get a health check up for blood pressure / BMI/ peak flow. • Start a program based on the results.
Time constraints	e.g. work / study / family / busy life commitments. Tired so won't want to or have time to follow a health and wellbeing program.	<ul style="list-style-type: none"> • Get up 30 minutes earlier and do some yoga / prepare your healthy meals for the day • Go for a walk in your lunchbreak • Take the stairs instead of the lift • Use of exercise app - step counter.

Obstacle is.....	This is an obstacle because.....	This obstacle can be overcome by.....
<p>Ability and disability</p>	<p>Learning difficulties / can't work independently / have specific wheelchair requirements.</p>	<ul style="list-style-type: none"> • Use simple language and targets in a health and wellbeing plan and ensure that sources of support are named and provided to achieve the targets - e.g. a gym buddy / wheelchair friendly exercises. • Set short targets / use simple language - it is straightforward and doesn't confuse the individual.
<p>Addiction</p>	<p>To alcohol / nicotine / illegal and legal drugs - individual struggles with withdrawal symptoms</p>	<ul style="list-style-type: none"> • Work with a medical professional (e.g. Doctor / counsellor) to help reduce and eventually stop the addiction as stopping overnight/ suddenly could be harmful.
<p>Geographical</p>	<p>Lives in a rural area a long way away from health services / gyms / supermarkets</p>	<ul style="list-style-type: none"> • Use online health resources - NHS websites / telephone Dr appointments / use a pharmacy/ use exercise resources online or on apps / cook healthy foods in bulk and freeze portions
<p>Cultural</p>	<p>Don't speak the same language / some cultures don't know how to deal with female medical professionals Some females won't see male doctors Some believe in the power of prayer rather than seeing a Doctor / doing a health program</p>	<ul style="list-style-type: none"> • Posters / leaflets in different languages. Sign language and Braille available • Use of an interpreter • Both male and female Doctors available to see - GP's • All cultures know how to access health services.

Obstacle is.....	This is an obstacle because.....	This obstacle can be overcome by.....
<p>Financial, money and lack of resources</p>	<p>Cannot afford or do not live near a gym or group With no transport to get there.</p>	<ul style="list-style-type: none"> • Free outdoor gyms and local parks • Running, walking that does not cost • Find recipes on-line and make healthier food options • Freeze meals and leftovers • Borrow equipment from health care providers • Use health centres
<p>Unrealistic targets</p>	<p>Not able to do within timescale given Too big of a target Too many targets at once.</p>	<p><i>Time</i> <i>Break a target down to achieve</i> <i>Priorities focusing on one at a time</i> <i>Ensure the individual wants to do it and can do it, ask them how they can do it to set own target.</i></p>
<p>Lack of support from family and friends</p>	<p>Family and friends smoke, drink alcohol Family eat unhealthy meals Family don't understand and do not want to change their lifestyle</p>	<ul style="list-style-type: none"> • Explaining the risks • Ask others to join them or recommend groups • Ask others to support such as not to offer them cigarettes • Celebrate achievements

Q 16 Recommendations

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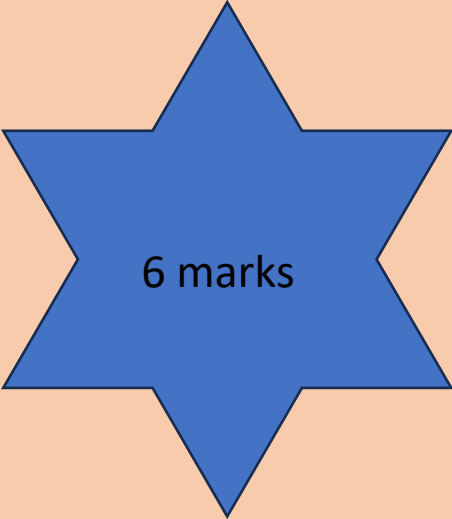
Hope is underweight. She smokes cigarettes and uses the drug cocaine. Hope is socially isolated and has low self-esteem.
Hope has visited her doctor who has expressed concern about her health and wellbeing.

16 (a) Complete **Table 1** by:

- (i) stating **three** actions the doctor could suggest that will improve Hope's health and wellbeing (3)
- (ii) giving **three** ways these actions could improve Hope's health and wellbeing. (3)

	Three actions	Ways the actions could improve Hope's health and wellbeing
1		
2		
3		

Table 1



Recommendations and Action

Looking at a person's physiological and lifestyle indicators and comparing to the normal guidelines can help professionals recommend ways to improve health.

What recommendations can be made to reduce blood pressure?

- Physical activity, balanced healthy diet, reducing stress by meditating.

What are the benefits to health and well-being of reducing blood pressure?

- Reduces the risk of cardio-vascular disease, kidney disease.

Recommendations and Action

What recommendations can be made to reduce resting heart rate, and recovery rate after exercise?

- Physical activity, balanced healthy diet, losing weight if overweight, drinking less caffeine.

What are the benefits to health and well-being of reducing resting heart rate and improving recovery rate after exercise?

- Reduces the risk of heart failure, diabetes, lowers cholesterol, lowers blood pressure.

Recommendations and Action

What recommendations can be made to maintain a healthy weight?

- Physical activity, balanced healthy diet, reducing alcohol consumption, weight loss support group such as slimming world.

What are the benefits to health and well-being of maintaining a healthy weight?

- Reduces the risk of diabetes, some cancers and lowers blood pressure.

What recommendations can be made to eat a balanced diet?

- Eating fewer foods that are high in saturated fat, salt, sugar, setting up a weekly plan, reducing sugary drinks with water.

What are the benefits to health and well-being of eating healthy?

- Provides nutrients, energy, improves self-image and mental health, reduces the risk of illness.

Recommendations and Action

What recommendations can be made to keep physically active?

- Physical activity of a minimum of 1 hour a day, walk instead of driving or getting the bus for short journeys, joining a fitness club or team.

What are the benefits to health and well-being of physical activity?

- Reduces the risk of diabetes, some cancers and boosts mood, motivation, self-esteem, depression, anxiety.

What recommendations can be made to stop smoking?

- Going to the NHS stop smoking service, nicotine replacement patches, swapping to e-cigarettes

What are the benefits to health and well-being of stopping smoking?

- Reduces the risk of lung cancer, respiratory problems, reduces the risk of depression and anxiety, motivation and self-esteem

Recommendations and Action

What recommendations can be made to reduce alcohol consumption?

- Physical activity, balanced healthy diet, reducing alcohol consumption, weight loss support group such as slimming world.

What are the benefits to health and well-being of maintaining a healthy weight?

- Reduces the risk of diabetes, some cancers and lowers blood pressure.

What recommendations can be made to eat a balanced diet?

- Eating fewer foods that are high in saturated fat, salt, sugar, setting up a weekly plan, reducing sugary drinks with water.

What are the benefits to health and well-being of eating healthy?

- Provides nutrients, energy, improves self-image and mental health, reduces the risk of illness.

Q 17a: Barriers preventing improving health and well being

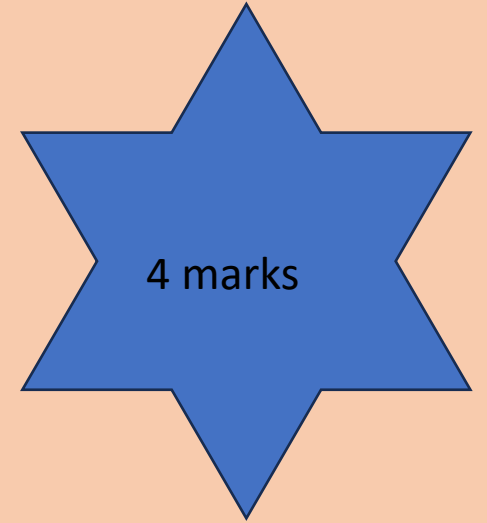
Dustin lives in a small town. He has a moderate learning disability and a hearing impairment. Dustin lacks confidence because he has a speech impairment. Dustin is on benefits and has been given free membership of the leisure centre in the next town, to support his health and wellbeing.

17 (a) Explain **two** barriers that could prevent Dustin from improving his health and wellbeing.

(4)

1

2



Q 17b; Obstacles that can prevent an individual improving health and well being

Dustin lives in a supported living flat, but he does not trust his support worker. His family do not live nearby and he struggles with friendships. Dustin dislikes new people and new places.

Dustin's support worker wants him to go to the leisure centre three times per week on his own, to improve his health and wellbeing.

(b) Explain **two** obstacles that could prevent Dustin from improving his health and wellbeing.

(4)

1

2

4 marks

Q 17a: How formal or informal support can help

Hope receives a letter from the doctor.

- She has an appointment with a dietitian.
- She is invited to join a local support group for people who use drugs.
- She is allocated a drug and alcohol support worker.

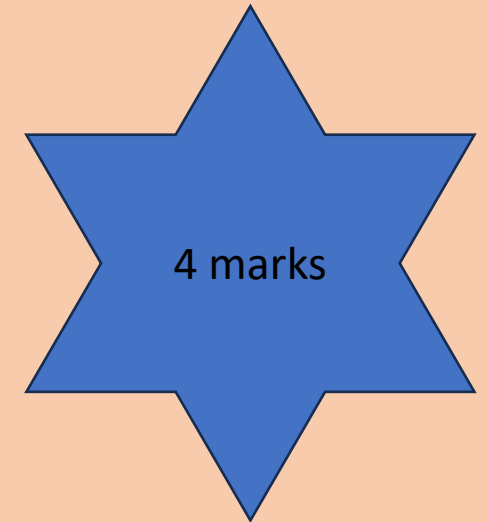
(b) Explain **two** ways formal support could improve Hope's health and wellbeing. (4)

1 _____

2 _____

(Total for Question 16 = 10 marks)

DO NOT WRITE IN THIS AREA



Formal and Informal support

Formal

- Care professionals, trained, practical support, chemist, Gp, prescribe medicines and give advice on healthier lifestyle choices, support groups, charities.

Informal

- Friends and family can provide emotional support, encouragement, information, share ideas and provide practical help.

Q 18: How circumstances may affect development in different life stages

Jonny is 25 years old and lives with his 80-year-old grandparents. He is a successful business manager, and he is currently saving money to buy his own flat.

Jonny is gay but he has not told his grandparents. He is in a relationship that has become serious. His partner wants to get married.

18 Discuss how Jonny's circumstances may affect his emotional development in early adulthood.



6 marks