

Interpretation of lifestyle data, specifically risks to physical health associated with: smoking, alcohol consumption, inactive lifestyles.

Health care organisations gather data (statistics) about factors that contribute to ill health, disability and death. They analyse the data to advise on risks, set targets and minimise risk by influencing law, health campaigns and offering support services.

<p>Smoking</p> <p>Smokers under 40 have five times the risk of a non- smoker of a heart attack.</p> <p>80% of lung cancer and a quarter of all cancers result from smoking.</p> <p>Smoking causes one third of deaths from respiratory problems.</p> <p>Within weeks of stopping smoking circulation and immune systems improve.</p> <p>After a year of stopping smoking the risk of heart attack falls by 50%</p> 	<p>Barriers to quitting smoking/drinking</p> <p>Addiction</p> <p>Family and friends smoke/drink</p> <p>Fear of gaining weight (quitting smoking)</p> <p>Lack of awareness of support services</p> <hr/> <p>Support and services for quitting smoking</p> <p>Nicotine replacement patches</p> <p>Therapy</p> <p>Informal care from family and friends</p> <p>Medication</p> <p>E- Cigarettes</p>	<p>Alcohol</p> <p>Around 49% of liver disease in England were as a result of alcohol</p> <p>4% of cancers are linked to alcohol</p> <p>55% of men and 53% of women drink more than the recommended daily amount</p> <p>Drinking too much alcohol is the biggest risk factor for death, ill health or disability for 15 – 49 year olds.</p> <p>Services and Support</p> <p>GP, Therapy, Charities, on line support, informal care from friends and families</p> 	<p>Inactive lifestyle</p> <p>Inactivity increases the risk of breast cancer by 17.9% and colon cancer by 18.7%</p> <p>Increases the risk of diabetes type 2 by 13%</p> <p>Leads to joint pain</p> <p>Leads to coronary heart disease by 10.5%</p> <p>Services and Support</p> <p>Dietician, Gym, personal trainer, clubs, informal care, GP, on line support.</p> 
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Planning for better health and well -being improvement plans focus on physical health but can also address any kind of health problem and may include changes in all areas physical, intellectual, emotional and social meeting holistic needs. Physiological indicators and lifestyle data can be used to identify health problems, setting goals and targets to monitor progress. For example a person with a high BMI may benefit from exercise and healthy eating, someone who drinks alcohol more than the recommended limit would benefit from a plan to reduce their daily intake.

Target Setting



A health plan should have long term and short term targets. It must be broken down into small steps. For example drink alcohol within safer limits, when out for a meal at weekends drink water alongside the alcoholic drink starting immediately and long term start to reduce the consumption to less than 14 units per week and not binge drink. Make sure it is achievable and workable with the individual for example a person may lack motivation to go to a gym so would not go, some people cannot accept they need to change their lifestyle and will not follow a plan until educated to do so, some people may not have the time to plan and cook meals on a diet plan as they have other commitments such as childcare or looking after a family member alongside a busy work life.

Step 1	Interpret data and identify the Health concern Goal to make improvements	Smokers cough Improved respiratory health
2	Recommended Action	Stop smoking
3	Target	Progressively cut down number of cigarettes smoked to 5 per day in 4 weeks, then to 0 per day in 6 months.
4	Support	Action on smoking (Charity)
5	Overcoming obstacles	Using nicotine patches to overcome nicotine cravings

People who follow a plan for a physically healthier lifestyle will be fitter, lose weight and have improved self -concept. They will also have lower blood pressure, healthier heart and reduced risk of cancers.

Formal Assessment: **AO1** Demonstrate knowledge and understanding of factors that affect health and wellbeing - **AO2** Interpret health indicators - **AO3** Design a person-centred health and wellbeing improvement plan -**AO4** Demonstrate knowledge and understanding of how to overcome obstacles relating to health