

## Health and Social Core and Powerful Knowledge: Component 3 Health and Wellbeing

### Learning Aim A Factors that affect health and wellbeing

<b>Core Knowledge</b>	<b>Powerful Knowledge</b>
<b>Physical and lifestyle factors that can have positive or negative effects on health and wellbeing:</b>	Genetic inheritance, including inherited conditions and predisposition to other conditions Ill health (acute and chronic) Diet (balance, quality and amount) Amount of exercise Substance user, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs Personal hygiene
<b>Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing:</b>	Social interactions, e.g. supportive /unsupportive, relationships, social intergration/ isolation Stress, e.g. work-related Willingness to seek help or access services, e.g. influenced by culture, gender, education
<b>Economic factors that have a positive or negative effect on health and well-being</b>	Financial resources
<b>Environmental factors that can have a positive or negative effect on health and well-being:</b>	Environmental conditions, e.g. levels of pollution, noise Housing, e.g. conditions, location
<b>The impact of life events relating to relationship changes and changes in life circumstances</b>	Expected and unexpected events Bereavement DIVORCE Short/Long term effects Prison

### Learning Aim B Interpreting health indicators

<b>Physiological indicators that are used to measure health:</b>	Pulse (resting and recovery rate after exercise) Blood Peak flow Body mass index (BMI)
<b><u>Lifestyle indicators</u></b> <b>Interpretation of lifestyle data, specifically risks to physical health associated with:</b>	Smoking Alcohol consumption Inactive lifestyles
<b>Learning Aim C Person centred health and wellbeing improvement plans</b>	
<b>The importance of a person-centred approach that takes into account an individual's needs, wishes and circumstances</b> <b>Information to be included in plan:</b>	Recommended actions to improve health and wellbeing Short term (less than 6 months) and long term targets Appropriate sources of support (Formal and/ or informal)
<b>Obstacles to implementing plans</b> <b>Potential obstacles</b>	Emotional/ psychological - lack of motivation, low self-esteem, acceptance of current state Time constraints - work and family commitments Availability of resources - financial, physical, e.g. equipment Unachievable targets - unachievable for the individual or unrealistic timescale Lack of support, e.g. from family and friends Other factors specific to individual - ability/ disability, addiction Barriers to accessing identified services