

# Health & Social Care



## Component Three Section A Study Book

# What Do I Need To Know?

## **A1 Factors affecting health and wellbeing**

Learners will explore how factors can affect an individual's health and wellbeing positively or negatively. This links to, and extends, knowledge and understanding of life events covered in *Component 1*, but here the focus is on health and wellbeing.

- Definition of health and wellbeing: a combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness.
- Physical and lifestyle factors that can have positive or negative effects on health and wellbeing:
  - genetic inheritance, including inherited conditions and predisposition to other conditions
  - ill health (acute and chronic)
  - diet (balance, quality and amount)
  - amount of exercise
  - substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs
  - personal hygiene.
- Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing:
  - social interactions, e.g. supportive/unsupportive relationships, social integration/isolation
  - stress, e.g. work-related
  - willingness to seek help or access services, e.g. influenced by culture, gender, education.
- Economic factors that can have positive or negative effects on health and wellbeing:
  - financial resources.
- Environmental factors that can have positive or negative effects on health and wellbeing:
  - environmental conditions, e.g. levels of pollution, noise
  - housing, e.g. conditions, location.
- The impact of life events relating to relationship changes and changes in life circumstances.

A.1 Genetic Inheritance

Name two conditions that are passed on through genetics;

1.....

2.....

How might a person's appearance be affected by genetic inheritance?

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A.1 Ill Health

An acute illness is one that is short lived and comes on instantly. The opposite to an acute illness is chronic illness. Explain what chronic illness is.

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Explain how having a chronic illness may affect a person's emotional health and wellbeing.

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A.1 Diet

Name the five different food groups that make up the 'eat well' plate.

1.....

2.....

3.....

4.....

5.....

Explain how eating too many sugary or fatty foods may affect the health and wellbeing of an individual.

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Dave is 29. He works as a builder and works long hours. He has a bowl of sugary cereal for breakfast at 6am and then usually doesn't eat anything else until his dinner at night. This is usually around 7pm. Dave usually has a well-balanced dinner, with a source of protein, carbohydrate and fibre. Later on at night, Dave will snack on crisps and chocolate. He will usually eat a family sized bar of chocolate and a family sized bag of crisps.

Identify a type of food that Dave might eat for fibre.

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Explain two negative features of Dave's diet and the consequences of them.

1.....  
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2.....  
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Can you name any further negative features Dave's diet would have on him?

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A.1 Exercise

Identify three different types of exercise that might be suitable for a person with limited mobility.

- 1.....
- 2.....
- 3.....

Explain two positive effects of getting enough exercise.

- 1.....  
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- 2.....  
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A.1 Substance Abuse

Define what is meant by 'substance abuse'.

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Identify two effects of abusing alcohol (P.I.E.S)

- 1.....
- 2.....

Explain how a person may be affected socially by abusing recreational drugs.

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A.1 Personal Hygiene

Jodie is fourteen years old. Since starting puberty she has noticed that she often smells more often. Her skin has become greasy and her hair needs washing more.

Identify two ways that Jodie can make sure she has good personal hygiene.

1.....

2.....

Explain how having poor personal hygiene may negatively affect Jodie's social and/or emotional growth and development.

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.....  
Explain how having good personal hygiene may positively affect Jodie's growth and development.

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.....  
A.1 Types of Relationships

Explain what is meant by social isolation.

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Henry is twenty-three years old. He has recently moved to university where he is studying radiotherapy. He has moved nearly a hundred miles away from home where he lived with his mother and younger sister. Henry's mother is very proud of him moving away to university, she has been saving money to help support him since he was ten years old. However, Henry has a girlfriend who lives at home, she is unhappy with Henry's choice of university because she thinks he will be living too far away. He is now living with four other students in halls of residence. He likes the people that he lives with although they all have very different interests. Henry is interested in sports but his other flat mates like to drink alcohol and use recreational drugs. There is one girl he lives with who tries very hard at university and she has been helping Henry study. Henry has

lots of company during the week but the people he lives with often go home at the weekend, meaning that he is left at university on his own.

Explain how Henry's new lifestyle cause him to experience social isolation?

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Explain how one supportive relationship will have a positive impact on Henry's growth and development.

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Explain how one of Henry's new relationships may have a negative impact on his growth and development.

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### A.1 Stress

Identify effects of stress on a person (P.I.E.S)

1.....

2.....



Can you identify anymore?

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Elaine works as a community health nurse. Recently she has had to increase her workload because one of the nurses she works with has been signed off work due to illness. Elaine is now having to see many more patients in a day than she is used to. As a result, Elaine is feeling very stressed.

Explain how Elaine's stress may affect her performance at work.

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Suggest two ways that Elaine could reduce her levels of stress

1.....

2.....



Peer Feedback Corrections - **GREEN PEN**

Use the below lines to re-write any incorrect answers from the previous 5 sections;

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A.1 Factors affecting access to health care services

How do the different factors below affect someone's access to health care services?

Gender -

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Culture -

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Education of services available -

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A.1 Financial Factors

Identify two factors that might affect a person's income.

1.....

2.....



Can you explain how either of the above two factors could affect someone's physical or social wellbeing?

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Kerry and her wife Gina have a high income. Kerry is a Nurse Consultant and Gina is a Pharmacist.

Explain two ways that having a high income may improve Kerry and Gina's health and wellbeing (P.I.E.S)

1.....  
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2.....  
.....

Richard and Wendy live in a two-bedroom flat above a takeaway on a busy high street. They have two children, Drew who is twelve and Brendan who is nine. The family is classed as living in poverty.

Define what is meant by poverty.

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Explain two ways that living in poverty will affect Richard and Wendy's life choices.

1.....  
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2.....  
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Explain two ways that living in poverty may affect Drew and Brendan's intellectual development.

1.....  
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2.....  
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### A.1 Environmental Conditions

Define and give an example for the following types of pollution.

Land Pollution

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Example

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## Air Pollution

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## Example

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## Noise Pollution

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## Example

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Gabriella is seven years old. She lives with her Dad in the centre of Nottingham. Explain how one type of pollution might affect her physical development.

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## A.1 Housing

Look at the following homes on the next page, write around them with 2 strengths and 2 limitations of living there.



Can you label each diagram with 3 or more Strengths and 3 or more Weaknesses?

1. City Centre Apartment.



2. Countryside Cottage



3. Suburban Semi-Detached



## Home Factors Affecting Health and Wellbeing

Factor	How does this affect health and wellbeing?	Which aspect of PIES does this link to?
Type of home e.g. flat/ house		
Condition of the home		
Size of the home		
How much personal space a person has		
Where the home is located		
The influence of other people who live with you		
Safety of area the home is located in		

### A.1 Changes in Relationship

Define what is meant by 'self-esteem'.  
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Define what is meant by 'stress and anxiety'.  
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Complete the PIES tables below, identify 1 more effect that changing relationships can have on someone for each aspect of P.I.E.S;



Can you add more than 1 to each section?

Entering a new relationship

<p><u>Physical</u></p> <ul style="list-style-type: none"> <li>• Sexual attraction</li> </ul>	<p><u>Intellectual</u></p> <ul style="list-style-type: none"> <li>• Being distracted</li> </ul>
<p><u>Emotional</u></p> <ul style="list-style-type: none"> <li>• Creating a new bond</li> </ul>	<p><u>Social</u></p> <ul style="list-style-type: none"> <li>• Going out to new places</li> </ul>

Marriage

<p><u>Physical</u></p> <ul style="list-style-type: none"> <li>• Shared activities</li> </ul>	<p><u>Intellectual</u></p> <ul style="list-style-type: none"> <li>• New opportunities</li> </ul>
<p><u>Emotional</u></p> <ul style="list-style-type: none"> <li>• Increased sense of security</li> </ul>	<p><u>Social</u></p> <ul style="list-style-type: none"> <li>• Financial security</li> </ul>

## Divorce

<u>Physical</u> <ul style="list-style-type: none"><li>• <u>Lack of sleep</u></li></ul>	<u>Intellectual</u> <ul style="list-style-type: none"><li>• Learning about divorce</li></ul>
<u>Emotional</u> <ul style="list-style-type: none"><li>• Change in self-image</li></ul>	<u>Social</u> <ul style="list-style-type: none"><li>• Less money</li></ul>

## Bereavement (Death of a loved one)

<u>Physical</u> <ul style="list-style-type: none"><li>• Poor diet</li></ul>	<u>Intellectual</u> <ul style="list-style-type: none"><li>• Lacks concentration</li></ul>
<u>Emotional</u> <ul style="list-style-type: none"><li>• Feels at a loss/ something is missing.</li></ul>	<u>Social</u> <ul style="list-style-type: none"><li>• Withdraws from social situations.</li></ul>

## Imprisonment

What are the positives and negatives of a person going to prison?

Positives	Negatives

## Exam Skills

The main command word used in the Component Three Task is 'explain'. To use this you should include a reason for your answer.

If the answer asks for a positive or negative affect, then you should do the following;

- Say what the effect is (positive or negative)
- Give an example from the case study (what information have you been given to support this effect)
- Explain why this is positive or negative. (what impact will this have on the person)

## Example

### **Question -**

Using the information provided, explain two factors that could have a positive effect on Samuel's health and wellbeing.

### **Model Answer -**

The first factor that could have a positive effect on Samuel's emotional wellbeing is that he will **develop a better self-esteem**. **For example, he is doing well at school and getting good grades**. **This will positively affect his wellbeing because he will feel proud of himself for getting good grades and doing well.**

Explanation Connectives
<ul style="list-style-type: none"><li>• This is because....</li><li>• The reason for this could be...</li><li>• This would mean that....</li><li>• This suggests that....</li><li>• From this, we could suggest that....</li><li>• Due to ..... the impact would be....</li><li>• This may lead to effects such as.... because....</li></ul>

Practice Question A

You are a community midwife working with expectant mothers in your local area. You have recently took on a new client, expectant mother Clara. She has only recently moved to the area and this is her first child.

Read the information below and then complete the activities.

Location: Clara is 21 years old. She lives with her partner Karl in a two bedroomed terraced house just outside of town. The house has a shared back garden and is a fifteen-minute walk away from the local shops. Clara does not drive.

Medical History: Clara's BMI suggests that she is obese. She has tried to lose weight using slimming clubs and going to the gym but has gained much more weight since getting pregnant.

Family, friends and social interactions: Clara doesn't live near any of her close friends and family. She moved to the area with Karl for his new job. Her mother drives to see her once a fortnight. She has also met another young mother who lives on her street. She sometimes calls around to her house for a cup of tea during the day whilst Karl is at work. Karl and Clara go out every weekend, usually to the cinema or to a restaurant.

Day-to-day life: Clara usually wakes up at around 8am. Karl works shifts so some days he isn't in during the day. Because only Karl works, they have a low income, meaning that Clara can't spend much money. She usually spends her day cleaning the house and walking to the shops to buy food.

Activity 1a,

Using the information provided, explain two factors that could have a positive effect on Clara's health and wellbeing. (4 marks)

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Activity 1b,

Using the information provided, explain four factors that could have a negative effect on Clara's health and wellbeing. (8 marks)

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Practice Question A



Using your purple pen feedback above, re-write any answers that need changing below;

A series of horizontal dotted lines for writing.

A series of horizontal dotted lines for writing.

## Practice Question B

You are a youth worker working at a youth club in Sheffield. A new child has started attending the club, Rahul who has moved to the UK from India.

Read the information below and then complete the activities.

**Location:** Rahul is fifteen years old and has moved to Sheffield from India. This is the first place in the UK that he has lived. He has moved here with his mother, father and four sisters. They live in a large detached house in the suburbs of Sheffield where he has his own bedroom.

**Medical History:** Rahul uses a wheelchair as he has the genetically inherited disease Muscular Dystrophy. The disease makes it difficult for Rahul to walk and he is progressively losing strength in his hips, pelvis and legs. His life expectancy is normal, however there are some cases where the disease gets worse very quickly and sufferers die in their late teens.

**Family, friends and social interactions:** Rahul lives happily with his parents and siblings. He enjoys going to school and gets good grades. He also spends a lot of time with his family at the weekend. They like to travel around the UK to see other family members. Although Rahul attends lots of after school clubs, he finds it difficult to get involved in sport because of his disease.

**Day-to-day life:** Since moving to the UK, Rahul is happy with his life. In the week he gets up for school and his mum helps him get ready, she then drives him and his siblings to school. He usually has a medical appointment at least once a fortnight and has recently been attending support groups for other young wheelchair users.

Activity 1a,

Using the information provided, explain two factors that could have a positive effect on Rahul's health and wellbeing. (4 marks)

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Practice Question B



Peer and Self-Assessment

✓ Successes

Perfecting work

Feedforward

Next Steps...

Using your purple pen feedback above, re-write any answers that need changing below;

A series of horizontal dotted lines for writing.

