Health and Social Care Knowledge Organiser: Component 3 Health and Wellbeing

LAA Factors that affect health and wellbeing

<u>A1 Factors affecting health and</u> wellbeing

- 1. Definition of health and wellbeing
 - a. A combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness
- 2. 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
 - **b**. Ill health (acute and chronic)
 - c. Diet (balance, quality and amount)
 - d. Amount of exercise
 - Substance user, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs
 - f. Personal hygiene
- 3. Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing:
 - a. Social interactions, e.g. supportive/ unsupportive relationships, social intergration/ isolation
 - **b**. Stress, e.g. work-related
 - Willingness to seek help or access services, e.g. influenced by culture, gender, education
- 4. Economic factors that have a positive or negative effect on health and well-being
 - a. Financial resources
- 5. Environmental factors that can have a positive or negative effect on health and well-being:
 - **a**. Environmental conditions, e.g. levels of pollution, noise
 - **b**. Housing, e.g. conditions, location
- The impact of life events relating to relationship changes and changes in life circumstances

LAB Interpreting health indicators

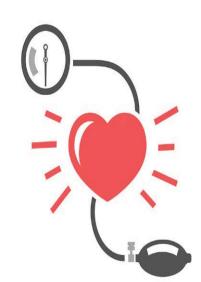
B1 Physiological indicators

- 1. Physiological indicators that are used to measure health:
 - a. Pulse (resting and recovery rate after exercise)
 - b. Blood
 - c. Peak flow
 - d. Body mass index (BMI)
- 2. Using published guidance to interpret data relating to these physiological indicators
- 3. The potential significance of abnormal readings: risks to physical health

B2 Lifestyle indicators

- 1. Interpretation of lifestyle data, specifically risks to physical health associated with:
 - a. Smoking
 - **b**. Alcohol consumption
 - c. Inactive lifestyles





LAC Person centred health and wellbeing improvement plans

C1 Health and wellbeing improvement plans

- 1. The importance of a person-centred approach that takes into account an individual's needs, wishes and circumstances
- 2. Information to be included in plan:
 - a. Recommended actions to improve health and wellbeing
 - b. Short term (less than 6 months) and long term targets
 - Appropriate sources of support (Formal and/ or informal)

C2 Obstacles to implementing plans

- 1. Potential obstacles
 - a. Emotional/ psychological

 lack of motivation, low
 self-esteem, acceptance
 of current state
 - **b**. Time constraints work and family commitments
 - Availability of resources
 financial, physical, e.g.
 equipment
 - d. Unachievable targets unachievable for the individual or unrealistic timescale
 - e. Lack of support, e.g.from family and friends
 - f. Other factors specific to individual - ability/ disability, addiction
 - g. Barriers to accessing identified serv ices

