Essential content

A   Factors that affect health and wellbeing

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 human lifespan development including life events, covered in Component 1. Here, however, the focus is on the current health and wellbeing of individuals.

- 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 factors that can have positive or negative effects on health and wellbeing:
    - inherited conditions – sickle cell disease, cystic fibrosis
    - physical ill health – cardiovascular disease, obesity, type 2 diabetes
    - mental ill health – anxiety, stress
    - physical abilities
    - sensory impairments.
- Lifestyle factors that can have positive or negative effects on health and wellbeing:
    - nutrition
    - physical activity
    - smoking
    - alcohol
    - substance misuse.
- Social factors that can have positive or negative effects on health and wellbeing:
    - supportive and unsupportive relationships with others – friends, family, peers and colleagues
    - social inclusion and exclusion
    - bullying
    - discrimination.
- Cultural factors that can have positive or negative effects on health and wellbeing:
    - religion
    - gender roles and expectations
    - gender identity
    - sexual orientation
    - community participation.
- Economic factors that can have positive or negative effects on health and wellbeing:
    - employment situation
    - financial resources – income, inheritance, savings.
- Environmental factors that can have positive or negative effects on health and wellbeing:
    - housing needs, conditions, location

- o home environment
- o exposure to pollution – air, noise and light.
- The impact on physical, intellectual, emotional and social health and wellbeing of different types of life event:
  - o physical events
  - o relationship changes
  - o life circumstances.

B Interpreting health indicators

B1 Physiological indicators

Learners will explore how physiological indicators are used to measure health.

- Interpretation of physiological data according to published guidelines:
  - o resting heart rate (pulse) – normal range 60 to 100 bpm
  - o heart rate (pulse) recovery after exercise – the heart's ability to return to normal levels after physical activity is a good indicator of fitness
  - o blood pressure – low blood pressure 90/60mmHg or lower, ideal blood pressure between 90/60mmHg and 120/80mmHg, pre-high between120/80mmHg and 140/90mmHg, high blood pressure 140/90mmHg or higher
  - o body mass index (BMI) – underweight below 18.5 kg/m^2, healthy weight between 18.5 kg/m^2 and 24.9 kg/m^2, overweight between 25 kg/m^2 and 29.9 kg/m^2, obese between 30 kg/m^2 and 39.9 kg/m^2, severely obese 40 kg/m^2 or above.
- The potential significance of abnormal readings:
  - o impact on current physical health (short-term risks)
  - o potential risks to physical health (long-term risks).

B2 Lifestyle indicators

Learners will explore how lifestyle choices determine physical health.

- Interpretation of lifestyle data according to published guidelines:
  - o nutrition – the Eatwell Guide
  - o physical activity – UK Chief Medical Officers' Physical Activity Guidelines
  - o smoking – UK Chief Medical Officers' Smoking Guidelines
  - o alcohol – UK Chief Medical Officers' Alcohol Guidelines
  - o substance misuse.

C Person-centred approach to improving health and wellbeing

C1 Person-centred approach

Learners will explore the use of the person-centred approach in health and social care settings. This links to, and consolidates, knowledge and understanding from Component 2 on the skills, attributes and values that contribute to care.

- The ways in which a person-centred approach takes into account an individual's:
  - o needs – to reduce health risks
  - o wishes – their preferences and choices
  - o circumstances – to include age, ability, location, living conditions, support, physical and emotional health.

- The importance of a person-centred approach for individuals:
  - makes them more comfortable with recommendations, advice and treatment
  - gives them more confidence in recommendations, advice and treatment
  - ensures their unique and personal needs are met
  - increases the support available to more vulnerable individuals
  - improves their independence
  - they are more likely to follow recommendations/actions to improve their health
  - they are more motivated to behave in ways that positively benefit their health
  - they feel happier and more positive about their health and wellbeing.
- The benefits of a person-centred approach for health and social care workers and services:
  - it improves job satisfaction for health and social care workers
  - it saves time for health and social care services
  - it saves money for health and social care services
  - it reduces complaints about health and social care services and workers.

C2 Recommendations and actions to improve health and wellbeing

Learners will explore recommendations and actions that are aimed at improving health and wellbeing, alongside support available for achieving this. This links to, and consolidates, knowledge and understanding from Component 1 on sources and types of support, and Component 2 on health and social care services, and also skills, attributes and values that contribute to care.

- Established recommendations for helping to improve health and wellbeing:
  - improving resting heart rate and recovery rate after exercise
  - improving blood pressure
  - maintaining a healthy weight
  - eating a balanced diet
  - getting enough physical activity
  - quitting smoking
  - sensible alcohol consumption
  - stopping substance misuse.
- Support available when following recommendations to improve health and wellbeing:
  - formal support from professionals, trained volunteers, support groups and charities
  - informal support from friends, family, neighbours, community and work colleagues.

C3 Barriers and obstacles to following recommendations

Learners will explore the barriers and obstacles that individuals can face when following recommendations and the unique ways that they may be overcome. To do this, they will need to make links to and build on their prior knowledge and understanding from Component 2, in particular, barriers to accessing services and the personal obstacles individuals may face.

- Definition of barriers: something unique to the health and social care system that prevents an individual accessing a service.
- Potential barriers as appropriate to the individual and the recommendation:
  - physical barriers
  - barriers to people with sensory disability
  - barriers to people with different social and cultural backgrounds
  - barriers to people that speak English as an additional language or those who have language or speech impairments
  - geographical barriers
  - resource barriers for service provider
  - financial barriers.
- Definition of obstacles: something personal to an individual that blocks a person moving forward or when action is prevented or made difficult.
- Potential obstacles as appropriate to the individual and the recommendation:
  - emotional/psychological
  - time constraints
  - availability of resources
  - unachievable targets
  - lack of support.