

# HEALTH AND SOCIAL CARE UNIT 3: HEALTH AND WELLBEING

## 3A: Learning Aims

To understand factors that affect health and wellbeing.

## 3B: Learning Aims

To interpret health indicators.

## 3C: Learning Aims

To develop person-centred health and wellbeing improvement plans.

## Key definition

Holistic health and wellbeing: Is a combination of physical and intellectual health and social and emotional wellbeing.

Physical	Social	Economic	Environmental
Genetic inheritance	Social interaction	Financial resources	Environmental conditions (Pollution)
Ill health	Stress		Housing
Diet	Willingness to seek help or access services		
Exercise			
Substance use			
Personal hygiene			

Life Events	
Expected	Unexpected
Starting school	Death or a partner
Leaving school	Exclusion from school
Entering employment	Accident or injury
Retirement	Ill health
Parenthood	Imprisonment
Marriage	Unemployment/redundancy

## Exam Key Words

**Assess:** Give careful consideration to all the factors and events that apply and identify which are the most important or relevant. Make a judgement on the importance of something, and come to a conclusion where needed.

**Describe:** Give a clear account of something. A link is required from the context or process.

**Explain:** Requires identification of a point and linked justification or example of the point.

**Give:** State information.

**Interpret:** State the meaning, purpose or qualities of something.

**Justify:** Give reasons or evidence to support an opinion.

**Obstacles:** Circumstances which are preventable.

**Rationale:** Explain using reasons or principles

**Recommend:** Make suggestions for a course of action or targets that would improve the situation.

**Realistic:** Something that is sensible, suitable and achievable.

**Review:** Assess formally based on appropriate evidence or information with the intention of instituting change if necessary.

**Targets:** An intended goal for achieving.

Health indicator	What measures
Heart rate	Resting pulse rate and heart rate while recovering from exercise. Measured in beats per minute (BPM). Cardiovascular system: Made up of the heart, blood and blood vessels.
Blood pressure	Measures the pressure exerted by your blood against the walls of your arteries. Measured in millilitres of mercury (mmHg)). Top number is systolic pressure. Bottom number is diastolic number.
Peak flow	The maximum measure of the maximum rate of expiratory. Measured in litres per minute (L/min). Peak flow looks to diagnose or monitor breathing and respiratory problems.
BMI	Measures the amount of fat on your body in relation to your height. BMI – Weight in kg / Height in m squared.

## Targets

Targets should be set in a health and wellbeing plan in both the short and long term.

Short term targets are less than 6 months. Long term targets are 6 months or more.

Targets should be set using a SMART approach: specific, measurable, achievable, realistic and time-related. All targets should be monitored and reviewed.

## Sources of support

Formal – Given by health and social care practitioners.

Informal – Provided by family and friends.

Voluntary – People who run events and activities for others free of charge.

## Key statistics lifestyle data

### Smoking:

Causes around 96,000 deaths in the UK annually.

On average a smoker will die 10 years earlier than a non-smoker.

### Alcohol

37% of liver diseases deaths are due to drinking too much alcohol.

You are five times more likely to have an accident or cause yourself an injury if you drink 5-7 units of alcohol in one sitting.

### Exercise

Regular exercise reduces the risk of depression.

You have a 20-40% lower risk of developing type 2 diabetes if you regularly exercise.

## Obstacles

Obstacles that can prevent a health and wellbeing plan being successful are:

Occupation	Age
Social class	Motivation
Level of stress	Self-esteem
Self-concept	Other commitments
Support	Availability of resources
Time available	Unachievable targets
Social pressure	Lack of support
Peer group	Disability and ability
Gender	Barriers to accessing services

