

**Health & wellbeing**

What you need to know: - definition, factors

Not just the absence of disease but a holistic attitude/the whole person:  
 Physical (healthy body, regular exercise, a healthy diet, sleep, shelter & warmth, personal hygiene)  
 Intellectual (keeping the brain healthy, concentrate, learn new knowledge/skills, communicate & solve problems)  
 Emotional (feeling safe & secure, express emotions, deal with negative emotions, self-concept)  
 Social (friendships, relationships with friends and family)



**Genetic inheritance**



What you need to know:  
 - inherited conditions - predispositions

Genetic inheritance is a physical factor that can have positive and negative effects  
 Genes are inherited from both birth parents

**Inherited characteristics**

- height, eye colour, hair colour
- This can effect self image (how you see yourself) & self esteem, (how you feel about yourself)

**Inherited conditions**

Different versions of genes are called alleles.  
 Some alleles can be faulty and pass on conditions  
**Dominant condition**  
 (one parent passes faulty allele on)  
 i.e. Huntington's – involuntary movements and loss of intellectual ability  
**Recessive condition**  
 (both parents pass faulty allele on)  
 i.e. Cystic fibrosis – sticky mucus on the lungs

**Genetic predisposition**

Some people are predisposed (more likely) to develop a condition due to genetic makeup  
 i.e. heart disease, cancer, diabetes.  
 Whether they end up developing the conditions depends on their lifestyle & environmental factors  
 (.e. Diet, exercise)

**Physical activity**



What you need to know:  
 - recommendations  
 - benefits at each life stage

**Exercise** is a lifestyle choice  
 - gentle – walking, housework  
 - moderate – light jog, steady swim  
 - vigorous – spinning, football

**How much?**  
 Changes depending on age. Adult:  
 approx. 150 mins moderate per week

**Why?**  
 P – lower BMI, energy, stamina, strengthen bones & muscle  
 I – links to better memory and thinking skills  
 E – increases confidence, Relieve stress, concentrate, relax  
 S – social interaction, communication, teamwork

**Lack of exercise:**  
 Stiff joints  
 Poor stamina/strength  
 Obesity  
 Stroke  
 Heart disease  
 Osteoporosis  
 Poorly formed muscle

**Ill Health**

Ill health -a physical factor which can have a negative effect on health & wellbeing



What you need to know:  
 - Effects on a persons PIES, difference between acute & chronic

**Chronic**

Comes on more slowly, lasts a long time  
 Usually treated, not cured  
 i.e. diabetes, arthritis, asthma, heart disease

**Management:**

Address the negative impacts on the person and try to control the symptoms (i.e. use of medication, counselling, schooling in hospital, support groups)

**Effect on PIES –**

- P – growth rates, restricted movements
- I – disrupted learning, difficulties in thinking./problem solving, memory problems
- E – negative self-concept, stress
- S – isolation, loss of independence, difficulties forming relationships

**Acute**

Starts quickly, lasts for a short period of time. Usually cured  
 i.e. bacterial/viral infection, flu, broken bones, pneumonia

**Management** - Usually with medication

**Substance misuse**



**Alcohol** - a lifestyle choice  
 Men & women should drink <14 units/week  
 1 unit = 1 single spirit  
 1.5 units = 1 pint, 1 small glass of wine  
 Avoid saving units for 'binge'  
 Can increase risk of addiction & cancers.

**Smoking & Nicotine** – a lifestyle choice.  
 Nicotine is an addictive drug found in tobacco products.  
 Cigarette smoke contains nicotine, tar, carbon dioxide & soot which are all harmful.  
 People smoke to relieve stress, peer pressure, or are unable to quit. Passive smoking also carries risk to others

**Drugs** – including legal and illegal.  
 Prescription misuse - when people take for non medical (recreational use), become addicted to them, take excess, or take someone else's.  
 Stimulants - alertness, excitability (i.e. Cocaine, nicotine)  
 Depressants –calm, relax (i.e. cannabis, alcohol, heroine)  
 Hallucinogens – cause hallucinations i.e. LSD, ketamine)

**Effect on PIES**  
 P – dependence (alcoholism) damage to organs (mouth, liver, breast), infertility, weight gain  
 I – difficulty in decision making, depression, anxiety, stroke & brain damage  
 E – poor judgement leading to risky behaviour  
 S – relationship breakdown, domestic violence

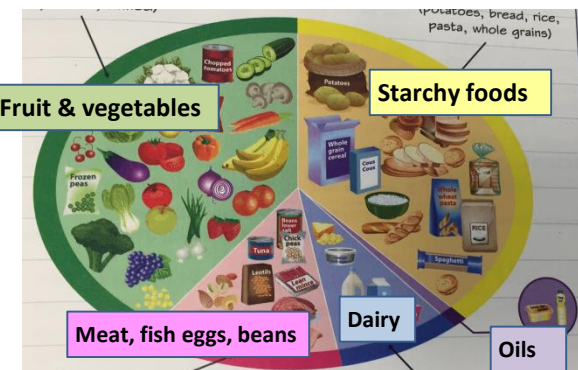
**Effect on PIES**  
 P – increases risk of disease (cancer, stroke, coronary heart disease and others)  
 I – addiction leads to irritation, distraction & stress when unable to smoke. Increase chance of anxiety and depression.  
 E – poor self concept. May worry about negative impacts on health and costs.  
 S – may feel socially excluded when smoking, people may avoid smokers due to smell.

**Effect of drug misuses**  
 Addictive drugs are taken to change the mental state, to give an immediate feeling of wellbeing or happiness but they have long term effects. i.e. Paranoia,, sleep problems, anxiety, depression, suicidal feelings,

**Diet**

What you need to know: - amounts, quality, effects of poor diet  
 Diet - lifestyle choice. Diet = The balance of foods a person eats (diet doesn't mean weight loss!)

**Foods to avoid**  
**Salt** – raises blood pressure -> heart disease  
**Saturated fat** – raises blood cholesterol -> heart disease  
 \*found in animal fats such as meat, butter  
**Sugar** – rots teeth, high in kcals (energy) -> tooth decay & weight gain



Section	Nutrient	Needed for
Starchy	Carbohydrates (& fibre if wholemeal)	Carbohydrates - Provides energy Fibre – Digestive system/prevents constipation
Fruit & vegetables	Vitamins Fibre	Vitamins - Keep the body healthy Fibre – Digestive system/prevents constipation
Meat, fish, eggs, beans	Protein	Growth and repair of cells and muscles
Dairy	Calcium	Strong bones and teeth
Oils	Unsaturated fats	Reduces cholesterol, Keeps the body warm, Protects organs

**Other points:**  
 Water is important to stay hydrated  
 Control calorie intake to manage weight.  
 More energy in (food) than expended in exercise causes weight gain  
 Less energy in (food) than expended in exercise causes weight loss



**Personal hygiene**



**Good personal hygiene**  
 Prevents spread of infection  
 Improves self concept  
 -Hand washing  
 - Washing  
 - Nails clean  
 -Tissue for cough/sneeze  
 -Brushing and washing hair  
 -Brushing teeth  
 -Clean clothes  
 -Flushing the toilet

The cleanliness of a persons body. Essential for health & wellbeing

**Effect on PIES of poor personal hygiene**  
 P – Catching & spreading disease  
 Poor body odour, bad breath & tooth decay  
 Illness such as food poisoning, sore throat, athletes foot.  
 I – may reduce chance of job  
 E – poor self – concept, bullied  
 S – social isolation, loss of friendship.

**Key Words**



**Health & Wellbeing** – how physically fit and mentally stable a person is (not just absence of disease)  
**Genetic Predisposition** – more likely to inherit a condition based on genes  
**Chronic illness** – gradual, long term illness, treated not cured. i.e. asthma  
**Acute illness** – illness comes on quickly, short term & curable i.e. cold  
**Balanced diet** - variety of different types of food and providing adequate amounts of the nutrients necessary for good health.  
**Substance misuse** - continued misuse of any mind-altering substance that affects a person's health & wellbeing (drugs, alcohol, smoking)  
**Hygiene** - cleanliness of body and clothing to maintain health & wellbeing.