

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

**LAA Factors that affect health and wellbeing**

**A1 Factors affecting health and 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:**
  - a. 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
  - e. 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
  - c. 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
- 6. The impact of life events relating to relationship changes and changes in life circumstances**

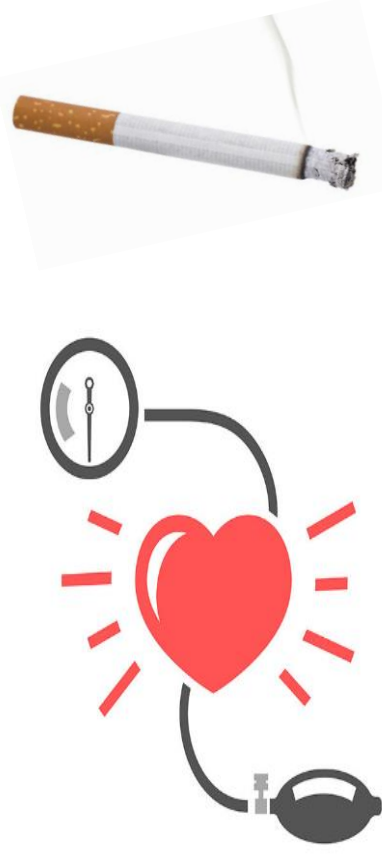
**LAB Interpreting health indicators**

**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
  - c. 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
  - c. 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 services

