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## A small bit of small print

Pearson publishes Sample Assessment Material and the Specification on its website. This is the official content and this book should be used in conjunction with it. The questions in *Now try this* have been written to help you test your knowledge and skills. Remember: the real assessment may not look like this.

Had a look ☐ Nearly there ☐ Nailed it! ☐

# Health and wellbeing

Health and wellbeing is a combination of physical health and social, emotional and intellectual (mental) wellbeing, not just the absence of disease or illness. Health professionals must understand the needs of the whole person to be able to support them.

## The whole person

PIES stands for:

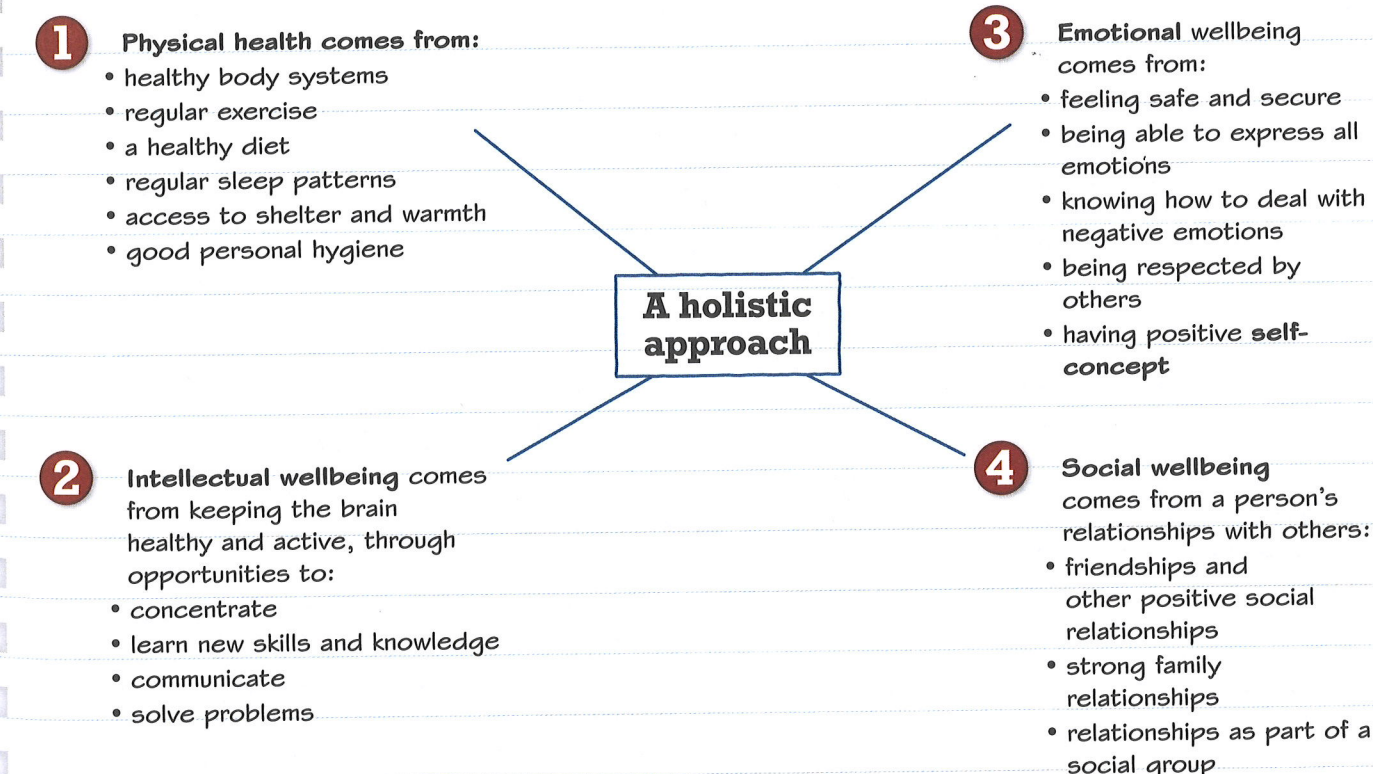
- Physical
- Intellectual
- Emotional
- Social.

It will help you to remember that health and wellbeing is about the **whole person**. A **holistic** approach is about meeting the needs of the whole person.



Social isolation has a negative effect on health and wellbeing.

Wellbeing comes from recognising the importance of all aspects of health.



## Now try this

Explain what is meant by a holistic approach to health and wellbeing.

The World Health Organization (WHO) states that health and wellbeing is not just the absence of disease.



**REVISE IT!**

You might need to use Component 1 knowledge about physical factors in your assessment.

## Inherited conditions

Genes are inherited by children from both their birth parents. Genetic inheritance is a physical factor that can have positive and negative effects on a person's health and wellbeing.

### Inherited physical characteristics

Children inherit many physical characteristics from their parents, such as height, skin and eye colour, and hair type and colour. These characteristics can affect social and emotional wellbeing because they influence a person's **self-concept**, which is composed of their:

- **self-image** (how a person sees themselves)
- **self-esteem** (how they feel about themselves).

### Genes and environment

Chromosomes carry **genes** that determine aspects of a person's physical makeup. A gene is a section of DNA that carries a code. Different versions of a gene, which code for variations of the same characteristic (such as blue eyes and brown eyes), are called **alleles**.

Environmental factors, such as diet, also have an effect on physical appearance. For example, a person may not grow to their full, genetically determined height if they do not have enough food.

### Inherited conditions

Sometimes genes can be faulty. Conditions may be inherited when faulty genes are passed from one parent (if dominant) or both parents (if recessive).

Condition	Cause	Effects
Cystic fibrosis	The condition may be passed on when both parents have a faulty gene. A person's ability to make a CFTR protein, which moves water in and out of cells, is affected, resulting in a build-up of thick sticky mucus in the lungs and digestive system.	A person will have breathing problems requiring regular physiotherapy. They will have an increased likelihood of lung infections and loss of appetite.
Sickle cell disease	This is more common in people with African or Caribbean backgrounds. It may be passed on when both parents have the sickle cell gene. Sickle cell is a blood disorder that affects the development of red blood cells.	Red blood cells are usually round but in sickle cells they are 'sickle' shaped (like a crescent moon). At times, these may cause painful blockages in blood vessels, referred to as 'a crisis'. Organ damage may occur.

### Genetic predisposition

Some people are **predisposed** (more likely) to develop conditions because of their genetic makeup, for example heart disease, cancer and diabetes.

Whether a person *actually* develops these conditions depends on **lifestyle and environmental factors**, such as diet and exercise, air quality and level of stress.

### Effects of inherited disorders

Inherited conditions can affect the whole person:

- **Physical health** – body systems, growth and mobility.
- **Intellectual** wellbeing – learning, thinking, problem solving and decision making.
- **Emotional** wellbeing – how people feel about themselves.
- **Social** wellbeing – the ability to build relationships.

### Now try this

Gemma, aged 14, has the inherited condition cystic fibrosis. She has regular physiotherapy to help clear her lungs of mucus and frequently spends time in hospital.

Describe possible effects of cystic fibrosis on Gemma's physical, intellectual, emotional and social wellbeing.

As well as the physical effects, think about the impact of missing school and how Gemma feels about herself.

## Physical ill health

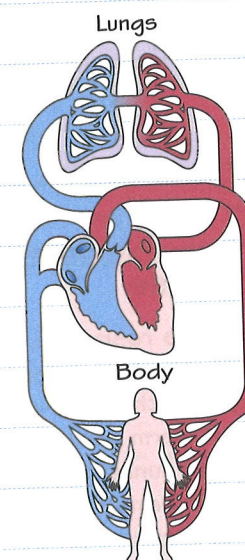
Physical ill health refers to illnesses and disorders which negatively affect a person's body systems. Common conditions that can cause ill health are cardiovascular disease, obesity and type 2 diabetes.

### Cardiovascular system

The cardiovascular system refers to the heart, blood vessels and blood that is circulated around the body. When the heart does not function effectively it can cause disease.

**Coronary heart disease** is one of the main causes of death. It is caused by a build-up of fatty deposits in the arteries around the heart that may result in:

- heart attacks caused by blockage in blood flow
- angina, causing pain or shortness of breath when blood flow is restricted
- heart failure when the heart can no longer pump blood around the body.



■ Oxygen-poor, carbon dioxide-rich blood

■ Oxygen-rich, carbon dioxide-poor blood

**Strokes** happen when the blood supply to the brain is cut off temporarily. This can cause muscle weakness or paralysis in one side of the body or even death.

**Peripheral arterial disease** is caused by a build-up of fatty deposits in the arteries of the legs. It causes pain, potential ulcers or weakness.

### Type 2 diabetes

Type 2 diabetes is a serious and common condition. The condition occurs when the pancreas is not working properly and cannot make enough insulin. This causes the blood sugar levels to rise.

Symptoms include tiredness, urinating more regularly and excessive thirst. High blood sugar levels over time can cause damage to eyes, feet or the heart.

### Risk factors

In 2019, in the UK there were around 4 million people with type 2 diabetes. (NICE, 2020) Individuals are more likely to experience type 2 diabetes if they are:

- overweight or obese
- have a family history of the disease
- are of black African, Caribbean, or South Asian descent.

### Obesity

People who are very overweight are described as obese. An NHS report (2020) shows more than half of adults in the UK are overweight or obese and 20% of year 6 children.

Obesity is often caused when the body stores excess energy as body fat because a person:

- eats more calories than the body needs
- does not take exercise to burn off body fat.

### Impacts on health and wellbeing

- breathlessness
- sweating
- low self-esteem
- difficulty in carrying out tasks
- higher risk of serious conditions such as heart disease, type 2 diabetes and high blood pressure.

### Now try this

Name **three** of the possible effects of coronary heart disease.

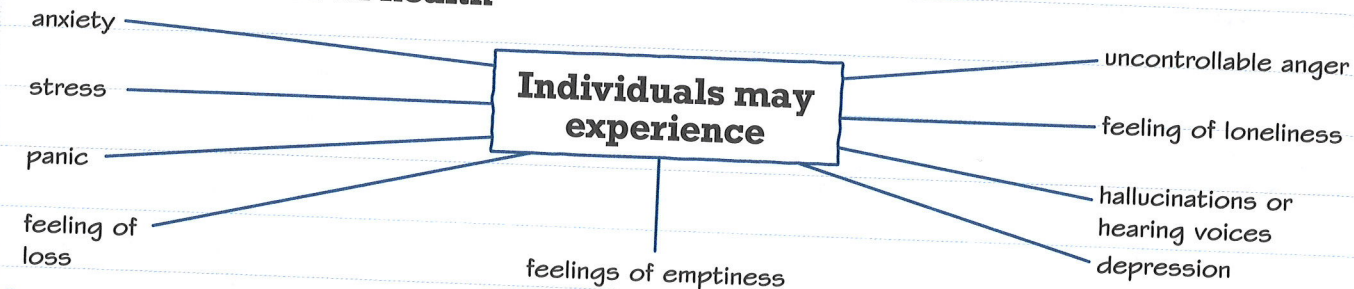
Fatty deposits prevent the blood from flowing properly.



# Mental ill health

Mental health describes a person's psychological and emotional wellbeing. Events and circumstances that happen can cause mental ill health effects, such as anxiety and stress.

## Effects of mental ill health



## Anxiety and stress

Stress happens when people experience:

- pressures at work
- exams
- financial difficulties
- life events and circumstances such as illness, relationship changes (marriage, divorce), moving home or bereavement.

## Response

The body's response to stressful situations is a rise in the hormones cortisol and adrenaline (triggering the fight-or-flight response). Low-level or short-term stress can be positive, helping people to function better by boosting their concentration and thinking skills. Intense stress or stress over a longer period has negative, unhealthy effects on the body.

## Effects of mental ill health on health and wellbeing

<b>Physical</b>	Increased heartbeat Muscle tension High blood pressure Heart disease Digestive problems Headaches Poor sleep patterns
<b>Intellectual health</b>	Poor concentration Forgetfulness
<b>Emotional health</b>	Difficulty controlling emotions – crying or getting angry Feeling insecure Negative self-concept Feeling anxious and frightened
<b>Social</b>	Isolation Breakdown of relationships or friendships

## Now try this

Identify a situation in which you felt stressed, for example before an exam or when you experienced a challenging life event. List the effects it had on you.

Consider physical, intellectual, emotional and social effects.

# Physical abilities

Physical abilities describe how well a person can move and complete actions using their body strength and stamina; this determines how they carry out their daily life.

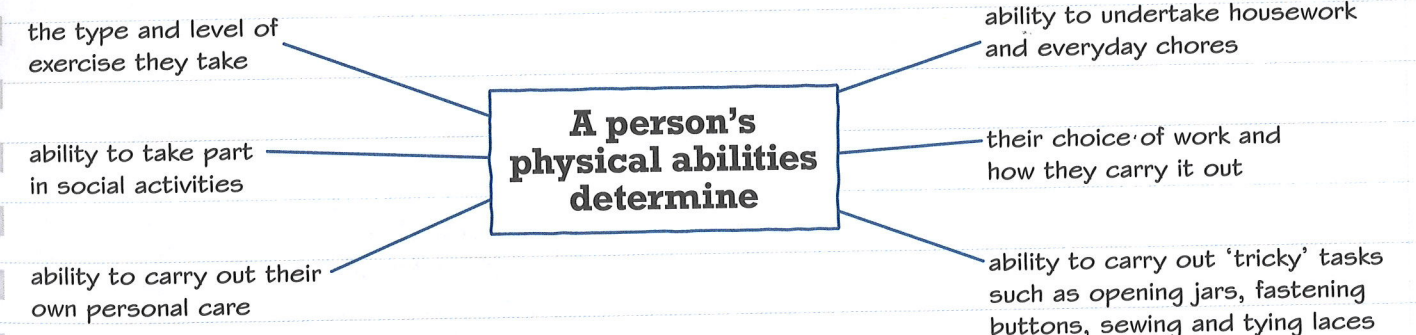
## Physical skills

- Balance – ability to remain steady and control body movements.
- Strength – having power in muscles and joints to lift and move objects.
- Mobility – ability to move joints and muscles to move around freely.
- Stamina – sustained physical activity.
- Flexibility – ability to bend and twist.
- Fine motor skills – making movements in fingers, wrists and hands.



Strength, stamina, balance and flexibility are all important to play sports.

## Effects of physical ability



## Physical disability

This is a term used to describe conditions that affect part of a person's body, limiting their mobility and the functions of their body. It might be hereditary, acquired through accident or injury, or because of the ageing process.

Physical disability does not necessarily mean a person is not able to carry out tasks. They may need more time, support or equipment.

## The impact of a physical disability

The loss of physical capacity results in the person having a reduced ability, or inability, to perform body movements. It may affect:

- standing or walking
- strength and stamina
- moving hands and arms
- control of muscles
- the use of small muscles in fingers.

## Now try this

Give **two** examples of how difficulties in using small muscles in the fingers may impact on a person's daily life.

Think about the tasks you would find difficult if you didn't have flexibility or strength in your fingers.



# Sensory impairment

Sensory impairment means the loss or partial loss of one of the senses: sight, hearing, smell or taste.

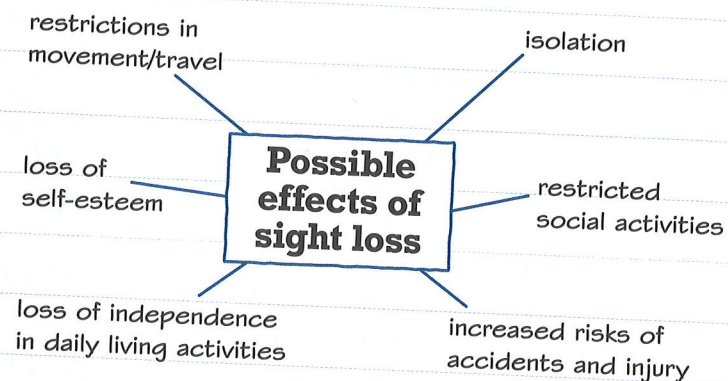
## Types of visual impairment

- 1 Partially sighted – a degree of sight loss that cannot be rectified by glasses or contact lenses
- 2 Blindness – a total loss of sight

### Causes

Causes of visual impairment may include:

- inherited conditions
- illness related, for example diabetes
- injury, for example work or sports
- age-related conditions such as macular degeneration or cataracts.



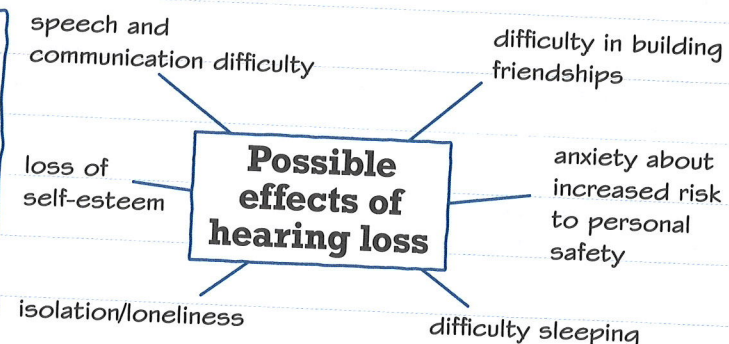
## Types of hearing impairment or loss

- 1 Hearing impairment – when there is difficulty hearing
- 2 Hearing loss – when a person cannot hear sounds and it cannot be rectified by hearing aids

### Causes

Causes of hearing impairment may include:

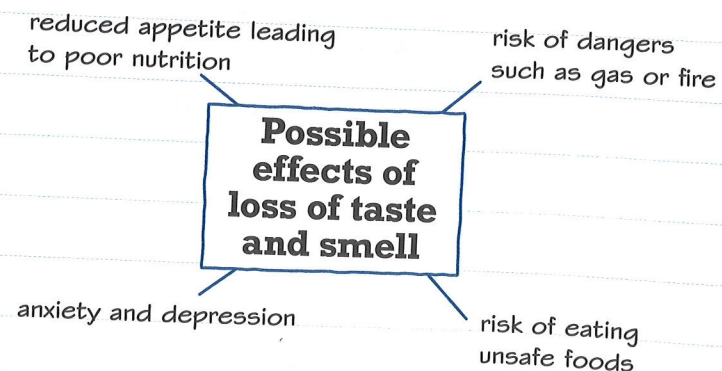
- inherited conditions
- injuries
- infection
- noise induced, for example machinery, music
- age-related loss.



## Loss of taste and smell

The loss of taste and smell is often temporary but may be caused by:

- a virus or infection, for example coronavirus
- allergies
- polyps in the nose
- smoking
- drugs
- ageing.



### Now try this

Give **two** reasons why a person with hearing impairment may experience isolation.

Social isolation means having a feeling of not belonging.

**REVISE IT!**  
You might need to use this Component 1 knowledge about lifestyle factors in your assessment.

# Nutrition

Good nutrition provided by a balanced diet is essential to maintain health and wellbeing.

## Quality of foods and nutrients

Fresh, unprocessed foods are the most beneficial and contain the most nutrients. The table shows the major nutrients found in each food group.

Food group	Main nutrients
Fruit and vegetables	Vitamins, minerals
Starchy foods	Carbohydrates, minerals, vitamins
Meat, fish, eggs, pulses	Protein, fats, iron (mineral)
Dairy products	Protein, fats, vitamins, calcium (mineral)
Oils	Fats

## Positive effects of nutrients

This table shows how different nutrients contribute to physical health and wellbeing.

Nutrient	Purpose
Vitamins	Healthy immune system, skin and eyes
Carbohydrates	Boost energy levels
Protein	Growth and repair of tissues
Minerals	Healthy teeth, blood, skin and hair
Fats	Energy, healthy cell structure, help vitamin absorption

## Negative effects of nutrient deficiency

A lack of certain nutrients may lead to illnesses such as:

- anaemia (reduced numbers of red blood cells)
- rickets (a bone disease)
- poor growth
- depression
- tiredness
- excessive weight loss.

## Negative effects of excess nutrients

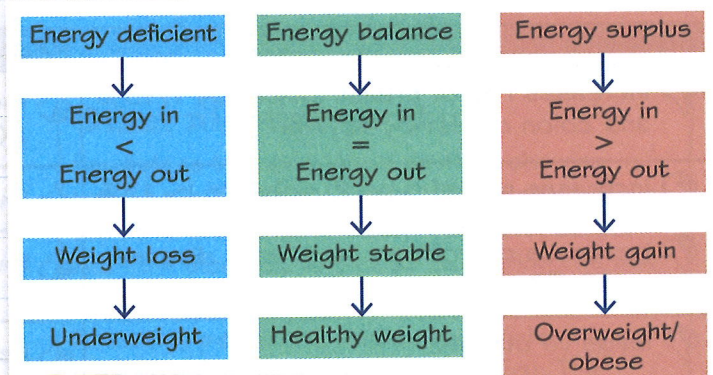
A person who is obese (very overweight) may:

- be more prone to illnesses such as diabetes, heart disease, high blood pressure, cancer and strokes
- have reduced life expectancy
- be less able to undertake physical activity
- have poor self-concept.

## Maintaining a healthy weight

- People who take in as much energy as they use maintain a **healthy weight**.
- Those who eat an excess of energy-containing foods gain weight, become overweight and may eventually become **obese**.
- Those whose energy consumption is less than they need may **lose weight**.

Very muscular people may weigh more than expected for their height, but they are fit. They may require a high-energy diet if they do a lot of exercise.



There is usually a relationship between energy intake, energy use and weight.

### Now try this

Give **three** ways eating fresh fruits and vegetables contributes to health and wellbeing.

Re-read the two tables above.



## Physical activity

Physical activity is usually a lifestyle choice. The amount of physical activity a person regularly takes affects their health and wellbeing.

### Types of physical activity

There are different types of activity, which can be carried out at **gentle**, **moderate** or **vigorous** pace.

Type	Examples
Everyday activities	Walking, cycling, gardening, housework
Recreational activities	Swimming, dancing, bowls, running, climbing, exercise classes
Competitive sport	Football, rugby, netball, tennis, rowing

### Negative effects of not being active

Just as physical activity has positive effects on all aspects of health and wellbeing, not being active affects the whole person negatively:

- **Physical** – obesity and associated health problems.
- **Intellectual** – reduced brain performance.
- **Emotional** – poor self-concept and reduced ability to cope with stress.
- **Social** – fewer opportunities for social interaction.

### Positive effects of physical activity

#### 1 Physical benefits

Physical activity helps maintain a healthy weight and can reduce Body Mass Index (BMI), as well as boosting energy levels. It can improve flexibility, stamina and endurance, and strengthen bones and muscles. It can also reduce the risk of heart disease and diabetes.

#### 2 Intellectual benefits

Studies show a link between levels of physical activity and brain function, such as memory and thinking skills, at every stage of life.

#### 3 Emotional benefits

Physical activity improves confidence and mood, and reduces anxiety and stress. It can aid relaxation and sleep, and can lead to better self-concept.

#### 4 Social benefits

Certain types of physical activity (such as competitive sports, dance or exercise classes) encourage social interaction, reducing isolation and improving social skills.

### Physical effects of inactivity and activity

Inactivity	Recommended level of activity
👎 increases risk of breast cancer by 17.9% and colon cancer by 18.7%	👍 lowers the risk of breast and colon cancer by 20%
👎 increases risk of type 2 diabetes by 13%	👍 lowers risk of developing type 2 diabetes by 40%
👎 increases risk of coronary heart disease by 10.5%	👍 lowers the risk of heart disease by 35%
👎 leads to obesity	👍 helps to maintain a healthy weight
👎 leads to joint pain	👍 builds strong bones and healthy muscles

#### Now try this

Give **one** example for each aspect of health and wellbeing (physical, intellectual, emotional, social) to show how a **lack** of physical activity may affect people.

People who are not physically active will not experience the positive effects outlined on this page.

## Smoking and nicotine use

Smoking and the use of nicotine is a lifestyle choice. Nicotine is an addictive drug. It is found in tobacco products such as cigarettes, cigars and chewing tobacco. These products carry a health warning as they can have serious effects on health and wellbeing.

### Harmful chemicals

Cigarette smoke contains harmful chemicals that are absorbed in the lungs.

- **Nicotine** causes addiction, raised pulse rate and blood pressure, and thrombosis (blood clots).
- **Tar** causes cancers of the nose, throat, tongue, lungs, stomach and bladder.
- **Carbon monoxide** reduces the amount of oxygen in the blood, straining the heart.
- **Soot** particles cause bronchitis and emphysema.

### Reasons people smoke

People give different reasons for smoking, often related to the **addictive** nature of nicotine, such as:

- feeling unable to quit
- to overcome addictions to other drugs or alcohol
- to relieve stress and relax
- because friends smoke (peer pressure)
- to reward themselves
- a fear of putting on weight (nicotine stops people feeling hungry).

### Negative effects of smoking

#### 1 Physical

Smoking increases the risk of life-threatening diseases such as lung cancer, stroke, coronary heart disease, emphysema, bronchitis and pneumonia. Smoking during pregnancy carries an increased risk of having a low birth weight baby, or a premature birth or stillbirth.

#### 2 Intellectual

Addiction to nicotine causes cravings, irritation, distraction and stress when the smoker is unable to smoke. Smokers are more likely to develop depression and anxiety over time.

#### 3 Emotional

Being unable to quit smoking may lead to poor self-concept. Smokers may worry about the negative effects on their health and about the cost of cigarettes. Research data shows that smoking is associated with poor mental health.

#### 4 Social

Smokers may feel socially excluded when they have to leave social spaces to smoke outside. People may avoid smokers because of the smell of their hair, breath and clothes.

### Passive smoking

Breathing in the smoke from other people's cigarettes carries some of the same risks as smoking. In the UK, smoking is banned in all public indoor spaces and some public outdoor spaces, and it is illegal to smoke in a car in the company of someone who is under 18. This protects people against passive smoking.

### Other nicotine products

Smokeless tobacco, nasal snuff or chewing tobacco is absorbed through the membranes of the nose and mouth. It can cause oral cancer and gum disease, as well as increasing the risk of heart disease.

Recently, people have been using 'electronic cigarettes' to inhale nicotine (vaping). The long-term health effects are not yet known.

#### Now try this

Write a short paragraph to explain why smoking can have negative emotional and social impacts on health and wellbeing.

Remember, an emotional effect is about feelings and a social effect is about how you relate to others.



## Alcohol misuse

The consumption of alcohol is a lifestyle choice. Its misuse can have a negative effect on health and wellbeing. Learn about recommended levels of alcohol consumption on page 28.

### Alcohol misuse

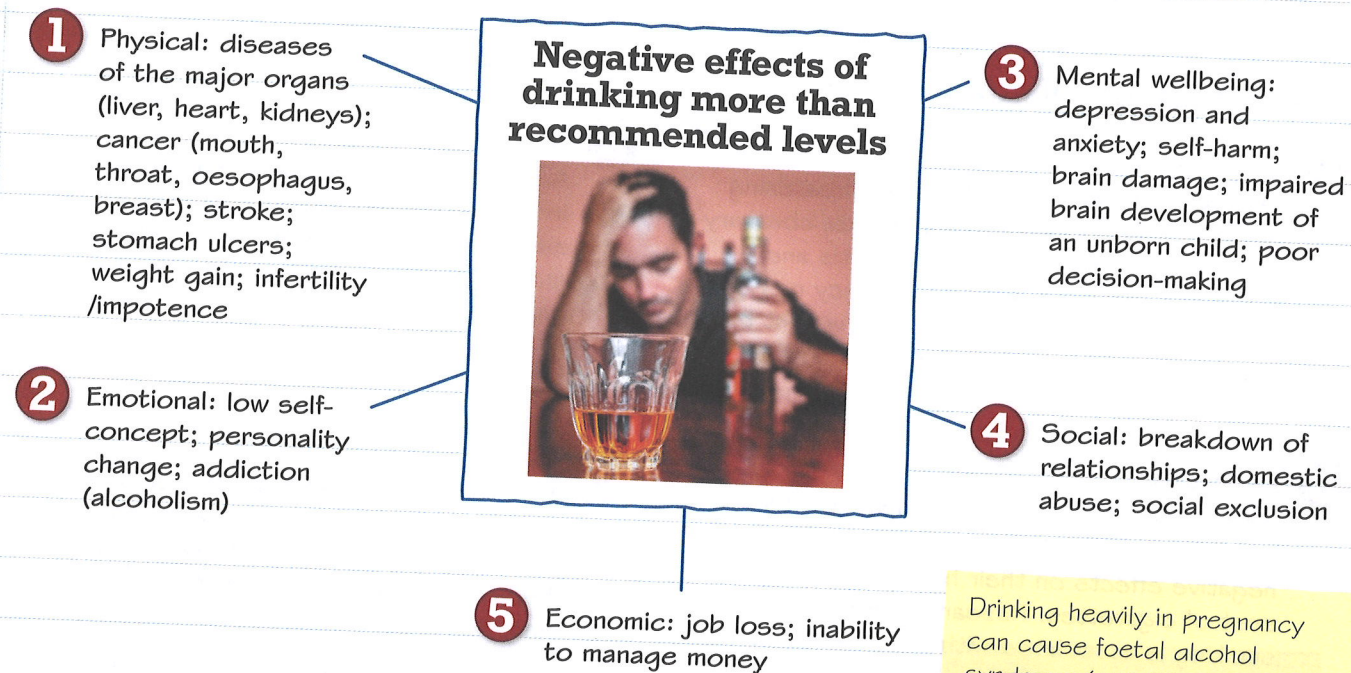
Alcohol misuse is when a person:

- regularly drinks more than the recommended level
- makes decisions and actions that are negatively affected by their alcohol consumption
- becomes dependent on alcohol (they are not in control of their drinking)
- binge drinks (consumes a large amount of alcohol over a short period of time).

### Short-term impact of alcohol misuse

Drinking more than recommended levels of alcohol may lead to:

- becoming aggressive or violent
- lack of concentration
- trips and falls, causing injury
- hangovers (headaches, dizziness, dehydration)
- making poor judgements such as having unprotected sex, drunk driving.



Drinking heavily in pregnancy can cause foetal alcohol syndrome (restricted growth, facial abnormalities, behavioural disorders) in a baby.

### Now try this

Carrie drinks more than the recommended level of alcohol when she goes out in the evening and often has hangovers the next morning. Give **three** examples of the possible effects on her ability to work.

Try to include at least one short-term and one long-term example.

## Substance misuse

All drug use has an effect on health and wellbeing. Drugs include legal substances such as nicotine, alcohol, prescription and over-the-counter medicines, and illegal substances such as cannabis and cocaine. Substance misuse has a negative effect on health and wellbeing.

### Prescription drugs

Prescription drugs are those recommended by a doctor or practice nurse. When taken correctly, they have beneficial effects on health and wellbeing, such as reducing pain or fighting infection.

Their misuse can have negative effects on health and wellbeing.

### Misuse of prescription drugs

The use of prescription drugs must be monitored by a health practitioner. Prescription drugs are misused when people:

- take them for non-medical (recreational) reasons
- become addicted to them
- take more or less than the prescribed dose
- take drugs that belong to another person.

### Negative effects of substance misuse on mental health

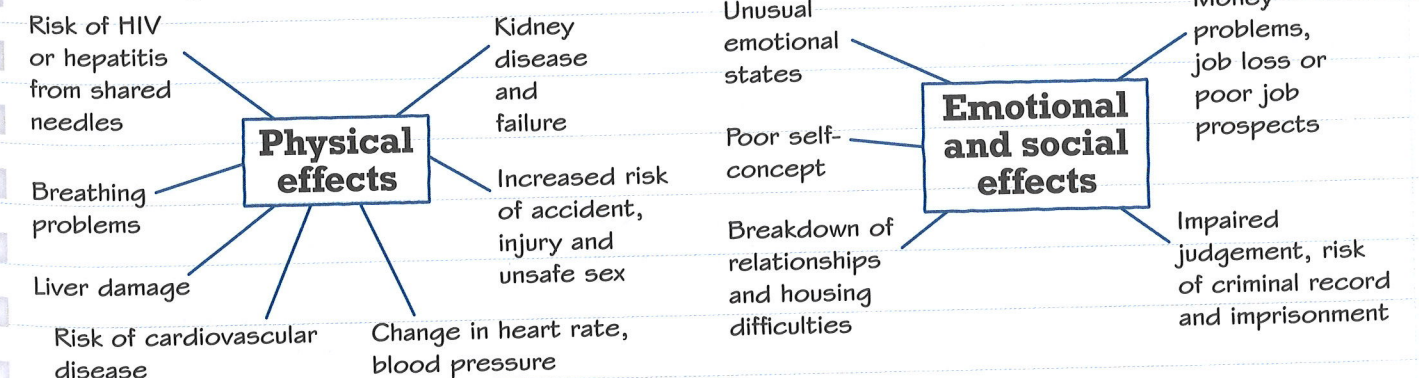
The three main types of recreational drugs are shown in the table. All are **addictive**.

People take these to change their mental state. Some drugs may give an immediate feeling of wellbeing, or even euphoria, but all have longer-term negative effects on mental health.

Cannabis / Marijuana may act as a stimulant or depressant

Drug type	Possible short-term effects	Possible long-term effects
<b>Stimulants</b> nicotine, cocaine, caffeine, cannabis	Increase brain activity, blood pressure and heart rate making individuals more active, alert, excited	Paranoia, aggressiveness, schizophrenia, depression, suicidal feelings
<b>Depressants</b> alcohol, solvents, heroin	Calm, relaxed, reduced tension, confusion and loss of concentration	Sleep problems, anxiety, memory loss, depression
<b>Hallucinogens</b> LSD, ketamine	Hallucinations, altered sense of space and time, thoughts and feelings, and moods	Anxiety, memory loss, depression, panic attacks, flashbacks

### Other negative effects of substance misuse



### Now try this

Liam, 16, has recently started taking stimulant drugs as a result of peer pressure.

Give **two** possible effects on his emotional and/or social wellbeing.

Think about how drug use may affect his behaviour and the impact this has on his relationships.



# Relationships

Social factors such as relationships and social interaction may positively or negatively affect health and wellbeing.

## Types of relationship

Relationships can be **formal** (such as between work colleagues) or **informal** (such as between friends and family).

### REVISE IT!

You might need to use Component 1 knowledge about social factors in your assessment

## Positive effects of relationships

Relationship	Possible effects
Close friendships	From around the age of three, children start to build friendships outside the family group. These can: <ul style="list-style-type: none"> <li>• give feelings of security and confidence</li> <li>• promote positive self-concept</li> <li>• provide encouragement to take part in leisure and physical activities.</li> </ul>
Family relationships	Close family relationships can provide: <ul style="list-style-type: none"> <li>• unconditional love, which benefits self-concept</li> <li>• security and support</li> <li>• encouragement to learn and develop new skills</li> <li>• shared family, social and leisure experiences</li> <li>• confidence to build relationships with others.</li> </ul>
Peers	Building relationships with people of similar interests: <ul style="list-style-type: none"> <li>• may support life choices</li> <li>• extends a social circle</li> <li>• means there is someone outside the family to share worries or concerns.</li> </ul>
Colleagues	Relationships with colleagues can: <ul style="list-style-type: none"> <li>• help to develop skills and working practices</li> <li>• increase job satisfaction</li> <li>• build team spirit and sense of belonging.</li> </ul>

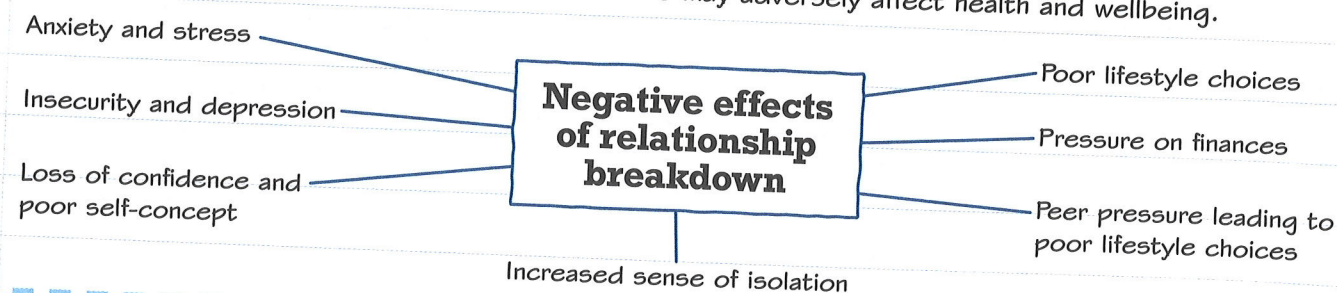
### Unsupportive relationships

Unsupportive relationships may result in:

- 👉 negative self-concept
- 👉 feelings of hurt, loneliness and distrust
- 👉 difficulties in building relationships
- 👉 lack of independence.

## Relationship breakdown

Friendships and relationships can break down. This may adversely affect health and wellbeing.



### Now try this

Give examples of how your own relationships have had positive effects on your health and wellbeing.

You might like to think about how you have benefited from relationships with family or friends.

# Social interaction

Social interaction is the process of acting and reacting to people around us by communicating and forming relationships.

## Social inclusion

Inclusion happens when people feel they belong to a social group such as:

- family members and friends
- work colleagues
- school or college learners
- members of interest groups
- community members, such as members of a church or cultural group.

## Social exclusion

Exclusion happens when people do not have regular contact with others. This may be because a person:

- has difficulty in communicating with others if they have a mental or physical illness, or a condition that affects communication
- has experienced life changes such as bereavement or relationship breakdown
- is homeless.

## Discrimination

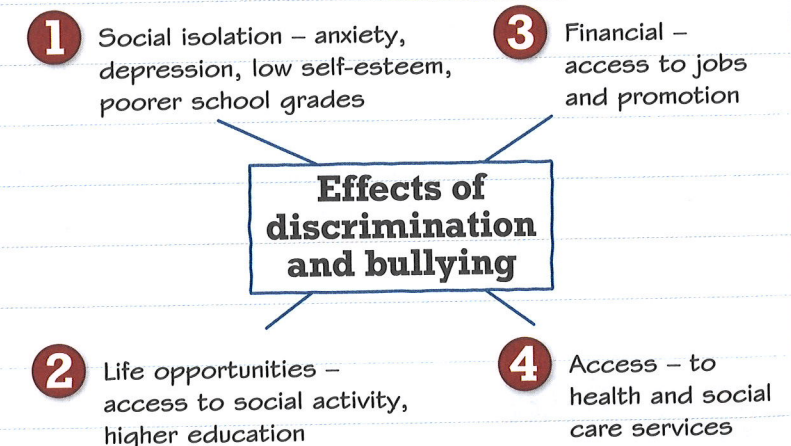
Discrimination is the unjust treatment of a person because of a characteristic they possess such as race, age, sex, gender reassignment, disability, sexual orientation, religion, pregnancy and marriage or civil partnership. The Equality Act (2010) identifies four types of discrimination.

Type	What it means	Example
Direct discrimination	Treating someone differently because of a characteristic such as age or race	Not being considered for promotion because of age or race
Indirect discrimination	When individuals are put at a disadvantage because of a characteristic such as sex or religion	A dress code introduced that does not allow a head covering
Harassment and bullying	Being picked on, experiencing abusive, bullying or unwanted behaviour	Being mocked directly or through social media because of gender reassignment or sexual orientation
Victimisation	Receiving unfair treatments because of something they do or say	Being excluded from a social event at work after making a complaint about the actions of a colleague

## Types of bullying

Bullying can happen at any age group from childhood to adulthood.

- Verbal: name calling, threats, sexist or anti-racial comments
- Cyberbullying: sending hurtful comments, sharing private information or photos
- Physical: pinching, hitting, kicking, slapping
- Emotional: spreading rumours, exclusion from a group



### Now try this

Suggest **one** more example for each of the four types of discrimination.

Think of examples you may have heard about on the news.



## Cultural factors

**REVISE IT!**  
You might need to use  
Component 1 knowledge  
about cultural factors in  
your assessment

Cultural factors can affect people's lifestyle, beliefs, attitudes and access to health and social care.

### Cultural factors that can impact negatively on health and wellbeing

<b>Religion</b>	<ul style="list-style-type: none"> <li>Some religious beliefs may impact on a person's unease about accepting some healthcare interventions, so conditions are left untreated.</li> <li>A person may face discrimination, leading to anxiety.</li> <li>They may face barriers in accessing health and social care because of cultural beliefs or traditions, language, religious practices or diet being misunderstood, leading to conditions going undiagnosed and untreated.</li> </ul>
<b>Gender expectations</b>	<ul style="list-style-type: none"> <li>Imposed gender roles influence attitudes to lifestyle.</li> <li>The gender pay gap means women are economically worse off than men, which may affect areas such as diet or housing.</li> <li>Men are seen as the 'stronger sex' so may be reluctant to seek treatment.</li> <li>A person may be reluctant about being examined by a health worker of a different sex.</li> </ul>
<b>Gender identity</b>	<ul style="list-style-type: none"> <li>This is how a person identifies internally and chooses to express themselves to others.</li> <li>Their identity may be questioned by family, friends or professional health workers, potentially causing mental ill health.</li> <li>They may be reluctant to seek help or may face discrimination when accessing health care services so do not get or seek the treatment they need.</li> </ul>
<b>Sexual orientation</b>	<ul style="list-style-type: none"> <li>This describes who a person is attracted to – the same sex (gay, homosexual, lesbian), a different sex (straight, heterosexual) or both (bisexual).</li> <li>A person may be discriminated against because of their orientation and feel excluded, causing anxiety or depression.</li> <li>They may be reluctant to seek help or face barriers so conditions are not diagnosed or untreated.</li> </ul>

### Positive factors

A person may:

- have support through shared values and/or beliefs within a community or group
- have a strong sense of own faith/culture, gender identity or orientation, leading to a sense of self-worth and self-esteem
- be able to access supportive services such as charity organisations that understand the needs of a particular culture, community or group.

### Community participation

Community means a group with which a person identifies. It could be their location or a particular cultural group.

Positive effects

- Participation brings a sense of belonging and well-being.
- People can be supportive.

Lack of community participation can lead to:

- isolation
- reluctance to ask for help.

### Now try this

Studies have shown that men are less likely to seek help from healthcare professionals than women.

Give **two** reasons why a man may be more reluctant to seek help.

Consider the cultural factors above to help you answer this question.

## Economic factors

Economic factors relate to a person's employment situation and financial resources. Economic factors can determine a person's and their family's lifestyle, which may positively or negatively affect health and wellbeing.

### Employment situation

This describes different employment situations that may impact on a person's finances.

- Employed – part-time or full-time, self-employed, working for a company or individual
- Unemployed – not able to find work, made redundant, unable to work because of family commitments or a disability

Finances can also be affected by a person's occupation, job role, job status, level of responsibility or expertise.

### Financial resources

This describes the money and personal wealth that a person has at their disposal.

- Income – money that a person receives at regular intervals such as a salary; pensions; allowances such as universal credit, carers' allowance; income from investments
- Inheritance – money or other assets such as property or jewellery that is left to a person after the death of another
- Savings – money that is set aside, often in banks, to spend on something specific or for the future

### Poverty

People with limited financial resources live in **absolute poverty** without money to meet basic needs.

People with reduced financial resources live in **relative poverty** and can only pay for basic needs.

**REVISE IT!**  
You might need to use this  
Component 1 knowledge  
in your assessment

### Effects of economic factors on health and wellbeing

Aspect	Positive effects	Negative effects
Physical	<ul style="list-style-type: none"> <li>A higher income can result in good housing conditions.</li> <li>A higher income can provide a healthier diet.</li> </ul>	<ul style="list-style-type: none"> <li>A lack of income can lead to poor, damp housing that can lead to lung conditions.</li> <li>Being unable to afford sufficient food can lead to a lack of essential nutrients, resulting in ill health.</li> </ul>
Intellectual	<ul style="list-style-type: none"> <li>A higher income can result in more leisure time for intellectual activities.</li> <li>Work, education or training helps to develop problem-solving and thinking skills.</li> </ul>	<ul style="list-style-type: none"> <li>Some people work very long hours to improve their financial position, leading to less leisure time and reduced learning opportunities.</li> <li>Being unemployed can result in poor mental health.</li> </ul>
Emotional	<ul style="list-style-type: none"> <li>A well-paid job gives a feeling of security.</li> <li>Being financially secure promotes positive self-concept.</li> </ul>	<ul style="list-style-type: none"> <li>Financial worries can result in stress and breakdown of relationships.</li> <li>Unemployment or low-status work can lead to low self-concept.</li> </ul>
Social	<ul style="list-style-type: none"> <li>A higher income provides more opportunities for socialising, travel and leisure pursuits.</li> <li>Work gives opportunities for socialising with colleagues.</li> </ul>	<ul style="list-style-type: none"> <li>Lack of financial resources reduces opportunities for socialising.</li> <li>Unemployment reduces opportunities for relationships, leading to social isolation.</li> </ul>

### Now try this

Explain, giving **two** reasons, why a person's occupational and employment statuses can affect their emotional development.

Give reasons for your answer, making links to positive and negative effects.



# Environmental factors – housing

Housing is an environmental factor. The quality of the home in which a person lives is an important factor in determining their health and wellbeing. Look at page 18 for more on the home environment.

## Good living conditions

Good housing has a positive effect on health and wellbeing. It is often:

- located in areas with less pollution
- quiet and safe
- spacious
- warm and dry
- close to or has safe outdoor space.

**REVISE IT!**  
You might need to use this Component 1 knowledge about environmental factors in your assessment.



## Poor living conditions

Poor housing has negative effects on health and wellbeing.

Condition	Effects on health and wellbeing
Damp and mould spores	Respiratory (breathing) problems, for example asthma
Overcrowding	Anxiety and depression, difficulty concentrating and studying, sleeplessness, pressure on relationships, leading to arguments
No open spaces	Physically less fit because of lack of exercise and physical play
Poor heating	Poor health (colds, flu), heart disease
Vermin	Rats carry a bacterial infection affecting the organs of the body (Weil's disease); cockroaches trigger asthma and allergies and carry diseases



## Comparing the city to the countryside

There are pros and cons to living in either a city or a rural location.

### City locations

- 👍 Better transport links
- 👍 Close to facilities like shops, sports centres, libraries, theatres, museums
- 👍 Easy access to social events
- 👍 Close to health and social care services
- 👎 Polluted (air, noise, light)
- 👎 Some people may feel isolated

### Rural locations

- 👍 Sense of community
- 👍 Access to outdoors and fresh air
- 👎 Long commutes to work
- 👎 More difficult to access health and social care services
- 👎 Some people may feel isolated

### Now try this

Use the information about negative effects of housing from this page and sort them under the headings **Physical, Intellectual, Emotional** and **Social**.

Use the table on this page to help you.

# Environmental factors – pollution

Environmental factors refer to the air, water and land around us. Pollution in the environment affects health and wellbeing.

## Pollution

Pollution is the **contamination** of the environment (air, water, land) and living organisms by harmful chemicals. Noise and light pollution also affect health and wellbeing.

One type of pollution is outdoor air pollution. Research shows that outdoor air pollution causes 40000 deaths each year in the UK. Children and older people are most at risk from the negative effects.



## Types of pollution

Type	Causes
Outdoor air pollution	Chemicals from factories, particles and nitrogen dioxide from vehicle exhausts
Indoor air pollution	Aerosols (deodorants and cleaning products), mould spores, cigarette smoke, carbon monoxide from faulty boilers
Water pollution	Farm fertilisers and pesticides, factory waste, sewage leaks
Land contamination	Landfill, intensive farming resulting in soil pollution
Food pollutants	Pesticides and fertilisers, and chemicals used in food processing
Noise pollution	Machinery, traffic, loud music
Light pollution	Excessive artificial light, for example street lights at night

## Negative effects of pollutants

Chemical pollutants are taken into the human body through the nose, mouth or skin.

During pregnancy – low birth weight or premature birth

Reduction of brain function – thinking skills and memory

Lung damage – asthma, bronchitis, lung cancer

**Negative effects**

Heart damage – heart disease, stroke

Allergies – rashes, wheezing, allergic rhinitis

### Effects of noise pollution

- Stress
- High blood pressure
- Hearing loss
- Disrupted sleep

### Now try this

Neville is 82. He used to live in a large city and worked in a car repair shop, but retired to the country. Neville has never smoked although his wife used to. He has been diagnosed with chronic bronchitis.

Explain **two** likely causes of Neville's bronchitis.

Remember that, although the environment Neville lives in now may be healthy, the pollution he breathed in earlier may have had a long-lasting effect.



# The home environment

The home environment can be unsafe for children and vulnerable adults. Experiences of conflict between others or abuse towards themselves can cause a significant negative impact on health and wellbeing.

## Parental conflict

Some children see and experience a high level of domestic conflict including arguing and physical attacks between adults in the family. It can be extremely frightening, affecting their short- and long-term health and wellbeing.

The impact may be:

- frequent physical symptoms such as headache or stomach ache
- being withdrawn
- being aggressive themselves
- inability to sleep because of noise/arguments.

## Positive home environment

A good home environment can mean:

- 👍 good physical health because of caring relationships
- 👍 less chance of accident or injury due to being in a safe environment
- 👍 positive emotional wellbeing because of supportive relationships
- 👍 better able to concentrate on activities because of calm surroundings.

## The possible impact of abuse

👎 Being withdrawn

👎 Being aggressive

👎 Having difficulty sleeping

👎 Being frightened or anxious

👎 Likelihood of frequent infections or being underweight if neglected

👎 Being physically hurt may result in burns, bruising or broken bones

👎 Low self-esteem and self-concept

👎 Displaying physical symptoms such as headache or stomach ache

Permanent injuries from physical abuse caused by broken bones, scalds or burns

Inability to form friendships and relationships in adulthood

Making poor life choices such as drug or alcohol misuse

## The long-term impact of abuse

Malnutrition or obesity through neglect

Physical abuse may cause permanent brain damage or death

Having delayed or restricted development

Mental health conditions

## Now try this

Why might a teacher suspect that a pupil is experiencing parental conflict or abuse in their home? Give **three** signs they may observe.

Think about the signs that are easy to spot by a teacher.

## Abuse

Abuse is something that can happen towards children or adults. It can happen to individuals because they are vulnerable (more easily hurt or abused), such as individuals with learning or physical disabilities or older people.

## Types of abuse

There are different types of abuse including:

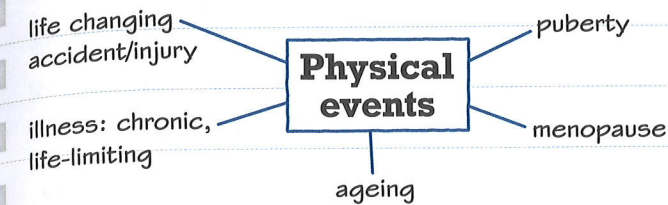
- physical (such as hitting or slapping)
- emotional (such as being frightened or frequently criticised)
- sexual (such as being forced or coerced into sexual acts or exposure to sexual materials)
- neglect (not receiving the care needed such as being loved, having suitable clothing, food or warmth).

## Financial abuse

This type of abuse happens to adults. It describes when money is taken from them by someone in the home or someone that comes into their home. It can cause confusion and anxiety. A loss of finances may mean that a person is unable to buy healthy food or heat their home, leading to physical illnesses.

# Life events

As people move through life, events happen that impact on their health and wellbeing. There may be physical events or relationship changes.



## Expected or unexpected

Some life events, such as ageing or puberty, are expected. Others, such as injury or an illness, are unexpected and cannot be predicted. As it is not possible to prepare for these events, they often have a greater impact on health and wellbeing.

## Injury or accident

These are events that can suddenly change a person's life and cause:

- physical impact; such as restricted movement, pain
- emotional impact; depression/lack of interest, isolation, loss of self-esteem
- intellectual impact; decision making.

**REVISE IT!**  
You might need to use Component 1 knowledge about life events in your assessment.

There are also positive effects as people move to a new stage in life.

## Physical life changes

Puberty, menopause and ageing cause physical changes and impact health and wellbeing.

### Puberty:

- physical impact
  - physical pains
  - physical changes
  - height and muscle growth
- emotional impact
  - anxiety and depression
  - greater sense of self
  - moodiness
- intellectual effects:
  - loss of interest
  - brain development
  - new opportunities

### Menopause:

- physical impact
  - hot flushes
  - headaches
  - increased risk of heart disease and osteoporosis
  - periods stop/reduced risk of pregnancy
  - emotional impact
    - stress and anxiety
  - intellectual effects
    - 'brain fog'
    - forgetfulness

### Ageing:

- physical impact
  - reduced mobility
  - higher risk of illness, e.g. diabetes, cancer, heart disease
  - emotional impact
    - loss of independence
    - less work-related stress (retirement)
  - intellectual effects
    - decline in memory/risk of dementia

## Relationship changes

- Marriage or entering a new partnership
- Divorce or ending of partnership
- Breakdown of relationships: with family, peers, friends, colleagues
- Bereavement of a close relative, partner, friend

## Grief

The death of someone close may cause grief. Grief causes intense feelings of sadness, despair and isolation. A person may have a loss of appetite and lose weight. They may turn to drink or drugs.

## The impact of life events

### Positive impact

Entering a new partnership or marriage and making new friends and relationships can:

- 👍 improve confidence
- 👍 build self-esteem
- 👍 increase feeling of security.

### Negative impact

A breakdown of relationships may cause:

- 👎 emotional difficulties: anxiety, depression, use of alcohol, smoking or drugs
- 👎 social effects: isolation, loss of social contacts
- 👎 physical illness: headaches, digestive problems, lower immune system causing frequent colds or flu.

## Now try this

Krysta, aged 67, lives with her husband Stefan and they are both retired. She has two children and three grandchildren.

Explain **one** possible positive and **one** possible negative impact of ageing on Krysta's health and wellbeing.

It is often easy to think of the negatives of ageing, but think of the positives that retirement might bring too.