

BTEC LEVEL 1 / 2 TECH AWARD IN HEALTH AND SOCIAL CARE



COMPONENT 3 LEARNING AIM A Health and Wellbeing

TARGET GRADE:

Name:

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What's the Story?



Hi, I'm Jacob and I'm 19 years old. I live in a poorly maintained studio flat and use the same bathroom as the occupants of the other three flats on my floor of the building. The flat is in a supported housing scheme in a large city on a busy road. Many people come and go from the building at all hours of the day and night.

I smoke drug cannabis regularly and consume high levels of alcohol. Both my father and grandfather have

had a heart attack.

The relationship between me and my family broke down three years ago and I no longer have contact with them. However, my father puts money into my bank account every month. I have made friends with Lucy and Ben who live in the same building and am looking for opportunities to make more friends.

I have recently completed a Level 2 electrical course and have now started work as an apprentice electrician and am therefore on a low wage. At the weekends, I struggle to find things to do, so I usually goes out and drink beer. I don't know how to cook and rely on instant noodles.

Why does this matter?

We are looking at everything we learned in year 10 and applying it to a case study

- We are looking at how different health and social care related issues affect us physically, intellectually, emotionally and socially
- We are reviewing different lifestyle choices which affect our growth and development
- We are researching different factors such as the environment and finances and how they affect our health and wellbeing

Sounds familiar?

You have already looked at lifestyle choices, expected and unexpected events, access to services and the importance of relationships in components 1 and 2.



To understand the factors that affect health and wellbeing



How do our lifestyle choices affect our health and wellbeing?



Why is personal hygiene so important in health and social care?



How do relationships affect our self-esteem?



Does where we live have an effect on our growth and development?

Curricular Concepts

Have you ever noticed how some of the things you study in one subject appear in another subject too?

(All of the essential knowledge is healthy living in TASK A)

Students are able to understand their work more and remember more if there are clear links between subjects. Throughout your learning at Colton Hills, we will be asking you to think about some of the most important ideas in the world to enable you learning to be deeper than ever before. Look for these 'curricular concepts' in your learning.



**SOCIAL
JUSTICE**



**CULTURAL
DIVERSITY**



**CIVIC
RESPONSIBILITY**



**TECHNOLOGICAL
PROGRESS**



**PRECIOUS
PLANET**



**HEALTHY
LIVING**



**ETHICAL
ENTERPRISE**



**CREATIVE
ARTISTRY**

Glossary

Physical	
Intellectual	
Emotional	
Social	
Genetic	
Acute	
Chronic	
Obesity	
Addiction	
Isolation	
Bereavement	
Culture	
Rural	
Urban	
Pollution	
Predisposition	

COMPONENT 3: HEALTH AND WELLBEING

To be able to explain the difference between 'health' and 'wellbeing' and identify a range of factors which may affect them

Health	
Wellbeing	

What is health and wellbeing?

- Health and wellbeing can be described as the absence of physical illness, disease and mental distress. This is a negative definition of health and wellbeing
- Health and wellbeing can be described as the achievement and maintenance of physical fitness and mental stability
- This is a positive definition of health and wellbeing. Health and wellbeing as being the result of a combination of physical, intellectual, emotional and social factors. This is a holistic definition of wellbeing
- The ideas about health and wellbeing changes over time and vary between different cultures and life stages

Task: Identify physical aspects of health, social and emotional aspects of wellbeing

Task: List all the factors which could have a positive and negative impact on a person’s health and wellbeing.

Positive	Negative

Positive definition:

A positive definition looks at how physically fit and mentally stable a person is. You have a positive attitude to towards health and wellbeing if:

- You realise there is something you can do to improve your health and wellbeing and do it

Negative definition:

A negative definition looks at the absence of physical illness, diseases and mental distress. You have a negative attitude towards your health and wellbeing if you:

- Base your attitude on not having anything wrong with you
- Continue as you are – including keeping bad habits such as smoking and eating junk food
- Assume that because you currently feel fine you will stay healthy in the future

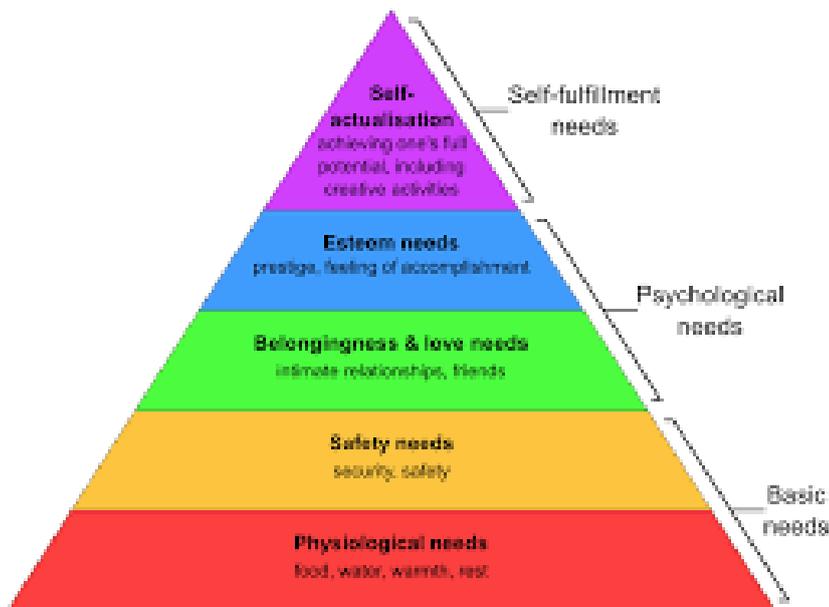
A holistic definition of wellbeing

A holistic definition of wellbeing is a combination of physical health and social and emotional wellbeing. It is not just the absence of disease or illness. It looks at all aspects of a person’s health and wellbeing. You have a holistic attitude towards health and wellbeing if you look after:

- **Physical health** – by meeting the needs we have to keep our bodies working as well as they can, such as food, water, shelter, warmth, clothing, rest, exercise and good personal hygiene
- **Social aspects of wellbeing** – by meeting the needs we have to help us develop and enjoy good relationships with others, including mixing with others in appropriate environments and having access to leisure facilities/activities

- **Emotional aspects of wellbeing** – by meeting the needs we have that make us feel happy and relaxed, such as being loved, respected and secure; we need to be able to feel, express and recognise different emotions so we can cope with whatever situations arise in life.

In addition, we should consider our mental and intellectual health, by meeting the needs we have to develop and keep our brains working as well as possible; these include mental stimulation to keep us motivated and interested.



Genetic inheritance

Physical and lifestyle factors have positive and/or negative effects on health and wellbeing. One example of such a factor is genetic inheritance.

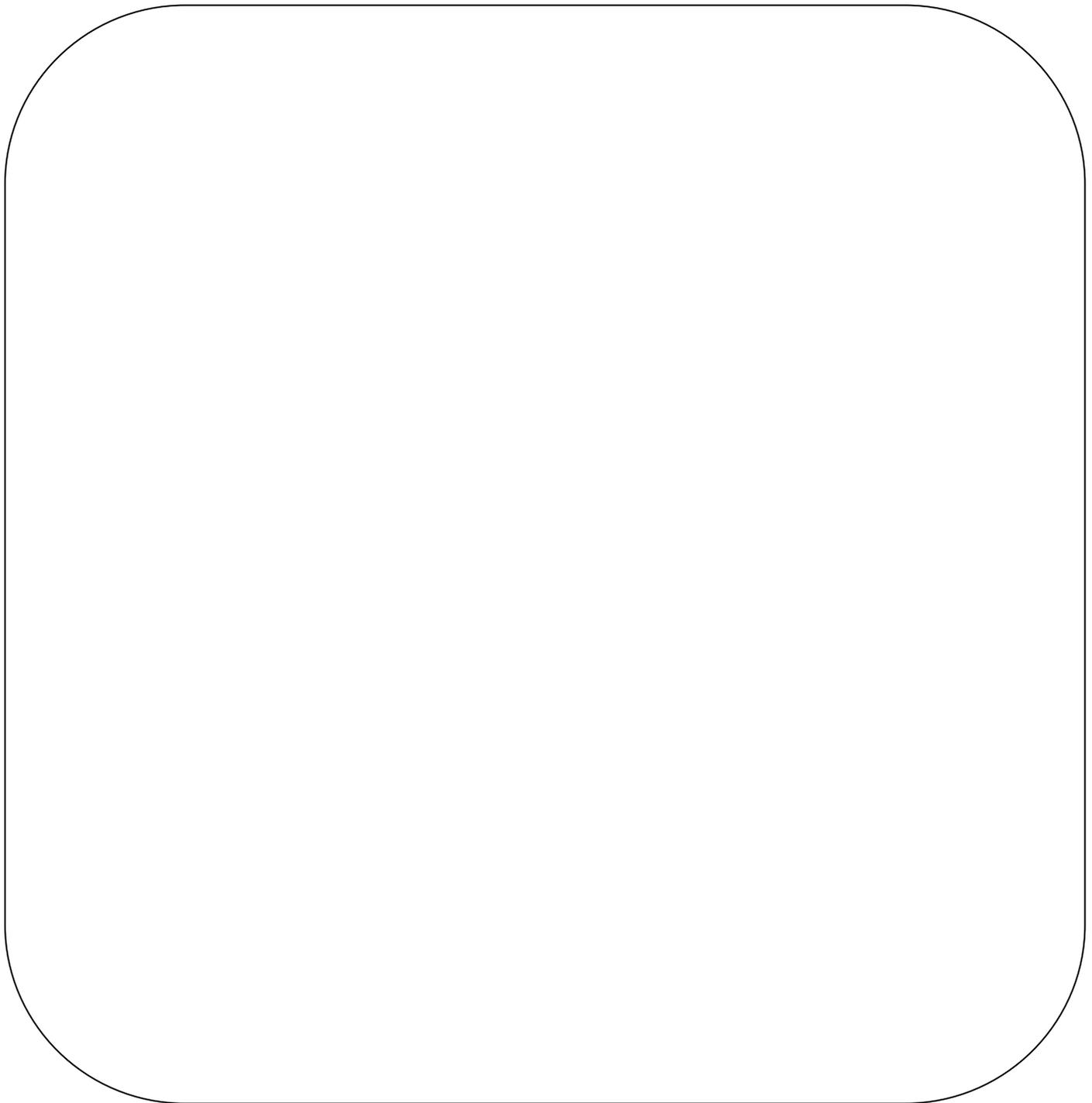
Some conditions or diseases are inherited, which means they are passed down from one generation to another. One example is haemophilia, which only affects males. This would affect the PIES needs in males. A male with this disease would need to make sure he does not cut himself, as his blood would not clot. As a result, he would have to think carefully about:

- What type of work to apply for (physical)
- Which type of leisure activities to avoid (social)

This could affect him emotionally and intellectually, because he may be worried and distracted by his condition.

Inherited disorders are caused by faulty genes, which are mostly (but not always) recessive alleles. For example, cystic fibrosis is an inherited disorder that affects the cell membranes, causing the production of thick and sticky mucus. It is caused by a recessive allele, which means that it must be inherited from both parents.

Task: Research one genetically inherited condition, explain what it involves and how it affects the individual, and how it may affect their PIES.



1. People are genetically predisposed to the following:
 - a) Pet preferences
 - b) Flexibility
 - c) Biological and behavioural issues

d) Approachability

2. To be genetically predisposed to an illness means to be _____ to that illness

- a) Susceptible
- b) Attractive
- c) Immune
- d) Fearful

3. If Brandon is genetically predisposed to diabetes, he:

- a) Will definitely get diabetes
- b) Will never get diabetes
- c) Will only get diabetes if his siblings do as well
- d) May get diabetes

What is a predisposition?

It is a tendency to a particular condition usually based on the combined effects of genetic and environmental factors. If you have a predisposition to think or act a certain way, you can anticipate your reaction before it happens.

A genetic predisposition means you are likely to inherit a trait from your parents. Someone might have a genetic predisposition to diabetes to another illness. This means they are more susceptible to getting the predisposition

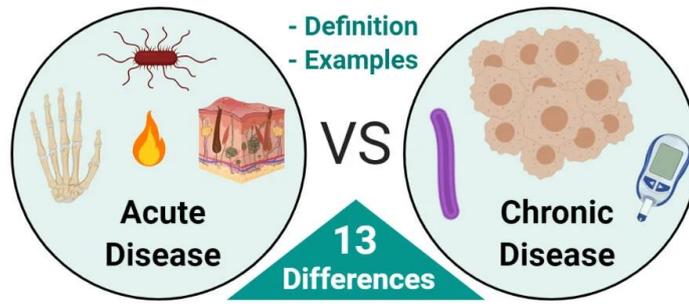
A example could be:

- A woman chooses to have a mastectomy because they have a predisposition to breast cancer
- Someone who has a predisposition to heart disease adjusting their diet and exercise routine could improve their life chances

Acute vs chronic

An illness is a disease or period of sickness affecting the body or mind. However, there are different types of illnesses which are known as either 'acute' or 'chronic'. These are linked to the length/ability to overcome the illness

Differences between Acute and Chronic disease



Acute illness	Chronic illness

1. A disease that last only a short time is called a _____ illness
 - a) Serious
 - b) Heart
 - c) None are correct
 - d) Acute
 - e) Chronic

2. _____ illnesses cannot be cured
 - a) None are correct
 - b) Serious
 - c) Heart
 - d) Acute
 - e) Chronic

3. A disease that lasts a long time and does not go away is called a _____ illness
 - a) Heart
 - b) Chronic
 - c) Acute
 - d) Serious
 - e) None are correct

Some illnesses or conditions are acute but may develop because of a chronic condition. For example, a person may have osteoporosis (a chronic condition that weakens bones) making their bones fragile and more likely to break. Broken bones are an acute condition. Similarly, a person with chronic heart disease (caused by partially blocked coronary arteries) will suffer from angina (chest pains), which can be controlled by medication. If arteries become completely blocked it will cause a heart attack, an acute condition.

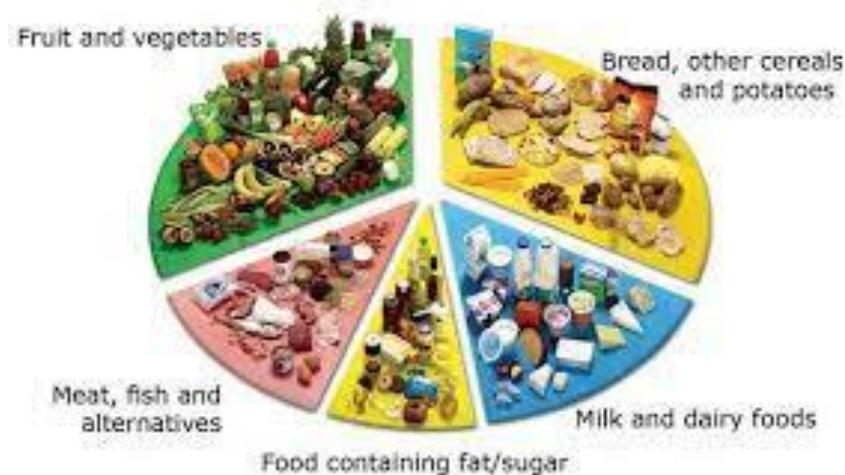
Activity: Andrew is 45 years old. He has Huntington’s disease, a degenerative disorder of the central nervous system. It causes jerky and uncontrollable movement of the limbs. It will eventually affect his motor skills and speech and lead to a loss of physical movement.

1. Which of Andrew’s needs is currently being met by the job he does in a office?

2. How could his working conditions, such as the layout of his office, be adapted so he can go on working for longer?

Diet

Public Health England (PHE) regularly reviews dietary recommendations as part of its role in promoting public health. In light of new evidence about our diet and health, particularly revised recommendations on sugars and fibre, a review of The ‘eatwell’ plate was undertaken. As a result of the review, a new healthy eating guide for the UK has been developed.



Write down 10 things that you know about a healthy diet:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

The **Eatwell guide** shows the proportions in which different groups of foods are needed in order to have a well-balanced diet.

- The proportions show are representative of food eaten over a day or more, not necessarily at each meal time
- Choose a variety of different foods from each food group to help get the wide range of nutrients the body needs to stay healthy
- The Eatwell guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin
- It doesn't apply to children under two years because they have different nutritional needs. Children aged two to five should gradually move to eating the same foods as the rest of their family, in the proportions shown in the Eatwell guide
- The Eatwell guide divides food into groups, depending on their nutritional role and show the proportions of each of the groups needed for a healthy, varied diet.

Diet is often lifestyle choice. Choosing to eat too much or too little might make us less able to take all the opportunities that life offers

A person who is overweight may:

- May be more prone to illness and conditions
- Have their life expectancy reduced
- Be less able to exercise efficiently
- Miss out on learning experiences
- Miss out on some sporting activities, such as skiing
- Be less successful in job interviews
- Feel embarrassed and self-conscious about their appearance in social situation

If we eat more than we need, the body store fat and for example, leads to:

- Obesity
- Heart disease
- High blood pressure
- Strokes
- Tooth decay
- Cancer

If we eat less than we need, the body does not get enough nutrients to grown and develop properly and this, for example leads to:

- Eating disorders
- Stunted bone growth
- Heart failure
- Depression
- Tiredness
- Cancer
- Rickets

The Eatwell guide says we should try to:

- Eat at least 5 portions of fruit and vegetables a day
- Base meals on starchy foods like potatoes, bread, rice, pasta (preferably wholegrain or wholemeal varieties) to give more fibre; this should make up about a third of what we eat each day
- Have some dairy each day, but lower fat varieties
- Eat some beans, oily fish, eggs, meat and other proteins, which also contain vitamins and minerals
- Eat small amounts of oils and spreads, most of it unsaturated
- Reduce our intake of food and drinks high in saturated fat, salt and sugar

Carbohydrates

Carbohydrates provide the main source of energy in a diet. They are sugars, starches and fibre. They include grains, pulses, fruit and vegetables and should make up about 50-60% of the diet.

Starches are found in wholemeal cereals, such as oats, wheat, barley, rye and rice. This group also includes potatoes, root vegetables, pulses and beans. Some starches are refined and are present in foods such as pizza, which are often high in fat so should be limited in the diet.

When carbohydrates are eaten they break down into glucose, which is what we need to provide energy for the body. The glucose is absorbed into the bloodstream and hormone called insulin released by the pancreas to control the absorption of glucose into the cells.

Complete the task sheet on carbohydrates

Carbohydrates provide the main source of _____ in the diet. These are sugars, _____ and fibre. They include grains, pulses, _____ and vegetables, and should make up about 50-60% of the diet.

Fruit

starches

energy

Glucose is a simple sugar, which is found in fruit, plants and the blood of animals. Glucose syrups are used in the manufacture of _____, sweets and jams. These are digested more _____ than starches, so they can be _____ more easily, but they cause dips and spikes in blood glucose levels, so energy levels are much less stable.

Quickly

absorbed

cakes

Starches are found in wholemeal cereals, such as _____, wheat, barley, rye and rice. This group also includes _____, root vegetables, pulses and beans. Some starches are refined and are present in foods such as _____, which are often high in _____ so should be limited in the diet.

Potatoes

Oats

pizza

fat

When carbohydrates are eaten they break down into _____, which is what we need to provide energy for the body. The glucose is absorbed into the _____ and a hormone called insulin released by the _____ to control the absorption of glucose into the cells.

Bloodstream

pancreas

glucose

_____ or fibre cannot be digested by the body but play an important role in adding bulk to faeces and helping to prevent _____. A daily intake of _____ of fibre is recommended.

25g

constipation

polysaccharides

Menu planner worksheet

Plan a menu of food and drinks for a day.
Write or draw the food in the blank Eatwell Guide
to check the proportions of food included from each group.



Menu
Breakfast
Lunch
Evening meal
Drinks and snacks

The benefits of exercise:

We need to exercise to ensure we maintain our health and wellbeing. Exercise is a lifestyle factor that can bring many benefits.

Exercise improves our strengths, stamina, and suppleness, as well as our muscle and body tone. It helps us to:

- Concentrate
- Relieve stress
- Relax and feel good
- Gain personal satisfaction
- Socialise with others (for example, in a gym or at a running club)

Getting enough exercise is essential and can help prevent heart disease and stroke – 2 of the UKs top 5 killers. Doing at least 2.5 hours of moderate physical activity a week in 30 minute sessions, improves health. Any type of exercise – for example, using the stairs instead of the lift – helps your heart to be healthier. Moderate exercise causes your heart to beat faster, increases your breathing rate and makes you sweat. It can also lower your blood pressure and cholesterol level.

Research how much exercise the government recommends you should do.

What do you think stops people from exercising?

Not taking exercise can lead to conditions like:

- Obesity
- Stroke
- Osteoporosis
- Coronary heart disease
- Type 2 diabetes
- High blood pressure

Give me 5!

5 benefits of exercise

5 benefits of exercise

4 different types of exercise

4 different types of exercise

3 tips for people who struggle to exercise

3 tips for people who struggle to exercise

2 things you are going to do to improve the amount you exercise

2 things you are going to do to improve the amount you exercise

1 thing you learnt this lesson that you didn't know before

1 thing you learnt this lesson that you didn't know before

Why are so many young people unfit or overweight?

Drugs

You have one minute to name as many different drugs

What is a drug?

Drugs are _____ that change the way a _____ works. Some drugs help you to feel _____ e.g. a _____ from the doctor. Others can _____ you and are _____ e.g. cocaine.

Word box

Body chemicals better person's
Prescription Harm illegal

Substance use, such as alcohol, nicotine, illegal drug and misuse of prescribed drugs, has a negative effect on health and wellbeing. Regular use can lead to long-term health problems.

Alcohol:

Alcohol is socially accepting in many cultures. However, if it is not controlled, it can become an addiction for some people.

Excessive drinking of alcohol can cause many illnesses and problems, but if taken in moderation, alcohol is viewed as pleasurable. The first full guidelines on alcohol consumption since 1995, published by the UK government in January 2016, say that:

- Any amount of alcohol can increase the risk of cancer
- Men and women who drink regularly should consume no more than 14 units a week – the equivalent of 6 pints of beer or 7 glasses of wine
- People should not save up their units and drink them all in one go (this is called binge drinking)

Negative effects of excessive alcohol consumption

Physical –

- Alcohol dependence, damage to major organs
- Cancer: mouth, throat, liver, breast, oesophagus
- Infertility and impotence, weight gain

Intellectual -

- Difficulty with decision making
- Depression and anxiety
- Stroke and brain damage
- Impaired brain development of unborn baby

Emotional -

- Poor self-concept
- Poor judgement leading to increased risks of accidents and unsafe sex

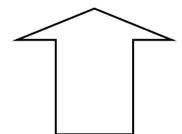
Social-

- Possible breakdown of relationships
- Domestic violence

Sean doesn't drink alcohol in the week and drinks no more than 14 units a week

Grace is pregnant so she is cutting her alcohol intake to less than 14 units a week

Zara, aged 62 has a small glass of wine with her meal three times a week



Find out the government guidance. What recommendations would you give these people?

Nicotine

Smoking tobacco, usually in cigarettes, is legal but banned in public places. All smoking material now carries a government health warning.



Discuss the causes and consequences of misuse of addictive substances such as alcohol, nicotine and illegal drugs or prescriptive drugs

The importance of personal hygiene:

Poor personal hygiene is not only unpleasant but can affect your health and wellbeing.

Our bodies offer the correct temperature and moistness for bacteria to grow. Our bodies also provide food in the form of dead skin cells and chemicals in our sweat. We are exposed to bacteria every day. Although many bacteria are harmless, some cause disease. Bacteria can be pass on from one person to another and through food. Bacteria can travel when you:

- Cough
- Scratch
- Fiddle with your hair
- Rub your face
- Sneeze
- Pick spots
- Do not wash your hands



Personal hygiene is very important because it helps us to reduce the number of bacteria that live on us. Regular personal hygiene includes cleaning our teeth at least twice a day, having a daily shower, washing our hair regularly and keeping our finger and toe nails clean and trimmed.

Conditions caused by bacteria:

We all have various barriers to stop bacteria entering our bodies. These barriers include skin, tears, mucus and stomach acid. However, if there is too many bacteria one of our normal barriers will become damaged in some way and we become infected. Some bacteria attack body tissues or release poisons that make us feel ill. They can cause illnesses such as:

- Food poisoning
- Tetanus
- Sore throats
- Tuberculosis (TB)
- Whooping cough
- Meningitis
- Syphilis

Possible effects on someone who has poor personal hygiene:

Emotional and social factors	Physical factors

Caring for others:

When caring for others you will need to get physically close to them, If either of you have offensive body odour or bad breath it is unpleasant or may stop better communication taking place. In turn this could affect:

- Your relationship with the person you are caring for
- Their health and wellbeing

As a carer you may also have to touch people, both to comfort them and to treat them. Infection can spread this way, if for example, you do not wash your hands properly before (and after) you touch them. Young babies and older adults are less resistant to diseases and can suffer more damage from bacteria passed on to them.

If a person is immobile for some length of time pressure on the skin from the hard surface of a bed or wheelchair can cause ulcers. The ulcer interrupts blood supply to the affected area of the skin, so the skin no longer receives infection fighting white blood cells. A pressure ulcer, or bed sores can become infected with bacteria leading to:

- Extreme discomfort
- Blood poisoning
- Tissue death, and
- Even death



Social interactions:

The quality of our relationships influences how we feel about ourselves throughout our lives. There are many different types of relationships.

- Some are formal – such as your boss at work
- Others are informal – such as family and friends

We form our first relationships with our parents and carers. We usually make our first friends as children. In fact we continue to meet new people and make new friends throughout our lives.

Our family and friends affect our health and wellbeing. When relationships are supportive they can provide:

- Physical support and assistance
- Intellectual stimulation
- Emotional support and happiness
- A social life

When relationships are not supportive they can:

- Hurt and upset us
- Influence us to do things we maybe would not do, such as smoke or turn to crime
- Make us unhappy and could distract us from learning experiences
- Make us feel lonely and bad about ourselves

Activity: How have your relationships shaped you as a person?

Identify the positive effects of a positive relationship and the negative effects of an unsupportive relationship

Positive	Negative

Social integration/isolation:

Our family and friends affect whether we feel integrated into our community or isolated from it. Some relationships can lead to social integration – for example, becoming actively involved in a community. One example is working to support a charity, which might result in:

- Physical work such as helping with community projects like gardening
- Intellectual stimulation, such as problem solving
- Emotional fulfilment through a new sense of purpose
- Social opportunities to make new friends

Other relationships can lead to social isolation. For example, someone may fall out with a friend who may then bully them. This could lead to the person feeling:

- Physically threatened
- Intellectually distracted (e.g. from their work)
- Emotionally upset
- Socially isolated

An isolated person could become withdrawn and miserable because they think other find it hard to be friends with them.

For many people, retirement is an opportunity for social integration because they have more time to meet people. However for others they may feel isolated:

Integration includes, for example, meeting people through leisure activities, as long as they remain active and healthy they may:

- Move to a different residential setting
- Make new relationships that lead to them being given help with day-to-day tasks (P)
- Take part in stimulating activities (I)

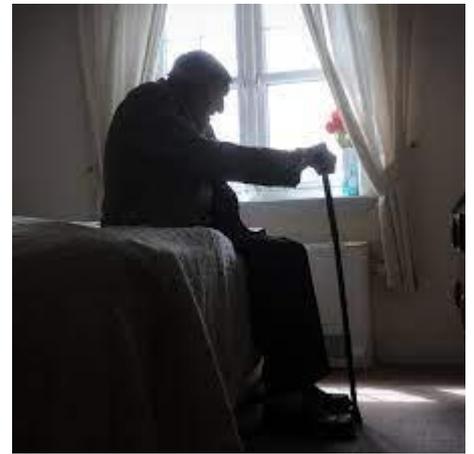
- Feel supported and reassured (E)
- Always have others to mix with (S)
-

However, some older people become socially isolated as they get older because:

- They may lose friends through death or illness
- They may lose a life partner

Others who become socially isolated include those who are:

- Homeless
- Going through a difficult period in their lives
- Physically or mentally ill
- Living with conditions such as autism



Highlight the negative factors that are affecting Manni’s health in one colour – annotate and link to PIES. With another colour, highlight the negative relationships in his life.

Manni is 15. He is always quarrelling with his parents and family. He never seems able to please them. His examination results were never good enough. His parents do not like his friends and they do not approve of the clothes he chooses to wear.

To stop the arguments, Manni stays out late at night. He is then tired the next day and falls asleep during lessons. He is not managing to keep up with his work. His teacher keeps him behind for detention to catch up.

Manni begins to hang out around more with his one friend. He does not feel happy and his self-esteem is low. His friend persuades him to break into a care, Manni knows this is wrong, but does this to please his friend.

The next day, the police call to Manni’s house. He has been traced as one of the people who has broken into the car. When Manni’s parents return from the police station the most awful row starts. Manni packs his bag and leaves home.

Manni’s relationship with his parents is poor. Describe the effect this is likely to have on his development

Explain how Manni's parents could have provided support to prevent their relationships becoming so poor

How do you think Manni's future development is likely to be affected by the negative relationships he experienced at 15? Refer to PIES

Social interactions: Discuss the effect that peer pressure or cultural influences have on an individual's health and lifestyle. (You need to think of at least 2 things)

Stress:

We will almost certainly have come across the word 'stress' or know how it feels like to be stressed. Learning to control stress can help to improve health and wellbeing.,

Stress occurs when you have to respond to demands made on you. It causes the body to secrete hormones, the main one being adrenaline. These hormones trigger a 'fight or flight' response, which enables you to respond instantly – especially in life and death situations. Unfortunately, the response to these hormones can also cause some people to overreact to situations that are not life-threatening. One example includes being stuck in a traffic jam – road rage. This can lead to situations that include physical violence.

Everyone gets stressed from time to time and a small amount of stress might even be good for us

For example, you may feel stressed just before an exam, but the stress will make your brain respond more quickly to the demands being made on it.

Similarly, if you are about to perform in public, your brain's response to stress may help you to focus more quickly and rise to the occasion.

Stress becomes a problem when it is:

- Very intense (caused perhaps, by a bereavement, relationship problem or redundancy)
- Experienced over a long period of time (perhaps due to illness)

The stress may affect you:

- Physically – you may notice tension in your body
- Intellectually – by being distracted and losing concentration
- Emotionally – by being upset and unhappy
- Socially – by finding it hard to mix with others

Research the short term and long term effects of stress:

Short term	Long term

Job roles and stress

Jobs can cause stress. There are a range of factors that cause stress in the workplace: manual/non-manual work, job satisfaction, career success, mental stimulation, support, work/life balance and level of conflict.

Which of these job roles is the most stressful and why?

					
Pilot	Taxi driver	Teacher	Police officer	Fire fighter	Chef

How can you tell that a person is stressed: (annotate the diagram with all the reasons)



Willingness to seek help or access services:

The act of seeking help is a social, emotional and cultural occurrence that affects health and wellbeing. This might be influenced by various factors such as culture, gender or education.

Gender:

Gender can affect willingness to seek help or access services:

- Men may be reluctant to consult a doctor for something they find embarrassing such as having a prostate examination
- Men may feel awkward seeking help with conditions such as depression, anxiety and obesity. They may try to cope on their own rather than talk about their feelings with a professional
- Women may prefer not to see a male doctor. Some cultures may even prevent women having close contact with men other than their husbands.

Culture:

The health and wellbeing of a person, and their willingness to access help or services, are influenced by values, traditions, and way of life and beliefs of the society or group into which the person is born. For example in some cultures:

- It is not the custom for men to be open about their personal health or family circumstances because it could be seen to reflect badly on the family
- Diet may be restricted at certain times, which could affect someone recovering from illness
- The use of first name is only acceptable from close family members and friends, so an individual might be offended if they are addressed in this familiar way

Many older people in the UK, regardless of culture, find it disrespectful if care assistants, for example, call them by their first names. They would prefer if someone asked them what they would like to be called.

Education:

Research shows a clear link between education and willingness to accept help or access services.

A better educated person is more likely to be aware and look out for signs and symptoms. They understand the need to seek help early for some conditions – for example, a breast lump.

A better educated person will be able to be more aware of which services are available. Those with less knowledge might adopt a more negative approach to health and wellbeing. They might think that, because they feel fine now, they do not need to access health monitoring services.

Effects on health and wellbeing

If a person is unwilling to seek help or access services, it will negatively affect their health and wellbeing. For example, they may leave it too late to discuss a health issue with a service provider.

- The illness or condition might then become much worse or even life-threatening (**P**)
- They may not understand how to cope (**I**)
- They may become worried (**E**)
- They may be too ill to see friends (**S**)

Case study

The Wilson family are a Traveller family currently residing in Sussex. They have two children aged 3 and 5. The Wilson family regularly travel around the country and have no fixed permanent address. They usually spend the summer months attending festivals around the country.

Mrs Wilson said that for some Traveller families, healthcare is largely kept within the domestic realm and is usually managed by mothers and daughters, with men and boys often receiving healthcare advice and appointments organised by their wives, mothers and daughters. This is a tradition she grew up with, and something she aimed to continue with her own family. She also suggested that going outside of the family unit for support with health is a relatively new thing for many families to who looking after their own is part of the familial duties and not the role of health professionals. Furthermore, when a person is sick or in need of care their whole family will usually be involved, at some level, in supporting and administrating the care.

Mrs Wilson also spoke of her recent difficulties accessing GP surgeries, claiming she had faced discrimination from receptionists and barriers when filling in registration form as she is illiterate. A number of years ago, she was diagnosed with diabetes type 2 – a condition she had not sought diagnosis/treatment for some time. When the family lived in North Wales, she found that some GPs gave her prescriptions for during the summer period, when they travel to festivals and cultural events, which she found extremely helpful when managing her diabetes. Since their move to Sussex 2 months ago, they noticed a shift in healthcare provision – with Mrs Wilson being unable to access a local GP service.

Just as the Wilsons experience, one of the most common and enduring problems Gypsies and Travellers experience in Sussex is a lack of primary healthcare, in particular GP surgeries. Many Gypsies and Travellers face open prejudice and discrimination from GP surgery staff, including a refusal to register 'Roadsiders' as new patients and a common assumption that Gypsies and Travellers will 'cause trouble' or 'be difficult'. Such overt discrimination has resulted in many Gypsies and Travellers accessing healthcare only at the point of crisis with large numbers of Gypsies and Travellers receiving primary healthcare through A&E Departments, rather than local GP surgeries. A&E Departments have been found by many Gypsies and Travellers to be less discriminatory, more accessible and friendlier and with more thorough examinations given. It is clear that accessing primary healthcare via A&E Departments is not a good use of resources and results in even more pressure on already overcrowded emergency services. Moreover, accessing primary healthcare only at the point of crisis has a negative impact on people's health and can be extremely dangerous as conditions such as diabetes, asthma and bladder infections can develop serious complications if not treated early.

1. Explain why the Wilson family might have an unwillingness to accept professional help?

2. How has their culture affected their access to healthcare?

3. What are the barriers preventing them from accessing primary health care services?

4. What could be done to improve access for the Wilson family?

5. What are the effects on health and wellbeing of not accessing services/help when required?

Which factor do you think has the biggest effect on accessing healthcare? Explain your reason

Financial resources:

Economic factors such as financial resource (how much money we have) can play a big part in how we live our lives. Not enough money can cause problems.

People need money – income/wealth to pay for essential things such as food, clothing and housing. People may also want further resources for items they desire but are not essential, such as meals out or holidays.

An adequate income, level or wealth and a minimum level of material possessions is needed to ensure that a number of requirements for good health are met

Adequate economic facts will allow a person to have:

- A healthy diet
- Satisfactory housing
- Lower stress levels
- Access to adequate health care
- Good personal hygiene
- Employment status (for example, whether they are employed by an organisation or company, or whether they are self-employed)
- Wealth
- Occupation
- Social class
- Material possessions

Poverty

Some people live in poverty. This means that, despite benefits being available, they do not receive enough money to meet their basic needs, such as food, clothing or housing.

Others live in relative poverty. This means that although they have enough money for the essentials to live, they have less than other people. This will limit their life choices. They also have more chance of suffering ill health and have fewer opportunities for personal development. Their children might:

- Miss out on, for example school trips, new warm clothes and sleepovers
- Do less well in school, which could mean they will earn less when they are a working adult.

How much of an impact does money have on our growth and development?

Neil, 72, has been living in his house for the past 20 years. A new family has moved in next door and his peaceful life has turned upside down.

He can no longer enjoy his gardening as the family dog is constantly barking from his kennel. On an evening he cannot watch his favourite soap as the family have their TV too loud and no longer can he have his lazy Sunday lay in as the children are running around the house shouting and screaming at 7am.

1. What is the main environmental conditions effecting Neil?

2. Describe two ways it is impacting on his life?

3. Explain how this could affect his long term health and wellbeing

4. Suggest ways he could deal with this problem

Housing

Health and wellbeing is affected by the type of house you live in – its condition and location

How might a 4 year old child’s development differ depending on if they lived in a block of flats or a terraced house?

Give specific examples in your answers

Terraced house	Block of flats
P	P
I	I
E	E
S	S

Home environment

Home environment	How it affects health and wellbeing
Type of home	Living in a semi-detached or terraced house means occupants are more likely to be disturbed by noise from the neighbours. This can cause children to lose concentration (e.g. when trying to do homework) and affect the concentration of adults who work from home. It may lead to arguments with the neighbours
Condition of home	If a home is cluttered, damp and dirty and has poorly groomed pets, the occupants are more likely to become ill because poor hygiene allows bacteria and other germs to spread and grow. Damp and mould can have a negative effect on respiratory conditions and affect sleep
Size of home	If a house is small and cramped, illnesses are likely to spread quite quickly. There is also more chance of accidents
Amount of personal space	If a home is overcrowded (e.g. with siblings sharing a room), there will be less privacy and less space for school work, belongings and interests. This might lead to disorganisation, demotivation and may prevent concentration. It might also lead to disturbed sleep
Location of home	Occupants are most likely to be affected by pollution (including air, light and noise) if they live in urban areas. Living in a high building with no access to a garden or other outdoor space can mean there is nowhere to play or sit outside. Living in a house with a garden in the suburbs or the countryside will be quieter and provide access to the outdoors for leisure activities and exercise.
Influence of others in the home	Others you live with may influence how you eat, dress and behave. Their influence might be positive (they could encourage you to do well at school) or negative (they may lead you into poor habits)
Level of conflict around the home	Living in poor housing areas can cause conflict for many reasons, e.g. living too close to others, embarrassment and resentment at the state of the home

Rural and urban lifestyles:

Living in a detached house with a garden in the suburbs or countryside is more likely to promote better health because of:

- Fresh air, opportunities to exercise and low noise levels resulting in uninterrupted sleep (physical)
- Improved concentration and alertness (intellectual)
- Being more relaxed and happy (emotional)
- A more active social life (social) because families are less likely to be ill or stressed

For some people, however living in a rural and isolated area can make access to health and social care services for difficult.

Others may prefer to live in a town or city. If they can afford to live in a high-quality spacious apartment or house, they are likely to notice a positive effect on their health and wellbeing. They are likely to be:

- Closer to work, with better transport link or even within walking distance (physical)
- Closer to amenities such as libraries, theatres, and museums (intellectual)
- Happy with their life as a result of the other factors (emotional)
- Close to friends (social)

Town vs country:

In your pairs discuss the positives and negative effects on health and wellbeing of living in a town or countryside location

Positives	Negatives

Which would you prefer? Justify your reasons

The impact of life events relating to relationship changes

We all have relationships of one kind or another. But what happens when those relationships end or change.

Impact of health and wellbeing

When a relationship changes, it affects our health and wellbeing. These changes can:

- Affect our self-esteem
- Increase our levels of stress and anxiety
- Cause us not to function well

Entering into a relationship

When you first enter into a relationship with someone who may one day become your partner you might:

- Be attracted to them (**physical**)
- Be distracted by thinking about them when you are not with them (**intellectual**)
- Feel nervous but happy (**emotional**)
- Enjoy their company as well as meeting their friends (**social**)

Your new relationship may become serious. You may decide to marry or commit to the partnership in some other way. Marriage/partnership is generally a very positive and happy event. Hopefully, it will lead to a settled and stable relationship with a partner. It can also offer you PIES development through:

- Shared activities (**physical**)
- New opportunities (**intellectual**)
- Supporting and looking after each other (**emotional**)
- Developing new joint friendships (**social**)
-

You may have children who will keep you physically and mentally active, giving you love and affection. Children may change your social life to centre more on the home and school. When your children have grown, you may have time to focus again on the two of you. You may take up new interests and friendships. Your self-esteem may be high because you feel more confident and capable as a result of your journey through your partnership.

Divorce

Divorce is generally a negative event. Even though you might feel relief at ending an unhappy relationship, it may still bring negative feelings and other consequences.

- You may enjoy the flexibility of being single and making your own choices (perhaps about what to eat and how to exercise) however you may have less money, this could affect your general standard of living as well as your opportunities to take part in activities and socialise.
- Although you may be happier single, you may feel lonely and isolated from joint friends
- Your children may be relieved about a divorce/separation. On the other hand, they may also feel angry and their behaviour may become disruptive.
- Your self-esteem could be affected because you may lose confidence and feel as though you have failed





Anna has been dating Derek for 4 years, they are engaged to be married and have just found out they are due to have a baby 4 weeks after the planned wedding date.

Discuss the positive and negative aspects of this situation on the couple

The impact of life events on relating to changes in life circumstances:

We all go through changes in our life circumstances. These are expected and unexpected and affect our health and wellbeing in positive and negative ways.

Imprisonment

One example of a change in life circumstances is imprisonment. Being sent to prison may affect the person’s health and wellbeing in several ways.

Physical effects:

- Is confined to a cell some of the time and allowed into communal areas with others has little privacy
- Has little choice of what to eat, drink, wear, when and how to exercise
- Has no control over the temperature of their environment
- May also be attacked by other prisoners

However, for some people, imprisonment may mean 3 balanced meals a day, warmth, a bed and clothes and the chance to exercise more than they did previously (so they may become healthier and fitter). They will also have access to health and social care inside the prison.

Intellectual effects:

Being imprisoned is likely to cause anxiety and stress. The person may find it hard to concentrate on anything. However, they will be given learning opportunities during their sentence, which could lead to new qualifications and skills.

Emotional effects:

They will miss their families and friends. They may feel upset at how life is passing by and what they are missing outside the prison. They may also be worried about issues such as being attacked by other prisoners

and finding employment when they leave prison. Although the worry will not disappear, they may decide to give up their old habits and try to better themselves. They may become more positive and confident about their new life outside of prison, using their new skills, knowledge, and level of fitness.

Social effects:

They have to mix with all kinds of people – including those they do not like. They may find the habits and attitudes of others offensive. However, they may also make friends with a cellmate or other prisoner. They may even enjoy the social life on offer.

Therefore, although being sent to prison will generally be a negative and unhappy event, there may be ways in which health and wellbeing are positively affected. You will usually be able to find some positive effects in most changes in life circumstances.

For each life event use a colour to highlight those you think are expected and another for those you think are unexpected.

Starting a new school	bankruptcy
Physical injury or illness	Divorce or the breakdown of a serious relationship
Starting work	Going through the menopause
The death of a friend or relative	Redundancy
Going through puberty	Getting married
unemployment	retirement
The birth of a brother or sister	Winning the lottery

Expected life events are those that individuals can be certain will happen, they are planned. Some examples are starting school at the age of five years, physical changes such as puberty.

Unexpected life events are those that take individuals by surprise as they do not know that they are going to happen, they are unplanned. Some examples are having an accident or an unexpected death. Individuals do eventually die but it is not now when an individual will die so this is an unexpected life event.

Choose 1 life event and explain whether it will have a positive or negative effect on development
