#### Health and Social Care Knowledge Organiser: Component 3 Health and Wellbeing LAA Factors that affect health and LAB Interpreting health LAC Person centred health and wellbeing wellbeing improvement plans

### A1 Factors affecting health and wellbeing

- 1. Definition of health and wellbeing
  - a. A combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness
- 2. Physical and lifestyle factors that can have positive or negative effects on health and wellbeing:
  - a. Genetic inheritance, including inherited conditions and predisposition to other conditions
  - **b**. Ill health (acute and chronic)
  - c. Diet (balance, quality and amount)
  - d. Amount of exercise
  - e. Substance user, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs
  - f. Personal hygiene
- 3. Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing:
  - a. Social interactions, e.g. supportive/unsupportive relationships, social intergration/isolation
  - **b**. Stress, e.g. work-related
  - c. Willingness to seek help or access services, e.g. influenced by culture, gender, education
- 4. Economic factors that have a positive or negative effect on health and well-being
  - a. Financial resources
- 5. Environmental factors that can have a positive or negative effect on health and well-being:
  - a. Environmental conditions, e.g. levels of pollution, noise
  - b. Housing, e.g. conditions, location
- 6. The impact of life events relating to relationship changes and changes in life circumstances

# indicators

**B1** Physiological indicators 1. Physiological indicators that

are used to measure health:

- a. Pulse (resting and recovery rate after exercise)
- b. Blood
- c. Peak flow
- **d**. Body mass index (BMI)
- 2. Using published guidance to interpret data relating to these physiological indicators
- 3. The potential significance of abnormal readings: risks to physical health

### individual's needs, wishes and circumstances 2. Information to be included

person-centred approach

that takes into account an

C1 Health and wellbeing

1. The importance of a

improvement plans

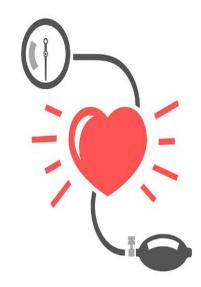
in plan:

- a. Recommended actions to improve health and wellbeing
- **b**. Short term (less than 6 months) and long term targets
- c. Appropriate sources of support (Formal and/or informal)

#### **B2** Lifestyle indicators

- 1. Interpretation of lifestyle data, specifically risks to physical health associated with:
  - a. Smoking
  - **b**. Alcohol consumption
  - c. Inactive lifestyles





## C2 Obstacles to implementing plans

- 1. Potential obstacles
  - a. Emotional/psychological - lack of motivation, low self-esteem, acceptance of current state
  - **b**. Time constraints work and family commitments
  - c. Availability of resources - financial, physical, e.g. equipment
  - d. Unachievable targets unachievable for the individual or unrealistic timescale
  - e. Lack of support, e.g.from family and friends
  - **f**. Other factors specific to individual - ability/ disability, addiction
    - g. Barriers to accessing identified serv ices

