Health and Social Care Knowledge Organiser: Health and Wellbeing

LAA Factors that affect health and wellbeing

3.1 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

3.2 Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing:

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 intégration/ 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

The impact of life events relating to relationship changes and changes in life circumstances

LAB Interpreting health indicators

3.3 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

The potential significance of abnormal readings: risks to physical health
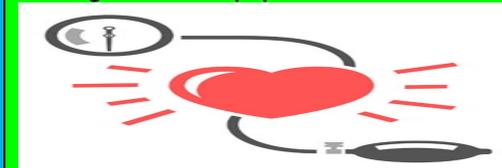
3.4 B2 Lifestyle indicators

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

LAC Person centred health and wellbeing improvement plans

3.5 C1 Health and wellbeing improvement plans

1. The importance of a person-centred approach that takes into account an individual's needs, wishes and circumstances
2. Information to be included in plan:
   a. Recommended actions to improve health and wellbeing
   b. Short term (less than 6 months) and long term targets

Appropriate sources of support (Formal and/ or informal)

3.6 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

Barriers to accessing identified services