



COMPONENT 3: HEALTH AND WELLBEING

AO1: Demonstrate knowledge and understanding of factors that affect health and wellbeing.



This revision pack contains the factors that affect health and wellbeing (AO1) and exam questions relating to this assessment objective.

Essential content in this revision pack

A: Factors that affect health and wellbeing

Learners will explore how factors can affect an individual's health and wellbeing positively or negatively. This links to, and extends, knowledge and understanding of life events covered in Component 1, but here the focus is on health and wellbeing.

- Definition of health and wellbeing: a combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness.

Physical and lifestyle factors that can have positive or negative effects on health and wellbeing:

- genetic inheritance, including inherited conditions and predisposition to other conditions
- ill health (acute and chronic)
- diet (balance, quality and amount)
- amount of exercise
- substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs
- personal hygiene.

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

- social interactions, e.g. supportive/unsupportive relationships, social integration/isolation
- stress, e.g. work-related
- willingness to seek help or access services, e.g. influenced by culture, gender, education.

Economic factors that can have positive or negative effects on health and wellbeing:

- financial resources.

Environmental factors that can have positive or negative effects on health and wellbeing:

- environmental conditions, e.g. levels of pollution, noise
- housing, e.g. conditions, location.
- The impact of life events relating to relationship changes and changes in life circumstances.

Exam Questions related to this content.

Definition of health and wellbeing

Positive definition

A positive definition looks at how physically fit and mentally stable a person is. You have a positive attitude 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, disease 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
- Assume that because you currently feel fine you will stay healthy in the future

A holistic definition of health and wellbeing

A holistic definition of health and wellbeing is a combination of physical health and social and emotional wellbeing. It is not just the absence of a 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 your:

- 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 to 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 or 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.

We need to keep learning throughout our lives to keep our brains active and healthy.

Life stages and our needs

Our basic needs do not change as we pass through the various life stages. However, different people will need different kinds of support from health and social care services depending on their particular situation or life stage.

Genetic inheritance

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

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

How genetic conditions are inherited

Most of us 23 pairs of chromosomes in each of our body cells. One chromosome from each pair is inherited from our birth mother and one from our birth father.

These chromosomes contain the genes inherited from our birth parents. There may be different forms of the same gene (alleles) caused by mutations (changes) in the DNA code. A faulty gene can cause a condition to be inherited. There are two kinds of inheritance:

- **Dominant**- if a gene is dominant a child inheriting it from only one birth parent will have the condition-for example, Huntington's disease.
- **Recessive**- if the gene is recessive a child would develop the condition if it was inherited from both birth parents - for example, cystic fibrosis or sickle cell anaemia.

Some conditions (such as Down 's syndrome) are caused by having more or less than 23 pairs of chromosome. Other conditions (such as coronary heart disease) can be caused by a combination of genes and environmental factors. For example, you can inherit heart disease, but lifestyle factors such as what kinds of food you eat a weather you smoke or drink alcohol may increase your risk.

Physical	Intellectual	Emotional	Social
<ul style="list-style-type: none">• Chest Infections• Damaged lungs• Blocked digestive system• Joint, bone and liver problems	<ul style="list-style-type: none">• Timed missed from school through illness and treatment	<ul style="list-style-type: none">• Can cause distress• Can make an individual feel different from their peers	<ul style="list-style-type: none">• May prevent person from joining in activities with others• May lead to social isolation

Predisposition to other conditions

Predisposition means someone is more likely to suffer from a particular condition due to:

- Genetic factors
- Environmental factors
- A combination of both

Ill health

Ill health is a physical and lifestyle factor that can have positive and/or negative effects on health and wellbeing. Ill health can also be acute, chronic or sometimes both.

Chronic or acute

Illness may be chronic or acute. An illness may:

- Affect physical fitness
- Restrict access to varied learning activities(intellectual)
- Cause emotional distress
- Remove some social opportunities.

All of these things affect health and wellbeing.

Whatever illness a person has, their needs still include all those of healthy person. However, they have important additional needs (especially access to services) either in the **short term** for an acute illness, or **long term** for a chronic illness. If these needs are met through an enabling environment, the impact of the illness may be decreased.

Acute illness comes on quickly, is short term and can be cured.	Chronic illness comes on gradually, is long term (more than 3 months) and generally can be treated but not cured.
Cold Flu Pneumonia Broken bones Rickets Measles Mumps Appendicitis Indigestion Heartburn Heart attack	Asthma Cystic fibrosis Diabetes Osteoporosis Haemophilia Kidney disease Emphysema Heart disease Epilepsy Hypertension Bipolar disorder

Some illness 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 their arteries become completely blocked it will cause a heart attack, an acute condition.

Short term is less than 6 months. **Long terms** is 6 months or more.

Diet

A balanced diet is one that contains the correct nutrients in the right proportions to keep our bodies and minds healthy.

Diet is often a 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:

- be more prone to illnesses and conditions
- Have their life expectancy reduced
- Be less able to exercise effectively
- 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 situations.

An overweight or underweight person could try to control their weight through a balanced, healthy diet of good-quality food. The essential parts of a healthy, balanced diet are:

- Fats (saturated and unsaturated)
- Carbohydrates (sugars and starches)
- Minerals
- Vitamins
- Proteins.

We also need to consume the right amount of food and fluids each day. The Eatwell Guide says we should try to:

- Eat at least five portions of fruit and vegetables a day
- Base meals on starchy foods like potatoes, bread, rice or pasta (preferably wholegrain or wholemeal varieties) to give more fibre; this should make up about one-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, more of it unsaturated
- Drink plenty of fluids
- Reduce intake of food and drinks high in saturated fat, salt and sugar.

The Eatwell Guide outlines what the UK Government suggests we need to eat to keep us healthy. You can find out more by looking at the GOV.UK website and searching for The Eatwell Guide. The food we eat affects the way we feel and look. It is very important for our health and wellbeing.

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

Obesity	Strokes
Heart disease	Tooth decay
High blood pressure	Cancer

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

Eating disorders (such as anorexia nervosa)	Depression
Anaemia	Tiredness
Stunted bone growth	Cancer
Heart failure	Rickets

Some of the above could even lead to death.

Our dietary needs vary throughout life. For example, as we get older we may need to eat less food because our bodies are slower to process it.

Exercise

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

Benefits of exercise

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 other (for example, in a gym or a running club).

Getting enough exercise is essential and can help prevent heart disease and stroke - two of the UK's top five 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 a 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.

Some 'smart' devices can help you to **monitor** your exercise. They do this by keeping track of, for example, your steps and the speed at which you walk and run. This means that you can check your activity level each day or week.

Taking exercise

- Going for a walk or a jog is free and you do not have to commit to set times.
- Joining a gym or taking a class such as boxercise will cost money. However, some might say that paying for an exercise class makes you more likely to commit to exercise.
- Swimming and cycling are excellent holistic aerobic activities.
- Joining a team (for example, football or netball) may provide a social side in addition to the exercise.

Some people are happier to take their exercise alone. For others, it is an opportunity to meet new people or pair up with a friend. Remember, whatever exercise you take part in, your brain will release hormones called endorphins, which provide a feeling of wellbeing.

Even those with limited mobility can take exercise. For example, residents in care homes are frequently offered gentle standing or armchair exercise. Armchair activities can help people with conditions such as osteoporosis, arthritis and high blood pressure to exercise without putting any strain on their knees or hips.

Not taking exercise

Lack of exercise can lead to conditions such as:

Stiffening of the joints	Coronary heart disease
Poor stamina, strength and suppleness	Poorly developed heart and skeletal muscles
Obesity	Sluggish blood flow
Stroke	Osteoporosis

Substance use

Substance use, such as alcohol, nicotine, illegal drugs 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 accepted 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 it 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 six pints of beer or seven glasses of wine
- People should not save up their units and drinks the min one go (binge drinking).

Nicotine

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

Key terms

Nicotine is a powerful, addictive drug found in tobacco.

Addiction is not having control of doing, taking or using something to the point where it could be harmful to you.

Illegal drugs and misuse of prescribed drugs

Substance abuse includes:

- The unsafe use of solvents
- Taking illegal drugs such as cannabis or ecstasy
- Misusing prescription drugs

Substance abuse can have profoundly damaging affecting on your body. These include a loss of control of your actions and damage to organs such as the brain, liver and kidneys. Many people become addicted to illegal drugs or even prescription drugs if they are misused. Substance misuse and damage to the body could also result in death.

Hazards of smoking

<p>Heart disease and poor circulation mean:</p> <ul style="list-style-type: none"> • Increased blood pressure • Increased risk of heart attack • Narrowing of the arteries 	<p>Carbon monoxide causes:</p> <ul style="list-style-type: none"> • Decreased oxygenation • Poor growth • Extra work for the heart • Increased risk of thrombosis
<p>Exposure in childhood means that children:</p> <ul style="list-style-type: none"> • Are prone to chest infections and asthma • Tend to be smaller and weaker • Do less well at school 	<p>Exposure in pregnancy causes:</p> <ul style="list-style-type: none"> • Smaller babies • More stillbirths • More miscarriages
<p>Smokers':</p> <ul style="list-style-type: none"> • Breath and clothes smell of smoke • Hands and nails nicotine stained • Faces often become wrinkled from the effects of smoking 	<p>Tar causes cancers of the nose, throat, tongue, lungs, stomach and bladder.</p>
<p>Conditions such as:</p> <ul style="list-style-type: none"> • Stroke • Gum disease 	<p>Nicotine causes:</p> <ul style="list-style-type: none"> • Addiction • Increased blood-clotting leading to thrombosis.
<p>Irritant particles cause:</p> <ul style="list-style-type: none"> • Bronchitis • Emphysema • Asthma • Smokers cough 	

Personal hygiene

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

The importance of personal hygiene

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 passed on from one person to another and through food. Bacteria can travel when you:

Cough	Sneezing but not washing your hands
Scratch	Rub your face
Fiddle with your hair	Pick spots

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 or bath, washing your hair regularly and keeping our finger and toe nails trimmed.

Conditions caused by bacteria

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

- Food poisoning
- Tetanus
- Sore throats
- Tuberculosis, or TB
- Whooping cough
- Meningitis
- Syphilis

Caring for others

When caring for others you will need to get physically close to them. If either of you have offensive odour or bad breath it is unpleasant and 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 be spread this way if, for example, you do not wash your hands properly before (and after) you touch them. Young babies or older people are less resistant to disease and can suffer more damage from bacteria on to them.

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

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

This is why it is important that the person's skin is kept clean and dry and they are moved regularly to different positions.

Social interactions

There are many social, emotional and cultural factors that affect health and wellbeing, one of which is social interaction.

Social interaction

Our social needs include the opportunity to:

- Mix with others in an appropriate environment
- Have access to leisure facilities and activities

It is important that we have family and friends and belong to groups or a community. These social interactions provide us with a sense of belonging and a feeling that we are accepted. There are many types of social interaction.

Relationships

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

- Some are formal, such as with our boss at work
- Others are informal, such as with family and friends.

We form our first relationships with our parents or carers. We usually make our first friends as children. We make more friends through:

- School and higher/further education
- Interests and work
- Other parents, when we have children of our own
- Activities we may take up during retirement.

In fact, we continue to meet new people and make new friends throughout our lives.

Supportive/unsupportive relationships

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.

Social integration/isolation

Our relationships affect whether we feel integrated into a 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 to build benches for a community garden
- 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 from, for example their work
- Emotionally upset
- Socially isolated.

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

Social integration and isolation in retirement

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

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

- Move into a different residential setting
- Make new relationships that lead to them being given help with day-to-day tasks (physical)
- Take part in stimulating activities (intellectual)
- Feel supported and reassured (emotional)
- Always have others to mix with (social).

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

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

Others who are socially isolated

Others who may 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.

Social, Cultural and Emotional factors that affect health and well-being:

- Family
- Friends
- Religion
- Gender
- Ethnicity
- Sexual orientation
- Culture
- Relationship formation, including marriage and divorce
- Community involvement
- Employment /unemployment
- Educational experiences

Stress

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

Stress

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, which could lead to situations such as road rage or 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 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 harder to mix with others.

Adrenaline:

- Increases the rate and strength of our heartbeat
- Increase our breathing rate
- Increases our blood pressure
- Shifts the distribution of the blood from the skin and digestive system to the muscle
- Dries up the secretions responsible for digestion
- Converts stored glycogen into glucose.

Short term effects	Long term effects
<ul style="list-style-type: none">• Feeling cold• Less sensitive to pain• More sensitive to touch• Tense muscles• Faster breathing• Dry mouth• Flared nostrils• Wide eyes• Pale face• Body hair standing on end• Faster heartbeat• Butterflies• Urge to pass water(urine)• Diarrhoea• Sweaty hands	<ul style="list-style-type: none">• Sleeplessness• High blood pressure• Irritability and becoming withdrawn• Loss of appetite• Heart disease/ulcers/eczema/asthma• Poor circulation• Nervousness• Accidents• Breakdowns• Aching muscles/body tension• Headaches• Poor sex life• Anxiety• Violent tendencies• Mood swings

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.

Culture

The health and wellbeing of a person, and their willingness to access help or services, are influenced by values, traditions, 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 names 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.

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 feeling 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.

All of these gender issues could mean that some individuals delay seeking or accepting necessary help.

Education

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

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

Research suggests that better-educated people are more likely to try illegal drugs. However, they are also more likely to give them up because they are aware of the risk of addiction.

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 worse or even life threatening (physical)
- They may not understand how to cope (intellectual)
- They may become worried (emotional)
- They may be too ill to see friends (social).

Financial resources

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

Income

A person's financial resources are affected by their:

- 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.

Some people are unable to work because they:

- Have a disability or illness
- Are caring for someone else.

These people would be able to draw benefits from the state.

The level of **income** a person earns is mainly linked to their level of education, skills, qualifications and talents, how hard they work and their area of work. Income has a major impact on our health and wellbeing.

Effects of adequate financial resources on health and wellbeing

If you can afford to buy food that provides you with a balanced diet, you are more likely to be healthy (and therefore, perhaps exercise) and less likely to be ill (physical). You may also be able to afford access to more learning opportunities - for example, further education - and be mentally stimulated (intellectual). Adequate financial resources may allow you to meet up with friends or meet new people (emotional and social).

When adults have an adequate income they can generally afford better-quality housing, with access to services such as good schools to provide quality education for their children. There will be less stress because they are not worrying about financial problems and so fewer arguments and less chance of relationships failing.

Wealth is having lots of money and goods.

Social class is broad group in society having the same social or economic status, most commonly upper, middle and lower class.

Material possessions are objects that can be bought but are not essential to live on, such as jewellery or a large TV.

Income is the money people receive from their work, savings, pension, benefits or investments.

What an adequate income allows us to do:

Afford leisure services	Socialise with friends	Buy luxuries	Live in a house with a garden
Pay the rent or mortgage	Eat a balanced diet	Heat our homes	Travel to make use of the National Health Service (NHS) and community health facilities
Afford nice clothes	Live in the suburbs of a town or in the countryside	Afford a car and holidays	

Poverty

Some people live in absolute 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 at school, which could mean they will earn less when they are working adults.

Poverty affects one in four children in the UK today. There were 3.9 million children (28 percent of children) living in poverty in the UK in 2014-15.

Environmental conditions

It is important to escape stories about pollution of one kind or another. Negative environmental conditions can affect people in a number of ways.

Pollution

Pollution is the act of introducing harmful substances or irritants that cause damage to living organisms into the environment. We all need clean air, water and proper waste disposal facilities, but our modern way of living means that our air and water can sometimes be affected by chemicals and other products.

Environmental factors	
Land contamination from waste disposal	Noise pollution – E.G. traffic, nightclubs
Soil pollution from chemicals	Air pollution - car and aeroplane fumes
Air pollution from radiation	Air pollution from industries
Water pollution from sewage, pesticides and farming	

Air pollution

Air pollution is a mixture of gases and particles that have been emitted into the atmosphere by human beings. The most common cause is the burning of fossil fuels to give energy. Air pollution in the UK has gone down significantly in recent years because of measures to reduce it. But pollution still exists and around the urban areas (towns and cities).

Air pollution can:

- Cause aggravate respiratory conditions
- Irritate the eyes, nose and throat
- Severely affecting people with asthma and other breathing problems such as emphysema
- Including dust that comes from quarries, mines and factories
- Be carried from other countries - for example, in dust from the Sahara.

Those who live near busy main roads, airports, seaports and industrial sites are more likely to be affected by air pollution. Events at which large numbers of fireworks are let off can also add to air pollution and smog.

The causes of water pollution include sewage, wastewater, leakages from underground storage, agriculture chemicals and industrial waste getting into lakes and rivers, as well as the dumping of litter at sea. Pollutants from industrial sources include asbestos, which can cause cancer, and lead and mercury, which can poison us.

Fresh air and water can improve health and wellbeing but a polluted atmosphere can make us ill (physical), stopping us accessing learning activities (intellectual), making us feel low (emotional) and stopping us going out with friends (social).

On still, sunny days, the sun causes nitrogen dioxide and the ozone to create toxic smog. On cold, foggy days, pollution gets trapped close to the ground, building up to winter smog.

Noise pollution

Noise pollution is excessive noise that may harm the activity of human or animal life and affect health and wellbeing. The noise might come from an aircraft taking off, heavy traffic, or road-mending equipment such as drills. Sustained high noise levels can cause:

• High blood pressure	• Hearing loss
• Sleeplessness	• Increase in stress levels

Housing

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

Home environment

Many of us spend a lot of time in our homes our home environment can affect our health and wellbeing in a number of ways.

Type of home:

Living in a semi-detached or terraced house means occupants are more likely to be disturbed by noise from neighbours. This can cause children to lose concentration (E.G. when trying to do their homework) and affect the concentration of adults who work from home. It may also lead to arguments with neighbours.

Condition of home:

If a home is cluttered, damp and dirty and has a poorly groomed pets, then occupants are more likely to be 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 home 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 E.G. schoolwork, belongings and interests. This might lead to disorganisation and demotivation and may prevent concentration. It might also lead to disturbed sleep.

Location of home:

Occupants are more 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 in 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 and stress.

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 rural and isolated areas can make access to health and social care services more 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 links or even within walking distance (physical)
- Close to amenities such as libraries, theatres and museums (intellectual)
- Happy with their life as a result of the other factors listed (emotional)
- Close to friends (social).

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 on 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 and parenthood

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, perhaps though:

- 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 than on the home and school. When your children have grown, you may have time again to focus 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 the ending an unhappy situation. 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, which 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.

Bereavement

The death of a partner, parent, child or any other family member or friend can:

- Cause us to grieve
- Make our future uncertain
- Raise our levels of stress and anxiety

This table shows how bereaved person who has lost their partner may suffer:

Physical suffering	Intellectual suffering	Emotional suffering	Social suffering
<ul style="list-style-type: none">• Feels stress• Neglects, for example, a balanced diet• Does not sleep well	<ul style="list-style-type: none">• Feels distracted• Lacks concentration• Misses sharing activities/ opportunities with the person they have lost	<ul style="list-style-type: none">• Feels unhappy• Feels sad• Perhaps feels angry	<ul style="list-style-type: none">• Feels it is harder to socialise as a single person• Feels it is difficult to mix with others• Misses socialising with the person they have lost

The impact of life events relating to changes in life circumstances

We all go through changes in our life circumstances. These are expected (starting school) or unexpected (being made redundant) and affects 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

Imprisonment takes away a person's freedom. A prisoner:

- 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 three 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 services 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 family and friends. They may feel upset at how life is passing by and what they are missing outside of 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 bad 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 will 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 prisoners. 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, but not all, changes in life circumstances.

Expected life events:	Unexpected life events:
Starting/leaving school	Death of a partner, relative or friend
Moving house	Accident/injury
Entering employment/Retirement	Ill health
Parenthood	Exclusion/dropping out of education
Living with a partner	Promotion/Unemployment
Marriage/civil ceremony	Imprisonment

Factors affecting health and wellbeing (PIES)

	Positive	Negative
Physical	<ul style="list-style-type: none"> Balanced diet Regular exercising 	<ul style="list-style-type: none"> Genetically inherited diseases/conditions Ill health Substance misuse (drugs, alcohol, smoking) Poor diet (under-eating, overeating) Lack of personal hygiene Lack of exercise
Social, emotional and cultural	<ul style="list-style-type: none"> Social interactions – supportive relationships/social integration Willingness to seek help or access services 	<ul style="list-style-type: none"> Social interactions – unsupportive relationships/social isolation Stress Willingness to seek help or access services
Economic	<ul style="list-style-type: none"> Financial stability 	<ul style="list-style-type: none"> Financial poverty
Environmental	<ul style="list-style-type: none"> Housing conditions/location 	<ul style="list-style-type: none"> Housing conditions/location Environmental conditions e.g. pollution/noise

Note: Some of these factors can have positive AND negative effects on a person's health and wellbeing.

Exam Questions

Case study 1: Matthew is 22 years old. He has a 2 year old daughter and they live in a 2 bedroom flat in the city centre. Matthew works full time and long hours in a factory but is on a low income.

Question: Explain two factors that could have a negative effect on Matthew's health and wellbeing. Use the information provided (4).

Case study 2: Jack is 24 years old and works full time and long hours in a fast food restaurant earning a low income. He cannot afford to go to the dentist even though he has bad teeth and has had a pain in his gums for the last 3 weeks.

Question: Explain two factors that could have a negative effect on Jack's emotional health and wellbeing. Use the information provided (4).

Case study 3: Cindy is 19 years old and lives at home with her mum and dad. Cindy has Down's Syndrome and a learning disability. She enjoys swimming and spending time at a local youth centre.

Question: Explain two factors that could have a negative effect on Cindy's emotional and social health and wellbeing. Use the information provided (4).

Case study 4: Sam is 24 years old and plays for his local football team. He trains 3 times a week as well as going to the gym 3 times a week and plays matches at the weekend. Unfortunately, Sam has been suffering with chest pains recently, and had a heart attack 1 month ago.

Question: Explain one factor that could have a positive affect and one factor that could have a negative on Sam's physical health and wellbeing. Use the information provided (4).

Case study 5: Anisah is a 19 year old, full time, single mum. Her daughter Anya is 1 years old. Anisah left college last year to look after and bring up her daughter. She has been unable to get a job to financially support her and Anya as she doesn't have anyone to help look after Anya. Anisah's mum and dad only live 2 roads away but they work full time and volunteer most evenings and weekends for a local community group. Any financial support that Anisah receives is spent on accommodation, bills and essential food for the week.

Question: Explain four factors that could have a negative effect on Anisah's health and wellbeing. Use the information provided (8).

Case study 6: Fred is 86 years old. He has always been reluctant to visit the doctors for check ups or appointments, but recently his 46 years daughter, Ella, insisted that he visits the doctor for a blood test and check up. She had noticed that his mobility was decreasing, he was struggling to get dressed or wash, he was eating less and he didn't leave the house very often.

Question: Explain two factors that could have a positive effect on Fred's health and wellbeing. Use the information provided (4).

Case study 7: Bradley is 16 years old and lives with his mum and dad in a busy city centre. He's always struggled to make friends in secondary school, but recently has moved classes and has made new friends with a group who like to spend their weekends in the local park, and at night they drink alcohol, smoke cigarettes and take illegal drugs. Bradley knows this is wrong but feels that he must do this to keep his new friends.

Question: Explain two factors that could have a negative effect on Bradley's health and wellbeing. Use the information provided (4).

Case study 8: Tim is an 89 year old man who lives in a rural area by himself. He has a lovely large country farm and has always enjoyed his own company. Over the last year he has noticed a decline in his health and mobility. He is struggling to do all the house work alone, as well as do his daily routines such as wash and dress.

Question: Explain two factors that could have a negative effect on Tim's physical health and wellbeing. Use the information provided (4).

Case study 9: James (45) and Janet (46) have been happily married for 22 years. They have a mortgage, 2 children and 2 dogs together. Janet works as a business manager for a well-known company. She is very successful in her job and has been offered a promotion with a large pay increase. She really wants to take the promotion, but the job requires her to work in a new office that is a 3 hour drive from where she currently works, and lives with James and the children.

Question: Explain two effects that Janet's new job promotion could have on her health and wellbeing. Use the information provided (4).

Case study 10: Simon (52) works for a company that is experiencing some financial difficulties. They have decided to restructure their staff and make some cuts in order to save money. Simon has just received a letter to inform him that he is being made redundant as his job role will no longer exist.

Question: Explain two effects that Simon's job lose will have on his emotional and social well-being (4).

Case study 11: Trudy (45) lives in central London with her partner. Over the last 9 months, she has received 3 reminder letters for her to book in a smear test. Trudy is reluctant to do this as there are only male doctors at her local GP and one female nurse who only works twice a week. She keeps avoiding the letters and doesn't book in for an appointment.

Question: Explain one effect of ignoring the letter on Trudy's physical health and wellbeing (2).

Question: Explain the impact of not booking an appointment on Trudy's emotional health and wellbeing (2).

Case study 12: Sonya (32) and Hussain (32) are a married couple with 2 children, Summer and Sabrina, in primary school. They both have low income jobs and work long shifts at different times. They earn enough money between them to pay for rent, bills and food but have to save for the children's birthday's and rarely go on days out due to a lack of finances.

Question: Explain two effects of Sonya and Hussain's low income on Summer and Sabrina's health and wellbeing (4).

Case study 13: 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 been turned upside down. He can no longer enjoy his gardening as the family dog is constantly barking from his kennel. On an evening he can not 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.

Question: Explain one environmental factor that could have a negative impact on Neil's health and wellbeing (2).

Question: Explain an effect of Neil's living conditions on his health and wellbeing (2).

Case study 14: Steph is 31 years old. She lives in a modern one bedroom apartment in a large town with no garden or parking but she does have a small balcony.

Question: Explain one environmental factor that could have a positive effect on Steph's health and wellbeing (2).

Question: Explain one physical factor that could have a negative on Steph's emotional wellbeing (2).

Question: Explain one negative effect of Steph living in a one bedroom apartment on her social wellbeing (2).

Case study 15: Annie 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.

Question: Explain the positive and negative effects of discovering that Annie is pregnant on Annie and Derek's emotional and social wellbeing (4).

Case study 16: Brian's wife, Enid, died 6 months ago. She had been ill for several years. Enid had to go into a care home for the last 3 months of her life. Brian visited her every day in the care home, where he got to know the staff well. He would stay for lunch and chat to staff and residents while he was there. Because of his bad hip, he went by taxi, which he enjoyed as he got to know the taxi driver well. Since Enid's death, he hasn't been back to the care home.

Question: Explain two effects that Enid's death could have on Brian's social and emotional wellbeing (4).