

BTEC HEALTH AND SOCIAL CARE

COMPONENT 3 - LEARNING AIM A – Factors that affect health and wellbeing

Block A – Factors affecting 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
<i>Physical and lifestyle factors</i> that can have positive or negative effects on health and wellbeing:	<ul style="list-style-type: none"> o genetic inheritance, including inherited conditions and predisposition to other conditions o ill health (acute and chronic) o diet (balance, quality and amount) o amount of exercise- should meet government recommendations o substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs o personal hygiene
<i>Social, emotional and cultural factors</i> that can have positive or negative effects on health and wellbeing:	<ul style="list-style-type: none"> o social interactions, e.g. supportive/unsupportive relationships, social integration / isolation o stress, e.g. work-related o willingness to seek help or access services, e.g. influenced by culture, gender, education
<i>Economic factors</i> that can have positive or negative effects on health and wellbeing:	<ul style="list-style-type: none"> o financial resources
<i>Environmental factors</i> that can have positive or negative effects on health and wellbeing:	<ul style="list-style-type: none"> o environmental conditions, e.g. levels of pollution, noise o housing, e.g. conditions, location
The impact of life events	Relating to relationship changes and changes in life circumstances

COMPONENT 3 - LEARNING AIM B – Interpreting health indicators

Block B – Physiological indicators	
Physiological indicators that are used to measure health:	<ul style="list-style-type: none"> o pulse (resting and recovery rate after exercise) o blood pressure o peak flow o body mass index (BMI)
Using published guidance to interpret data relating to these physiological indicators:	<ul style="list-style-type: none"> o pulse (resting and recovery rate after exercise) o blood pressure o peak flow o body mass index (BMI)
The potential significance of abnormal readings:	Risks to physical health

Block C – Lifestyle indicators	
Interpretation of lifestyle data, specifically risks to physical health associated with:	<ul style="list-style-type: none"> o smoking o alcohol consumption o inactive lifestyles