**Year 11 Revision List – Component 3: Health and Wellbeing**

Factors affecting health and wellbeing:

For each of the factors listed below it is important that you are aware of how they will affect an individual physically, intellectually, emotionally and socially. These are factors that normally make up questions 1 and 2.

* Genetic inheritance and predisposition
* Ill health
* Diet (good and bad)
* Physical activity (active/inactive)
* Substance use and misuse (alcohol, drugs, smoking)
* Personal hygiene
* Stress
* Relationships (supportive/unsupportive)
* Financial resources (access to money)
* Willingness to access services
* Environment
* Housing conditions
* Life events (divorce, redundancy, bereavement, employment, parenthood, marriage)

Physiological indicators:

For this section, it is important that you are aware of the indicators listed below and how abnormal measurements (measurements that are too high or low) will affect an individual’s current physical health and what future risks to physical health might arise.

* Heart rate (pulse)
* Blood pressure
* Peak flow
* Body Mass Index (BMI)

Lifestyle indicators:

You also need to be aware of how the lifestyle choices made by individuals may affect their current physical health and what future risks to physical health might arise.

* Smoking
* Alcohol consumption
* Inactive lifestyle

Health and wellbeing improvement plan:

There is a section of your exam that requires you to complete a health and wellbeing improvement plan (inclusion of 3 goals), there are some important areas for you to remember when putting together an effective plan that will work on improving an individual’s health and wellbeing. They are:

* A goal
* Short term targets (these must be SMART)
* Long term targets (these must be SMART)
* Source of support (formal e.g. GP, dietican, gym instructor. Informal e.g. friends and family)

When you are happy with your plan, you need to be ready to explain why you have set the goals by linking your explanation to what the individual wants, wishes and what their circumstances are.

Obstacles and barriers:

The last area of focus must be on obstacles/barriers that might get in the way of an individual being successful and keeping to their health and wellbeing improvement plan. The main obstacles/barriers are:

* Psychological/emotional (e.g. self-esteem, confidence)
* Availability of resources (poor access to the right professional or money issues)
* Time constraints
* Lack of support
* Unachievable targets