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| **Knowledge Organiser – Factors that affect health & wellbeing (A)** | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Physical factors** | | | | | | | | **Genetic disorders:** | | | | | | | | Genetic disorders include: Downs syndrome, cystic fibrosis,  Tourette’s and haemophilia. It can cause: | | | | | | | | * Distress * Feel different from their peers * May lead to social isolation | | | * Infections * Mobility issues * Missed school | | | | | **Predisposition to other conditions:** | | | | | | | | For example, coronary heart disease can be caused by a combination of both genetic and environmental factors. You can inherit heart disease, but lifestyle factors such as alcohol, diet, and smoking can increase risk | | | | | | | | **Ill health** | | | | | | | | Illness may be acute (short-term) or chronic (long-term) A chronic illness may cause other injuries, for example if you suffer from osteoporosis, you are more likely to suffer a broken bone. | | | | | | | | **Diet** | | | | | | | | Effects of overeating/undereating | | | | | | | | * Obesity * Heart disease * Eating disorders | | * High blood pressure * Stroke * Anaemia/rickets | | | | * Cancer * Depression * Tiredness | | **Exercise** | | | | | | | | Positive effects of exercise: | | | | | | | | * Improve strength * Improve flexibility * Improve stamina | * Relieve stress * Improve concentration | | | | * Increase your socialisation * Maintain weight | | | **Alcohol** | | | | | | | | Negative effects of alcohol: | | | | | | | | * Heart disease * Cancer * Stomach ulcers | * Weight gain * Liver disease * Risk of stroke | | | | * Depression * Hangovers * Poor judgement | | | **Nicotine** | | | | | | | | Negative effects of smoking: | | | | | | | | * Cancer * Infertility * Heart disease | * Emphysema * Bronchitis * Stroke | | | | * Pneumonia * Greater chance of getting ill | | | **Substance abuse** | | | | | | | | Possible effects of taking illegal drugs: | | | | | | | | * Addiction * Paranoia * Aggressiveness | * Low self-esteem * Mood swings * Anxiety | | | | * Insomnia * Relationship issues * Mental health issues | | | **Personal hygiene** | | | | | | | | Good personal hygiene: | | | | Effects of poor hygiene: | | | | * Regular hand washing * Wear clean clothes * Brush your teeth * Shower/bath | | | | * Food poisoning * Tetanus/meningitis * Sore throats * Tuberculosis or TB | | | | |  |  |  |  | | --- | --- | --- | --- | | **Environmental factors** | | | | | **Positive effects** | | | | | * Good location of housing will be close to amenities, outdoor space, work, relaxing and quiet * Outdoor space allows us to meet friends and exercise * Good living conditions provides warmth, space, prevents illness and stress * Access to facilities supports leisure activities | | | | | **Negative effects** | | | | | * Air pollution can irritate the eyes and severely affect people with asthma * Noise pollution can cause high blood pressure, stress and sleeplessness, * Poor living conditions may be cold, damp and dirty, cramped, and a greater chance of illness * High level of traffic increases the risk of accident * Building security may increase stress and anxiety | | | | | **Social emotional and cultural factors** | | | | | **Positive effects** | | | | | * Socialise regularly gives a feel good factor * Spend time with others to make friends and interact with others * Supportive relationships an reduce stress, make us feel secure, improve confidence, improve self-image and feel a belonging * Part of a community allows social integration & opportunity to make friends * More educated individuals are more likely to be aware to look out for signs and symptoms and which services are available * Being religious can give a support network, give a sense of pride and a greater sense of enlightenment | | | | | **Negative effects** | | | | | * Unsupportive relationships can make us sad and upset, make us feel lonely and insecure, give us stress and anxiety * Isolation can be emotionally upsetting & make you feel threatened * Feeling sad or worried because of bereavement * Stress through work, relationship issues, redundancy, stuck in traffic * Stress can cause, sleeplessness, high blood pressure, anxiety, insecurity, headaches, heart disease, loss of appetite * Gender, age, education and culture may affect the willingness to seek help and access services | | | | | **Economic factors** | | | | | **Positive effects** | | | | | **Wealth allows:** | | | | | * A healthy diet * Learning opportunities * Socialise with friends | * Make new friends * Sense of security * Better housing | | * Raise self-esteem * Buy luxuries * Have a garden | | **Negative effects** | | | | | **Poverty allows:** | | | | | * More chance of being ill * Fewer social opportunities * Miss out on school trips | | * Do less well at school * Earn less money when adults | | | |  |  | | --- | --- | | **Impact of life events** | | | **Starting school/new job** | | | * Opportunities to build new   friendships and relationships   * Develop independence & new skills   Improve self-esteem   * Learn new skills | * Anxiety about learning new routines   and building relationships   * You may feel insecure when leaving   parents for the first time | | **Marriage/partnership** | | | * Feel secure and content * Develop intimate relationship * Improve self-esteem | * Loss of independence * Have to share | | **Moving house** | | | * Excited by a new challenge * Develop new friendships * Discover new areas | * Anxiety and stress at the physical   and mental pressure of moving   * Possible loss of close friends | | **Becoming a parent** | | | * Feel confident * Improved emotional wellbeing * Develop a strong attachment | * Worry about responsibility * Feel tired * Loss of independence | | **Retirement** | | | * Reduced stress * Socialise more with family/friends * More time for activities/hobbies | * Loss of relationships * Negative self-image and purpose * Lose fitness and mobility * May feel isolated from work friends | | **Accident/injury or ill health** | | | N/A | * Loss of mobility * Depression/ self-confidence * Restriction in social activities | | **Bereavement** | | | N/A | * Low self confidence * Loss of friends * Unable to cope/function at work * Depression | | **Exclusion from school** | | | * May remove stress that caused exclusion | * Low self-esteem * Loss of friends/loneliness * May effect learning | | **Imprisonment** | | | * Opportunity to Learn * Develop new skills * Make different life choices * Improves self-awareness | * Depression and low self-esteem * Fear and anxiety * Loss of social contact/feels isolated * Loss of independence | | **Redundancy** | | | * Opportunities to take on new challenges and train for a new job * Increased opportunity to socialise as more free time | * Can lower self-image & self esteem * Feel isolated from work friends * Loss of earnings impact on lifestyle   choices and ability to socialise | |