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| **Knowledge Organiser – Factors that affect health & wellbeing (A)**  |
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| **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
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| **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
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| **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
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| **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
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| **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
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| **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
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| **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
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| **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 |

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