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| **Knowledge Organiser – Lifestyle Indicators (B2)** | | | | | |
| **Lifestyle indicators**  **Lifestyle data:**   * Smoking * Alcohol * Drug use * Inactivity   **Physiological data**   * BMI * Blood pressure * Peak flow * Pulse   Maintaining balanced lifestyle key to staying healthy &gt; Columbus Air Force  Base &gt; Article Display | **Blood pressure**  **Current physical health:**   * Cause headaches * Visual disturbance * Pounding in the head * May not cause any problems at all ‘the silent killer’   **Risk to future health:**   * Damages arteries, causing hardening, attracting cholesterol * Increased risk of cardiovascular disease, stroke, dementia. | **BMI (Overweight)**  **Current physical health:**   * At risk of increasing weight * May find exercising harder, which makes the problem worse Suggests he is consuming too many calories   **Risk to future health:**   * Leads to obesity * Poor mobility * Joint/muscle pain * Shortness of breath * sleep disturbance * Obesity related disease (heart disease, diabetes etc…) | **Pulse**  **Current physical health:**   * Unhealthy lifestyle, e.g. poor diet, lack of exercise, drug use. * His heart is having to work harder to pump oxygenated blood. May cause him to feel dizzy, sweaty, feint, making it harder to exercise   **Risk to future health:**   * Damage to arteries causing raised blood pressure, heart disease * Increased risk of stroke * Increased risk of premature death | **Alcohol**  **Current physical health:**   * Decrease heart/breathing rate * Poor decision making * Accidents * Nausea and vomiting * Dehydration/hangovers * Disturbed sleep * Contributes to weight gain * May be addicted to alcohol   **Risk to future health:**   * Liver disease * Obesity * Dementia * Heart disease/cancer | **Drugs**  **(Cannabis)**  **Current physical health:**   * Poor decision making * Forgetfulness * Anxiety * Lower reaction time * Loss of sex drive * May be addicted to cannabis   **Risk to future health:**   * Psychosis * Increased risk of heart disease and stroke * Decline in IQ |
| **Smoking**    **Current Physical health:**   * Causes bad breath * Stained fingers, nails & teeth * Loss of sense taste and smell * Increased heart rate   **Risk to future health:**   * Raises blood pressure * Increases risk of heart disease * Increases risk of stroke * Leads to mouth, throat and lung cancers | **Diet (Takeaways)**    **Current physical health:**   * At risk of increasing weight * May find exercising harder * Malnutrition, obesity, cardio vascular disease, cancer   **Risk to future health:**   * Obesity * Poor mobility * Joint/muscle pain * Shortness of breath * Heart disease/cancer | **BMI (Underweight)**  People With Anorexia Aren&#39;t Motivated By Hunger Signals | The Ranch TN  **Current physical health:**   * At risk of losing weight * Lack of energy * Poor immune system   **Risk to future health:**   * Anaemia * Stunted bone growth * Heart failure * Tiredness * Cancer * Rickets * Other deficiency diseases | **Peak flow reading**    **Current physical health:**   * Susceptibility to respiratory diseases * May get out of breath easily, may cough or wheeze * Needs to improve cardiovascular fitness   **Risk to future health:**   * Reduced mobility * Increased weight * May have serious asthma attack | **Inactivity**  **Sitting**  **Current physical health:**   * Low energy levels * Weight gain * Loss of mobility * Muscle and joint pain * Poor stamina/flexibility   **Risk to future health:**   * Heart disease * Obesity * Muscle wastage/stiff joints * Osteoporosis | **Drugs**  **(Prescription drugs)**  **Current physical health:**   * Cause drowsiness * Slurred speech * Dizziness * Memory loss * Slow heart rate   **Risk to future health:**   * Addiction/dependency * Risks overdose/death |