

Factor	Description	POSITIVE EFFECT	NEGATIVE EFFECT
Genetic inheritance	Characteristics or health risks which are passed on from parents. You may have a predisposition to developing an illness because if your inherited genes.		<ul style="list-style-type: none"> May impact self-concept → self-esteem and self-image. Predisposition to illness may lead to anxiety or depression.
Ill-health	Acute – start quickly and lasts a short time Eg, infection. Chronic – Starts slowly and last a lifetime Eg, Asthma		<ul style="list-style-type: none"> Impacts physical fitness Restricts learning / education Causes emotional distress Removes social opportunities. May have to adapt lifestyle or life.
Diet	Not having the right amount to meet energy demands or having to much according to size & activity levels	<p>A balanced diet:</p> <ul style="list-style-type: none"> ✓ Healthy immune system ✓ Boost in energy levels ✓ Growth & repair of tissues ✓ Healthy hair, skin, nails. ✓ Good self-image and self-esteem. 	<ul style="list-style-type: none"> Malnourishment; anemia, rickets, poor growth, tiredness, depression, eating disorders. More prone to illness. Those who are obese; diabetes, reduced life expectancy, less able to exercise, poor self-concept
Exercise	Gentle (walking) Moderate (swimming) Vigorous (Football) 60 mins per day for children & adults, 25 mins per day for 65+	<ul style="list-style-type: none"> ✓ P – Reduces BMI and pain, boosts energy levels, stamina, flexibility & endurance, reduces diabetes ✓ I – better brain function/memory ✓ E – improves confidence/reduces stress ✓ S – social integration & skills 	<p>by not exercising;</p> <ul style="list-style-type: none"> P – obesity (Type 2), temperature decrease. I – reduced brain performance E – Poor self-concept S – fewer opportunities for socialing
Personal hygiene	Reducing number of harmful microbes spreading & infecting.	<ul style="list-style-type: none"> ✓ Prevents illness (acute) ✓ Improves self-concept ✓ Good habits include; washing, cleaning teeth, clean clothes, hand washing, clean nails 	<p>IF POOR;</p> <ul style="list-style-type: none"> Catch & spreads diseases Body odor/tooth decay/bad breath = negative social/emotional effects = social isolation + poor self-concept
Alcohol	Recommended 14 units a week, avoid excessive amounts, and if pregnant avoid	<ul style="list-style-type: none"> ✓ Healthy in moderation 	<ul style="list-style-type: none"> P – damage to major organ/cancers/weight gain/infertility I – depression/stroke & brain damage E – poor self-concept S – domestic violence/aggression.
Smoking & nicotine use	Contains harmful chemicals. Nicotine, tar, CO and soot particles	<p>REASONS PEOPLE SMOKE:</p> <ul style="list-style-type: none"> ▪ Addictive/to overcome others ▪ Relieve stress/relax/reward ▪ Peer pressure ▪ Fear of putting on weight 	<ul style="list-style-type: none"> P – cancer/heart disease/emphysema, ages skin, heart disease, lung cancer I – cravings/irritation E – poor self-concept S – social isolation (doing/health)

C3 - Factors & PIES (Q1&2)

Factor	Description	POSITIVE EFFECT	NEGATIVE EFFECT
Drug misuse	Taken for recreational reasons, addicted, more or less than prescribed dose, drugs that belong to another	<p>IF TAKEN CORRECTLY;</p> <ul style="list-style-type: none"> ✓ Beneficial to reducing pain or fighting infection 	<ul style="list-style-type: none"> P – breathing problems/ HIV/ Kidney failure I – Hallucinations/ Memory loss E – poor self-concept/unusual states/break down of relationships S – money problem/ judgment impaired
Social integration	<p>Belonging to a group and can interact with others.</p> <p>Opposite of social isolation.</p>	<ul style="list-style-type: none"> ✓ P – practical assistance ✓ I – support learning/thinking ✓ E – unconditional love, security & encouragement ✓ S – companionship ✓ Positive self-concept/content/independence/confidence 	<ul style="list-style-type: none"> Social isolation (not getting regular contact with others). Causes : difficulty building relationships, feelings of insecurity, depression, poor lifestyle choices, reduced thinking skills Negative self-concept , feelings of hurt, loneliness, distrust, lack of independence
Stress	Mental and emotional tension. Caused by exams, work pressure, life events, financial difficulties	<p>Short term;</p> <ul style="list-style-type: none"> ✓ Increased heart beat/breathing rate, sweating hands, dry mouth, butterflies (Adrenaline) ✓ Can motivate/encourage ✓ Develops resilience ✓ Boosts immune system ✓ Appetite changes, headaches. 	<p>Long term;</p> <ul style="list-style-type: none"> o High blood pressure, loss of appetite, sleeplessness, heart disease, irritable, fatigue. o Forgetfulness, negative self-concept, feeling insecure, breakdown of close relationships, social isolation o Poor circulation, mood swings.
Asking for help	Barriers; culture / gender / education may restrict people from seeking help.	<ul style="list-style-type: none"> ✓ Traditions valued/ cultural preferences ✓ Help if English is not first language ✓ Treated by same gender ✓ Those education; research symptoms, know importance if early diagnosis/treatment, access to services 	<ul style="list-style-type: none"> o Men are less likely to see help as feel venerable/reluctant o Stigma from society. o Values/traditions not understood by health professionals o Don't know how to seek help o Don't understand importance of seeking help o Cultural diets, practices, or customs.
Economic	<p>Personal income, wealth and occupation.</p> <p>Absolute poverty Relative poverty.</p>	<ul style="list-style-type: none"> ✓ P – good housing/diet ✓ I – more time for leisure time/activates, education ✓ E – feeling of financial security, positive self-concept ✓ S – socialising opportunities 	<ul style="list-style-type: none"> o P- Poor housing/diet/health and desk job = less activity o I – long hours = less leisure time, no job = poor mental health o E – stress, breakdown of relationships, low self-concept o Reduces socialising opportunities
Pollution	Air, water, land, food, noise, light	<p>LIVING IN COUNTRYSIDE;</p> <p>= little pollution, lots of fresh air but likely to have a geographical barrier.</p>	<ul style="list-style-type: none"> o Lung damage/heart disease/allergies/premature birth o noise: stress./hearing loss/High blood pressure, disrupted sleep
Housing	Good/Poor living conditions and in countryside or city	<ul style="list-style-type: none"> ✓ Less pollution ✓ Quiet & safe ✓ Spacious ✓ Warm & dry ✓ Close to or has outdoor safe space 	<ul style="list-style-type: none"> o Damp/mould spore/vermin = breathing problems/infection o Overcrowding = sleepless/depression o No open spaces = inactive o Poor heating = poor health

SMART targets

- S – specific → Explain the action and what it's going to improve.
- M – measurable → How are you going to measure it?
- A – achievable → Can the person do it?
- R – realistic → Is it appropriate for them?
- T – time related → Less than 6m or more than 6m.

C3 - Interpreting Data & Support(Q3&4) *H&SC M*

Physiological Data

Physiological data	Averages	Impact on current health	Impact on future health
Pulse – measures how fast your heart beats.	60 – 100 BPM for adults. Fitter people have lower levels.	High – overweight Low – exercise more frequently or lean & men	Abnormal reading may occur, but if high see doctor Ways to lower; exercise, healthy diet, lower stress levels & stop smoking
Peak flow – measures lung capacity.	Read the chart for appropriate sex, age and height.	Abnormal readings; asthma, emphysema, chronic bronchitis, cystic fibrosis, lung cancer.	Higher score → good physical fitness. Lower score → Asthma, lung problems, allergies, likely to be sedentary.
Blood pressure – measures pressure against arteries	Anywhere between 90/60 mmHg and 120/80mmHg is normal.	Sedentary lifestyle (smoke/alcohol) / fatty or caffeine diet / genetic inheritance (Caribbean) / lack of exercise / overweight / headaches / appetite change / stressed / anemic / underweight if low	Too high → hypertension / heart attacks, strokes, blindness, vascular dementia, kidney problems, mobility issues. Too low → dizziness / fainting / fatigue / can increase lifespan.
BMI - measures fat in relation to height.	18.5 - 24.9 Does not include age, muscle mass, bone density or gender	Overweight → sedentary, poor diet, painful joints, poor mobility. Underweight → weak immune system, weak, fatigue, periods stop.	Overweight → premature death, various cancers, T2 diabetes, obese adult, hypertension, heart disease, type 2 diabetes, stroke, arthritis Underweight → anemia, osteoporosis, eating disorders.

Lifestyle Data

Lifestyle data	Impact on current health	Impact on future health
Smoking	Decreased blood flow / headaches / bad breath / smelly clothes / coughing / decreases appetite / financial issues /	Cancers / heart disease / gum disease / tooth loss / fertility issues / respiratory issues / addiction / reduces sense of smell/taste.
Alcohol consumption	Increased heart rate / slower reactions / dehydration / bad breath / poor decisions / aggression / sickness.	Cancers / hypertension / depression / infertility / relationship problems / weight gain / addiction / liver disease / heart disease
Inactive lifestyle	Adults should have 2.3h of exercise per week. Weight gain / breathlessness / fatigue / snoring / joint pains / mobility issues.	Slows metabolism / T2 diabetes / mobility issues / joint pain / Cancers / strokes / hypertension / fertility issues / premature death.

Recommended action	Short / long term suggestions
Lower blood pressure	<ul style="list-style-type: none"> ✓ Eat 5 or more portions of fruit/vegetable a day ✓ Improve diet Eg, reduce salt, reduce takeaways. ✓ Use relaxation techniques to reduce stress or join a gym ✓ Drink water alongside alcohol to reduce consumption.
Reduce BMI	<ul style="list-style-type: none"> ✓ Reduce fat & sugar intake / improve diet. ✓ Do not exceed recommended daily calories / join a gym or exercise. ✓ Drink more water (no sugar drinks) / reduce alcohol intake. ✓ Move more → get off a stop earlier, lunch break walks.
Increase Peak flow reading	<ul style="list-style-type: none"> ✓ Reduce smoking or use nicotine replacement therapies ✓ Increase exercise / fitness.
Reduce pulse rate and improve recovery time after exercise	<ul style="list-style-type: none"> ✓ Increase exercise → walks, clubs, gym. ✓ Decrease caffeinated drinks Eg coffee, energy drinks. ✓ Reduce stress.
Reducing Alcohol consumption	<ul style="list-style-type: none"> ✓ Drink water alongside alcohol consumption ✓ Join support groups. ✓ Only drink out once a week with friends ✓ Only have recommended 14 units a week
Reducing smoking	<ul style="list-style-type: none"> ✓ Cut down on cigarettes ✓ Use alternative nicotine patches/e-cigarettes/vape ✓ (certain laws reduce smoking to a certain extent)
Increasing exercise	<ul style="list-style-type: none"> ✓ Join a physically active hobby ✓ Join exercise or dance class ✓ Walk ½ house at lunch time ✓ Get off bus a stop early and walk rest of the way

Type of support	Who does this include?	What do/can they do?
Informal support - Emotional support from friends / family / neighbors / colleagues.	Practical – transports, chores, cooking Emotional – encouragement, listening. Advice – sharing experiences.	<ul style="list-style-type: none"> • Join in on your targets • Suggest new ways to achieve targets • Research advice or other services that can help • Quit a certain activity with you. • Share advice and tips.
Formal support – practical support from paid trained professionals.	Primary: Health center, pharmacy, opticians, dentist Secondary: e.g. neurologist/pediatrician/psychiatrist/cardiologist Allied: dietician, physiotherapist, advocate, speech & language therapist, domiciliary care worker, clinical support staff Organizations: Change4Life, Age UK, weight watchers	<ul style="list-style-type: none"> • Diagnose using health indicators. • Health advice or information. • Practical support (medication, aids, groups) • Educate you on risks • Provide emotional support • Speaks on your behalf
Formal Aiding support (voluntary)	Physiological measuring aids, medication, practical support (DVDs) advice (leaflets), support groups, emotional support (encouragement)	<ul style="list-style-type: none"> • Testing kits/weighing scales • Prescriptions • DVD's/healthy menu plans • Leaflets • Support groups (charities?)

C3 - Needs, wants & circumstances (Q5)

C3 - Obstacles (Q6)

Action:		Example
Need	Health issues they NEED to improve - Use information from Q3.	X needs to improve his diet so that he can decrease his high blood pressure. This will decrease his risk of a heart attack.
Wishes	Their wants / dislikes – Use the information from the start of Q4.	X wants to be more active with his children, so my plan incorporates this.
Circumstance	Life situations – Use the information from the start of Q4 and the main scenario.	X is over 65, so its inappropriate for him to run 30 mins per day. His plan reflects his circumstance .

Obstacle	Description	How to overcome / minimise.
Emotional/psychological	<ul style="list-style-type: none"> Lack of motivation Poor self-concept In denial about health problems. 	<ul style="list-style-type: none"> ✓ Suggest new ways to meet people such as voluntary work → prevents isolation ✓ Plan small rewards e.g. buy new clothes after losing weight ✓ Record money saved by not smoking/drinking on Apps ✓ Make sure targets are achievable ✓ Break down targets in to small steps so progress can be seen ✓ Give reassurance, encouragement and regular feedback on progress ✓ Encourage to think about the possibility of change ✓ Help the person understand the long-term health risks of staying the same and benefits of change
Time constraints	<ul style="list-style-type: none"> Care of others (children/elderly) Work or study commitments Appointments Domestic chores Busy time of year Voluntary work 	<ul style="list-style-type: none"> ✓ Find time to exercise Eg. lunch break, stairs instead of lift. ✓ Incorporated into daily routine (walking/cycling to work/ getting off bus a stop early) ✓ Exercise when watching tv (exercise bike/ lunges in adverts) ✓ Exercise at home with App or DVD ✓ If working at desk get up and do regular stretches ✓ Cooking healthy meals in large quantities and freeze rest ✓ Quick healthy recipes from supermarkets/internet ✓ Support ✓ Family Rota for chores/responsibilities ✓ Family members helping out
Availability of resources	<ul style="list-style-type: none"> Lack of access to fitness facilities Cost of healthy food Cost of transport Lack of equipment Cost of facilities 	<ul style="list-style-type: none"> ✓ Some councils run free fitness classes for those with certain health issues. Eg Park run. ✓ Run, walk or take up gardening ✓ Use free fitness phone apps/DVDs ✓ Look for price reductions/offers at shops ✓ Cook food rather than ready meals ✓ Cook in bulk and freeze portions ✓ Make packed lunches instead of buying lunch out ✓ Combine visits to health centre with other trips (e.g. shopping) ✓ Share lifts to social clubs and other trips out ✓ Use weighing scales at local pharmacy/sports centre ✓ Borrow fitness DVDs from library/buy from charity shops ✓ Look for second hand equipment
Unachievable targets	<ul style="list-style-type: none"> High expectations Unclear targets Too many targets Poor timing Unsuitable targets 	<ul style="list-style-type: none"> ✓ Gradually reducing what you would like to get rid of (e.g. cigarettes) ✓ Step by step targets are less daunting (e.g. for weight loss/ anxiety of meeting in large groups first go to small groups) ✓ May require special presentation of targets to its clear ✓ Start date must be appropriate for time of year (e.g. difficult to stop drinking in holiday season) ✓ Appropriate length of time to achieve targets ✓ Have targets separated so there's not too much going on at once (e.g. if you have an addictive personality stopping smoking, reducing alcohol and losing weight is not ideal) ✓ Suitable targets for individual person (e.g. exercise plan for a young person will be very different from an elderly person with mobility issues)

Obstacle	Description	How to overcome / minimise.
Lack of support	<ul style="list-style-type: none"> Lack of family support (ignoring their targets) Lack of peer support (friends may tempt them to ignore targets) 	<p>Family can:</p> <ul style="list-style-type: none"> ✓ Adopt healthy lifestyles ✓ Be encouraging ✓ Buy healthy foods and no have unhealthy food ✓ Give practical or financial help <p>Friends can:</p> <ul style="list-style-type: none"> ✓ Plan alcohol free nights out ✓ Stop offering cigarettes or recreational drugs ✓ Join a club/sport together ✓ Motivate by complimenting achievements
Specific to the individual	<ul style="list-style-type: none"> Depend on a persons; Abilities Disabilities Addictions 	<p>Disability</p> <ul style="list-style-type: none"> ✓ Arrange transport to and from services & family member to accompany ✓ Give plan in suitable forms e.g. braille if bling (or audio/sign language) ✓ Enlist family/friends to offer encouragement & practical support ✓ Explain in clear and appropriate way to be understood ✓ Go to support group with friends or online ✓ Due to mobility suggest appropriate actions such as sitting exercise routines <p>Addiction</p> <ul style="list-style-type: none"> ✓ Joining support group (e.g. alcoholic anonymous) ✓ Provide leaflets explaining the effects of addiction so it can be referred to when feeling confused ✓ Ask friends and family no to offer addictive substances or keep them around the home ✓ Enlist support of family and friends to encourage new friendship and leisure activities ✓ Boost the persons self-concept by pointing out their positive qualities
Barriers to accessing identified services	<ul style="list-style-type: none"> Geographical Financial Psychological Physical Personal needs resources 	<p>Geographical</p> <ul style="list-style-type: none"> ✓ Arranged hospital transport & telephone helplines of internet support groups <p>Financial</p> <ul style="list-style-type: none"> ✓ Free medicine/treatments & direct the person to advice on benefits and employee rights <p>Psychological</p> <ul style="list-style-type: none"> ✓ Talk about concerns and reassure ✓ Direct the person to a charity that supports people with a certain health problem <p>Physical</p> <ul style="list-style-type: none"> ✓ Be aware of services that are adapted for easy access ✓ Ask friend or family member to drop the person at the service <p>Personal needs</p> <ul style="list-style-type: none"> ✓ Provide support services that meet a persons needs e.g. interpreter ✓ Use anti-discriminatory practice and encourages others to do so as well <p>Resources</p> <ul style="list-style-type: none"> ✓ Suggest sources of second hand equipment ✓ Look for alternative strategies (e.g. exercise DVD if no spaces in classes)

Aim for 3 – 4 obstacles.

You must talk about the obstacle AND how to overcome it.