

Component 3 Health and Wellbeing – Year 11

Key Word	Definition	Key Knowledge	Explanation
1 Health	the state of being free from illness or injury.	1 The impact of health	Understanding the importance of good health & the impact of bad health
2 Wellbeing	a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity	2 Wellbeing	A person's wellbeing depends on many factors such as the state of their mental & physical health.
3 Holistic	Taking into consideration the person as a whole	3 Holistic approach	Assessing someone's needs means looking at them as a whole person, taking into consideration their environment, economic and location as well as their PIES
4 Predisposition	a liability or tendency to suffer from a particular condition, hold a particular attitude, or act in a particular way		
5 Hygiene	conditions or practices in maintaining health and preventing disease, especially through cleanliness		
6 Stress	A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.	4 Predisposition	Genetic conditions can be inherited and so it's good to know as much about the condition as possible so you can be better prepared to manage conditions.
7 Poverty	the state of being extremely poor.	5 Personal and clinical Hygiene	Personal hygiene is important to decrease the chances of skin disorders or body odor. Living in a clean home is also important to stop the spread of illness and disease
8 Pollution	the presence of a substance which has harmful or poisonous effects	6 Stress	Individuals live with stress everyday however it can become extreme and stop you working or socializing for example.
9 Health indicators	Routine care that determine a person's Current state of health	7 Poverty	Living in extreme poverty can affect many areas of life including mental health. Not having the right nutrition can affect body weight and appearance. Social isolation can be due to having no money to attend activities and join friends for socializing. Housing can also be affected such as overcrowding
10 Recommendations & support	Suggesting ways, a person can improve their wellbeing & the support that can help		
11 Short term targets	Goals that can help make changes within 6 months		
12 Long term targets	Goals that can help make changes over 6 months and up to a year or maybe longer depending on circumstances	8 Pollution	Can affect sleep (noise) health (air)
13 Care plan	A plan of care that is provided by a professional after an assessment has been completed	9 Health indicators	Routine care – blood pressure checks, temperature, weight, BMI, peak flow – can all indicate bad or good health
14 Barriers	Barriers that can get in the way of following a plan that will ultimately improve health and wellbeing. <i>Its vital these obstacles are overcome</i>	13 Person centered care	Its important that your individual is involved in their care plan, and they are suited to their needs, wishes & circumstances
		14 Obstacles	Many people stop following care plans, this could be lack of support, time or lack of motivation.