

Good work - research enhances your understanding of how health & wellbeing is impacted by physical factors.

# BTEC Health and Social Care (2022) Physical Factors



Explain how inherited conditions are passed on from biological parents to children

Inherited conditions are passed from biological parents to children through genes. When a parent carries a particular condition it is a high chance that the child will inherit the disease.



Connective tissue holds together other tissues and organs

Describe how physical health can occur throughout a person's life

Physical health varies factors such as diet, exercise, sleep, stress, and regular management check up. Some conditions may make it harder to keep active. Make physical health a priority.

Examples of physical ill health include

**Cardiovascular disease** - affects the heart and blood vessels. It can lead to angina, chest pain, strokes and heart attacks.

**Type 2 diabetes** - causes blood sugar levels to become too high. Symptoms include blurred vision, tiredness and unexpected weight loss.

**Obesity** - when a person becomes very overweight. It can increase their risk of other health problems such as type 2 diabetes.

Physical ill health is not always caused by genes.

Explain how lifestyle choices can affect physical development.

Smoking, drugs, alcohol and diet can also affect physical development by premature aging, wrinkles and dull complexion. Alcohol can interfere with the body absorbing nutrients, harm the liver, metabolism and detoxification. Drugs can harm vital organs like the liver, kidneys, and brain. Eating a balanced and nutritious diet means support growth, muscle development and overall health.



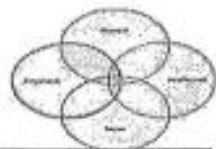
How might having an inherited condition affect health and wellbeing

| Physical                                                                            | Emotional                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| can cause discomfort and pain. Some conditions might make it harder to keep active. | People may be stressed or anxious about their health. Impacts on appearance and abilities can lead to poor self-image and self-esteem.                                                                                           |
| Intellectual                                                                        | Social                                                                                                                                                                                                                           |
|                                                                                     | Some conditions can lead to reliance on others and reduced independence. Physical characteristics can cause lack of confidence and forming relationships. This can make it difficult to form friendships and lead to loneliness. |

Explain how physical ill health has a negative effects on a person's health and wellbeing

| Physical                                                                                          | Emotional                                                                                                                                         |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Physical symptoms of the specific illness. Symptoms, might be difficult to keep fit and exercise. | Symptoms can lead to negative self-image and decreased self esteem. Stress and anxiety about their health and impact on daily life.               |
| Intellectual                                                                                      | Social                                                                                                                                            |
|                                                                                                   | Time spent at medical appointments can lead to missed social opportunities. Loss of independence and fewer opportunities to go out and socialise. |

# BTEC Health and Social Care (2022) Physical Factors



## Explain how Stress and anxiety can impact mental health

Stress and anxiety can lead to ~~stress and anxiety~~ feelings of overwhelm, worry and unease. These can lead to depression, insomnia, and even physical health problems.



## How can physical disabilities make it difficult for people to partake in some activities

Challenging for activities that involve running and jumping. They need adaptive services to make it able for them to do normal-daily tasks.

## Explain how a person's PIES are impacted by them having a physical disability

### Physical

Short term: muscle tension, stomach pain, and breathless

### Emotional

Feeling unhappy and developing low-self esteem.

### Intellectual

### Social

Finding it difficult to join in with some activities. Reduced opportunities for going out to socialise and meet new people and



Being physically active can have positive effects as it allows a person to easily take part in physical activities (e.g. sports).

## How can mental health impact PIES

### Physical

stress and anxiety, or depression, it can manifest physically. stress can lead to headaches muscle tension, stomach issues and immune system.

### Emotional

mood swings, irritability, sadness, or feeling overwhelmed. Then depression and anxiety

### Intellectual

### Social

challenging to engage in social activities, meet new people. feelings of isolation with withdrawal or difficulty communicating with others effectively.

Social isolation is when a person doesn't have many social relationships and so doesn't interact with others regularly.

## Explain what a sensory impairment is

one or more of a person's senses are affected such as sight, hearing, touch, taste or smell. These can impact their ~~speech~~ speaking to other people.

## What are the possible effects of having a sensory impairment on PIES

### Physical

Difficulty taking part in some physical activities.

### Emotional

Decreased self-image and self-esteem due to differences. Feeling stressed and frustrated by the effects of their disability.

### Intellectual

### Social

Delayed development of communication and social skills. Finding it difficult to safely go out alone or join in with some activities.



SUBMISSION

COPY TO LESSON

- There are a number of factors affecting human growth and development. Complete the revision sheets in preparation for the next topic on the syllabus.

Physical factors:

- inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington's disease
- experience of illness and disease
- mental ill health – anxiety, stress
- physical ill health – cardiovascular disease, obesity, type 2 diabetes
- disabilities
- sensory impairments.