

Question 18 (7 marks)

Explain a range of factors that can impact on health and wellbeing.

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A range of factors that can have a serious impact of ~~the~~ a persons health and wellbeing could range from ~~the~~ categories ranging from biological, psychological and socially. Together these 3 important themes can impact on one another and thus affect the individual. Biological factors such as diet and stress can have massive changes to a persons life. By eating foods that are not of a healthy portion could cause someone to become too thin or obese, or ~~the~~ could develop a low source of important vitamins such as iron found in red meat and nuts. Stress levels can also affect an individual in the way that too much stress could inhibit someone by them not getting enough sleep, not thinking straight and a lower immune system. Stress can also impact on our psychological and social life too. Stress can inhibit the ~~mind~~ brain from functioning properly and causes the individual to not think clearly; stress can also affect a social life by people becoming irate and upset over pointless disputes. That is why a good overall balance of holistic care is important to an individuals health and wellbeing.