

Question 18 (7 marks)

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

7

A range of determinants can impact on individuals health and wellbeing. These include psychological, environmental, cultural and physiological factors. Psychological factors, for example, how one deals with stress and their emotional interactions with others, can have a large impact on the health and wellbeing of a person. Environmental factors such as geographic location and access to technology also impacts on individuals health in regards to how much access they have to services and information. Cultural factors such as beliefs and religion heavily impact on individual's wellbeing. For example, some cultures only allow female nurses to contact them while others don't believe in blood transfusion if their life is in danger. Socio-economic factors affect one's health and wellbeing such as employment and education. It is important to understand health and wellbeing is affected not only by the impact of physical illness and disease but also the influence of social factors. Barriers to good health, such as access, knowledge and socioeconomic status must be addressed and reduced if one is to achieve overall good health and wellbeing.