

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 impact on health and well-being are: lifestyle factors, lifestyle choices, communication, social, environmental factors and nutrition. Lifestyle factors and choices can impact on people's health and wellbeing by the way they live, for example if a person has to move into a nursing home their life would change which would affect their health and wellbeing. Communication factors and issues can impact on people's wellbeing and health by them not being able to hear or talk to others which would impact on their wellbeing as they could be frustrated, angry and upset that they can't communicate effectively with others. Social factors can impact on health and wellbeing of people as they wouldn't feel confident if they don't socialise with others but if they do socialise with others it would improve their health and wellbeing by making them happy, for example people can socialise through playing or talking to others. Environmental factors such as where they live, what they can access can impact on people's health and wellbeing - by not being able to go to health services (eg: doctors, physio, dentist, hospital, etc) would give them bad health and wellbeing.