

Question 18 (7 marks)

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

7

A range of factors can impact majority on a person's health and wellbeing.

If a person becomes sick or ill or has a disability it can impact on their physical health, mental health, and their wellbeing.

Depression can cause someone to feel down and alone all the time and loses their motivation to go out, be active and socialize.

If people gain weight unexpectedly it may cause someone to lose friends and not be social.

Sick family members may cause others to be 'down' and grieve over their loss.

Having a sickness or disease may cause someone to lose interest on their physical appearance, their mental health and lifestyle of family and friends.