

Question 18 (7 marks)

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

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There are many factors that can impact on health and wellbeing including age, religion, environment, diet and even genetics. Age is an obvious influence on health and wellbeing as the human body becomes more frail and damaged as it grows older. Bones begin ~~to~~ to wear out, other organs begin to struggle to stay strong resulting in many different problications. Religion is a possible impact on health and wellbeing as many religions choose to manipulate their diets, resulting in insufficient intakes of certain food groups resulting in further problications like low fibre or low blood glucose levels. Another major factor that influences health & wellbeing is environment. One needs to live in an appropriate sterile environment to ensure that no infection or cross contamination from foreign matter is experienced. Finally, the human gene pool may impact on health and wellbeing as the ¹¹-heritage of ones body may be the reason for illness, fore example HIV or diabetes.

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