

Question 18 (7 marks)

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

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Health is a state of physical, mental, psychological and social presence and without the presence of illness or disease. Factors that can affect health can be such things as environment you live in, income, education, nutrition, family/friend influences, smoking or drinking alcohol. A person that lives in a overcrowded home may have a low income and are unaware of the risks of eating "junk food" and not eating healthy nutritious foods. These will often lead to a people being more regular "sick" from the flu or malnutrition. Wellbeing is when a person's social interactions, physical health and mental health are balanced equally. This could mean having a good relationship with friends and family, being able to go outside without feeling anxious or scared. Have no physical limitations. Each person is different and their level of health and wellbeing can be different to that of another person.