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Surname					Other names					
Centre Number					Learner Registration Number					
<b>Pearson BTEC</b> <b>Level 1/Level 2</b> <b>First Certificate</b>					<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

# Health and Social Care

## Unit 9: Healthy Living

Friday 13 January 2017 – Morning <b>Time: 1 hour</b>	Paper Reference <b>20952E</b>
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<b>You do not need any other materials.</b>	Total Marks
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### Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*

### Information

- The total mark for this paper is 50.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*

### Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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**Answer ALL questions.**

**Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.**

Health professionals encourage people to lead healthy lifestyles.

1 (a) The World Health Organization (WHO) defines health as: (1)

- A** a complete state of physical, mental and social wellbeing, and not merely the absence of disease or infirmity.
- B** feeling completely healthy all of the time without disease or infection.
- C** being able to live a full life and to contribute economically.
- D** the holistic balance of physical, social, emotional and intellectual wellbeing.

(b) (i) State **two** benefits of work for an individual's health and wellbeing. (2)

1 .....

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2 .....

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(ii) State **two** sources of formal support that could help people lead healthy lifestyles. (2)

1 .....

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2 .....

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(iii) Describe **one** way that exercise can help improve physical health. (2)

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(c) State **three** possible effects on an individual's health and wellbeing of having good personal hygiene.

(3)

1.....

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3.....

(d) Explain **two** ways in which an unbalanced diet may have an effect on physical health.

(4)

1.....

2.....

(Total for Question 1 = 14 marks)



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Omar and Sally are married. They have two children. Paulette is 19 years old and Rita is 9 years old.

Sally works part time in a supermarket. She also helps to support her grandfather, George, who lives close to her home.

Omar smokes heavily. He smokes in the family home.

- 2 (a) (i) State **two** possible ways in which smoking might affect Omar's physical health and wellbeing.

(2)

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- (ii) Describe **one** possible negative effect of Omar's smoking on Rita's social and emotional health and wellbeing.

(2)

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- (iii) Identify **two** ways in which his family could help Omar stop smoking.

(2)

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Rita is 9 years old.

(b) (i) Name **two** conditions that Rita may have a genetic predisposition for.

(2)

1 .....

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2 .....

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Rita has had a poor sleep pattern since she was born. This means she is always tired.

(ii) Explain **one** way in which Rita's tiredness may affect her intellectual health and wellbeing.

(2)

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(iii) State **two** approaches Rita's family could use to help improve her sleep pattern.

(2)

1 .....

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Sally helps support her grandfather to live independently.

(c) (i) State **two** barriers that Sally might face when trying to support her grandfather.

(2)

1 .....

2 .....

(ii) Explain **two** ways in which supporting her grandfather could affect Sally's emotional health and wellbeing.

(4)

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Paulette is 19 years old. She is at a local university.  
Paulette met Jay at university and they have been dating for six months.

(d) (i) Describe **one** reason why Paulette and Jay may choose to practise safe sex.

(2)

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(ii) Explain **two** ways that practising safe sex may affect Paulette's emotional health and wellbeing.

(4)

1.....

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Jay regularly experiences periods of stress and anxiety during his exams and Paulette supports him during these times.

(e) Explain **two** ways that supporting Jay when he has periods of stress and anxiety could affect Paulette's health and wellbeing.

(4)

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Read the information about George in the box.

George is 70 years old. He lives independently and enjoys the support of his granddaughter, Sally.

He does not eat regularly and when he does eat it is often unhealthy ready meals or takeaway meals. Some days George hardly eats at all. He is underweight.

George drinks well above the recommended daily level of alcohol on a regular basis and he says this is because he is lonely.

George has decided to try to improve his health and wellbeing.

- (f) Evaluate the possible strategies George may use to improve his health and wellbeing and the possible barriers that he may face.

(8)

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(Total for Question 2 = 36 marks)

**TOTAL FOR PAPER = 50 MARKS**



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