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Answer ALL the questions. Write your answers in the spaces provided.

1. (a) Lifestyle choices affect health and wellbeing in both **positive** and **negative** ways.

(i) Identify **one** lifestyle choice that could have a **positive** effect.

..... (1)

(ii) Identify **one** lifestyle choice that could have a **negative** effect.

..... (1)

(b) Lifestyle choices have both **short-term** and **long-term** effects on health and wellbeing.

(i) Identify **one short-term** effect.

..... (1)

(ii) Identify **one long-term** effect.

..... (1)

(c) Identify **one** lifestyle choice that would **increase** the risk of having a stroke.

..... (1)

(d) Identify **one** lifestyle choice that would **reduce** the risk of developing heart disease.

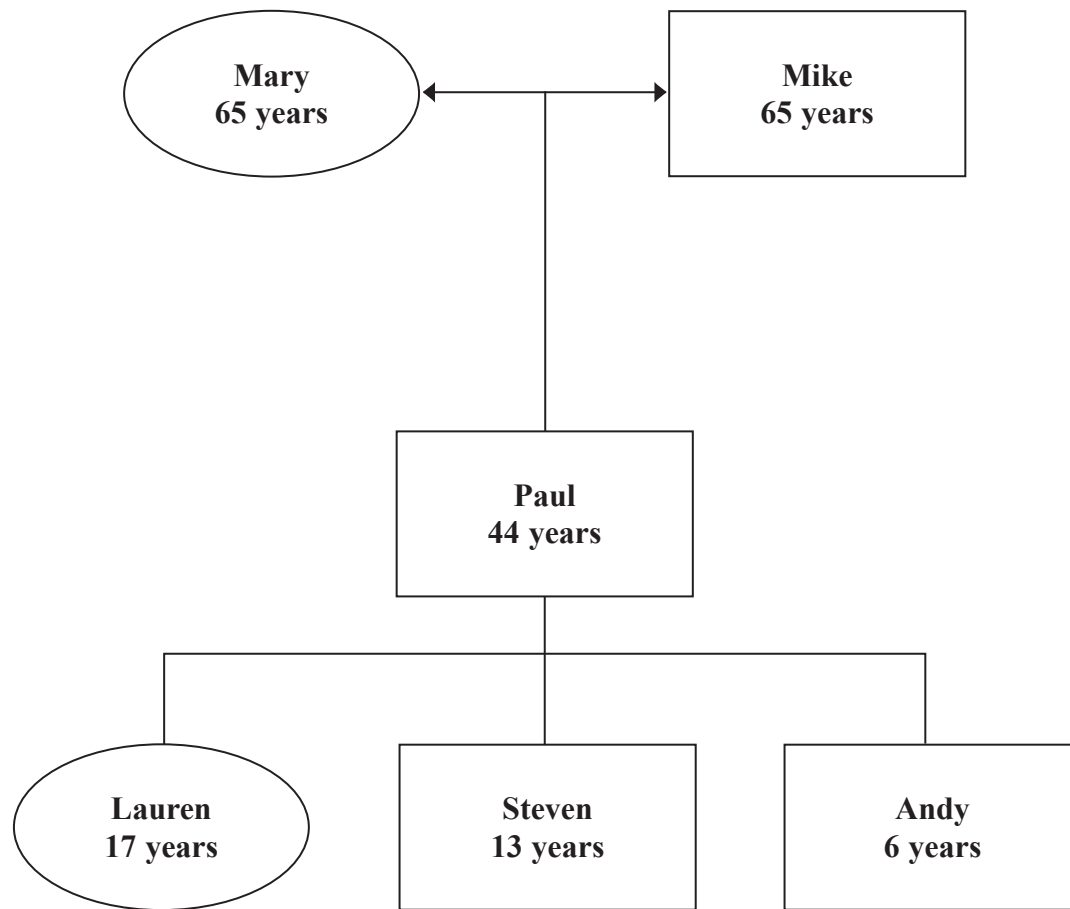
..... (1)

(Total 6 marks)

Q1



The following diagram relates to the case studies in questions 2 to 6.



2. (a)

Paul is 44 years old. His wife died of breast cancer two years ago. Paul is a Police Officer in the village where he lives. He watches sport on television. He likes running to keep fit. He goes to his local pub with his friends. He drinks beer and smokes cigarettes.

(i) Identify **two** activities that Paul does that may have a **positive** effect on his health and wellbeing.

1

2

(2)

(ii) Identify **one** lifestyle choice made by Paul that could have a **negative** effect on his health and wellbeing.

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(1)

(b)

Paul has three children. Andy is 6 years old, Steven is 13 years old and Lauren is 17 years old. Andy plays football for his school team. Steven does not play any sport, but he likes watching sport on the television with his dad and playing computer games. Lauren does not like sport. She likes music and plays the electric guitar. She is vegetarian.

(i) Identify **one** activity that Paul likes that could have a **positive** effect on his children.

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(1)

(ii) Identify **one** lifestyle choice made by Lauren and outline how this may affect her health and wellbeing.

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(3)



(iii) Identify **one** activity that Steven does and outline how it may affect his health and wellbeing.

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(3)

(c) Describe the **short-term** and **long-term** effects of Paul's smoking on the health and wellbeing of his children.

(i) Short-term

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(2)

(ii) Long-term

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(2)



(d) Identify and describe **one** activity or **one** lifestyle choice, **not mentioned** in the case study, which Paul and his children could do together that may **positively** affect their health and wellbeing.

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(4)

(Total 18 marks)

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Q2

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3.

Mary and Mike are Paul's parents and Lauren, Steven and Andy's grandparents. They are both 65 years old. They are retired. They live in the same village as Paul. Mary likes gardening and Mike likes cycling. They both enjoy walking their dog together.

(a) Identify **one** social factor that could affect the health and wellbeing of Mary.

..... (1)

(b) Identify **two** social factors that could affect the health and wellbeing of Paul in a **positive** way.

1

2 (2)

(c) Identify **one** economic factor that could affect the health and wellbeing of Mike and Mary.

..... (1)

(d) Mike is retired. Describe how being retired may affect his health and wellbeing.

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..... (4)



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blank

(e) Describe **one** way in which living close to their grandparents may affect Lauren, Steven and Andy's wellbeing.

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(4)

(f)

Paul is a Police Officer. Burglary has been on the increase in the village. Crime is a social factor that may have an influence on the health and wellbeing of people and families.

Describe what effects a crime like burglary might have on the health and wellbeing of families living in Paul's village.

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(6)

(Total 18 marks)

Q3



4. (a)

The local health centre provides many services to the village community. The doctors and nurses assess patients' health and wellbeing in different ways, e.g. interviewing, observing and carrying out different baseline measurements.

(i) Identify **two** different baseline measurements that can be used to assess a patient's health.

1

2

(2)

(ii) Paul smokes cigarettes.

Identify **one** way his health could be assessed to discover whether smoking is affecting his lungs.

.....

(1)

(b)

Lauren goes to college. She has been under a lot of stress following the death of her mother and has recently lost a lot of weight. Mary is very worried about her granddaughter's health and wellbeing. She has taken Lauren to the doctor for a chat and health assessment.

(i) Identify **one** way that Lauren's mental health and wellbeing could be assessed at the health centre.

.....

(1)

(ii) Identify **one** other organisation that could assess Lauren's health and wellbeing and **one** worker within this organisation that could refer her further for help.

Organisation

Worker

(2)

Q4

(Total 6 marks)



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5.

Mike and Paul go to the Well-Man Clinic for a check up once a year. The doctor has told Mike that he needs to lose weight. Paul has started to get short of breath lately, especially when running.

(a) Identify **one** baseline measurement that could be used to assess Mike’s health.

..... (1)

(b) Identify **one** other baseline measurement different than Mike’s, which could be used to assess Paul’s health.

..... (1)

(c) Choose **one** of the baseline measurements above [in 5(a) or 5(b)] and describe what this baseline measurement assesses and how it is carried out by the doctor or nurse.

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(4)

Q5

(Total 6 marks)



