

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

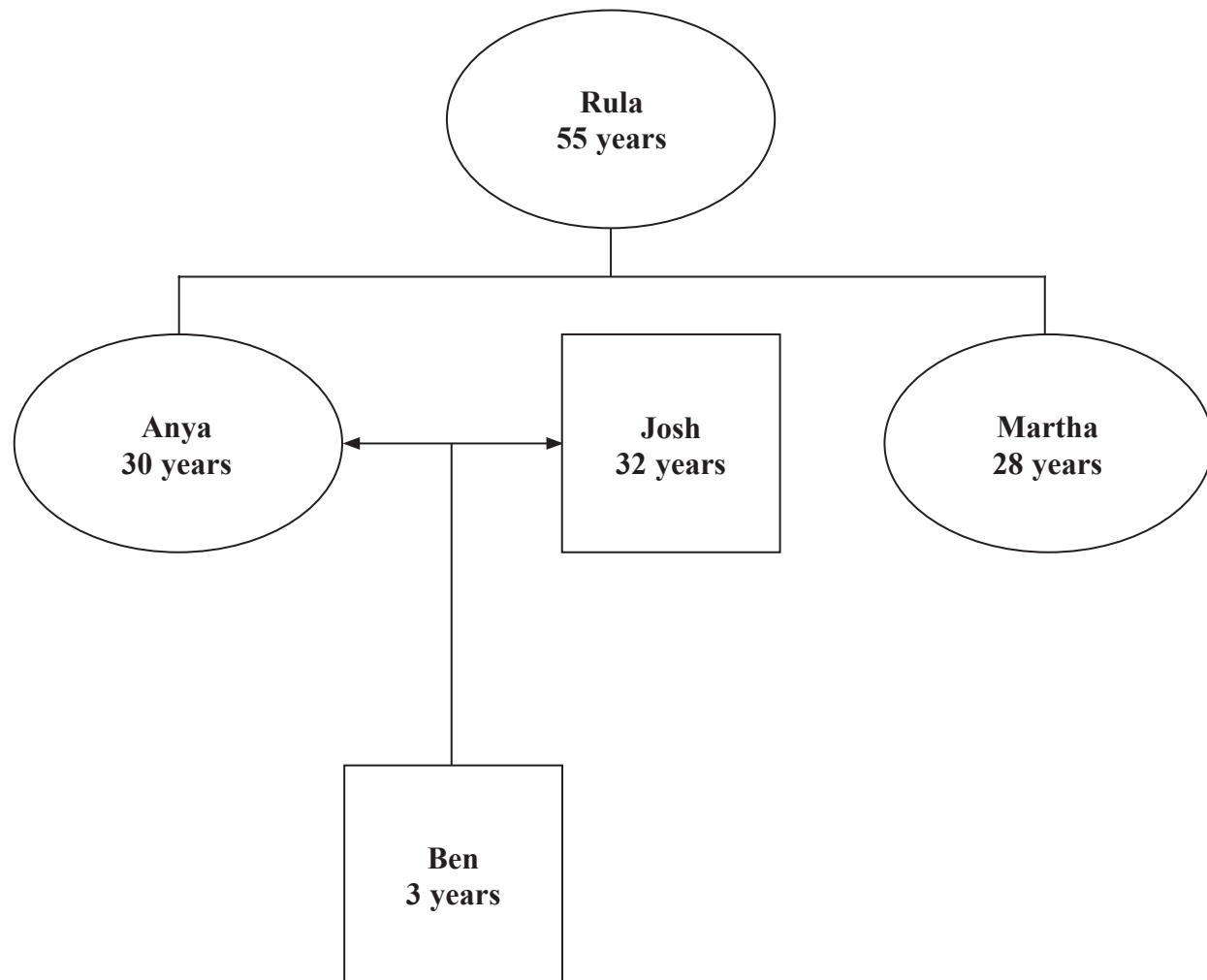
1. (a) Lifestyle choices affect health and wellbeing in **negative** and **positive** ways.
- (i) Identify **one** lifestyle choice that could have a **negative** effect on health and wellbeing.
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- (1)
- (ii) Identify **one** lifestyle choice that could have a **positive** effect on health and wellbeing.
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- (1)
- (b) Identify **one** lifestyle choice that could **increase** the risk of obesity.
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- (1)
- (c) Identify **one** lifestyle choice that could **reduce** the risk of having a stroke.
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- (1)
- (d) Exercise is a lifestyle choice that can have **short-term** and **long-term** effects on health and wellbeing.
- (i) Identify **one short-term** effect of exercise on health and wellbeing.
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- (1)
- (ii) Identify **one long-term** effect of exercise on health and wellbeing.
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- (1)

(Total 6 marks)

Q1



The following family tree relates to the case studies in Questions 2 to 6.



2.

Anya is 30 years old, 8 months pregnant and on maternity leave. Anya likes swimming. Anya is married to Josh who is 32 years old. Josh is a Youth Worker in the city where they live. Josh plays squash. Anya and Josh are both ex-smokers. They have a 3-year-old son Ben. Ben goes to nursery two days a week. Anya is helping Ben to learn to swim and Josh likes to take Ben to the park to play football.

(a) Identify **two** of Josh's activities that may have a **positive** effect on his health and wellbeing.

1

2

(2)

(b) Identify **one** of Anya's lifestyle choices that could have a **positive** effect on Ben's health and wellbeing.

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(1)

(c) Identify **one** of Anya's activities that would have a **positive** effect on her unborn child.

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(1)

(d) Identify **one** of Anya's lifestyle choices and outline how this may affect her health and wellbeing.

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(3)



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blank

(e) Identify **one** activity that Ben does and outline how this may affect his health and wellbeing.

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(3)

Anya has a sister, Martha, who is 28 years old. She works full time and eats a lot of fatty foods.

(f) Describe the **negative** effects of eating a high fat diet on Martha's health and wellbeing.

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(4)





(g) Identify and describe **one** activity or **one** lifestyle choice **not mentioned** in the case study that Anya's family, or Martha, could do that may have a **positive** affect on their health and wellbeing.

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(4)

Q2

(Total 18 marks)

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7
Turn over

3.

Rula is Anya and Martha's mum. She is 55 years old. She works part time as a dentist's receptionist. Her husband died a few years ago and she now lives alone. She helps Anya by looking after Ben. She likes to play Bingo. Since her husband's death, Rula has put on a lot of weight.

(a) Identify **one** economic factor that could affect Rula's health and wellbeing.

..... (1)

(b) Identify **one** social factor that could affect Anya's health and wellbeing.

..... (1)

(c) Identify **two** social factors that could affect Rula's health and wellbeing in a **positive** way.

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(2)

(d) Rula wants to start working full time. Describe how this change may improve her health and wellbeing.

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(4)



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(e) Describe how living near to his aunt and grandmother may have a positive effect on Ben's health and wellbeing.

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(4)

(f) Josh is concerned about the number of young people who binge drink. Describe how binge drinking may affect their health and wellbeing.

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(6)

(Total 18 marks)

Q3

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4.

Anya sees her midwife at the health centre. The midwife assesses Anya's health and wellbeing in different ways, e.g. interviewing, observing and carrying out different baseline measurements.

(a) Identify **two** different ways in which Anya's health and wellbeing can be assessed at the health centre.

- 1
 - 2
- (2)**

Rula would like to lose weight and attends exercise classes at the health centre. She has had her BMI measured. Her BMI is too high and could have serious effects on her health.

(b) What does BMI mean?

- B
 - M
 - I
- (1)**

(c) Identify the **two** measurements needed to calculate a person's BMI.

- 1
 - 2
- (2)**

(d) Identify **one** healthy BMI measurement.

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- (1)**

(Total 6 marks)

Q4



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5. (a) Identify **two** baseline measurements, other than BMI, that may be used to assess health and wellbeing.

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(2)

(b) Choose **one** of the baseline measurements identified in 5(a). Describe what this baseline measurement assesses and how it is taken.

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(4)

Q5

(Total 6 marks)

TURN OVER FOR QUESTION 6.



