

Write your name here	
Surname	Other names
Edexcel	Centre Number
Principal Learning	Candidate Number
Society, Health and Development Level 1 Unit 6: Health, Wellbeing and Lifestyle	
Friday 11 June 2010 – Morning Time: 1 hour	Paper Reference SH106/01
You do not need any other materials.	Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate 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 60.
- 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.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

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

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

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

(a) In the table below

- (i) Identify, by putting a cross in the positive column, **two** lifestyle choices that affect health and wellbeing in a positive way. (2)
- (ii) Identify, by putting a cross in the negative column, **two** lifestyle choices that affect health and wellbeing in a negative way. (2)

Lifestyle Choice	Positive	Negative
Using recreational drugs	<input type="checkbox"/>	<input type="checkbox"/>
Eating a balanced diet	<input type="checkbox"/>	<input type="checkbox"/>
Playing a sport	<input type="checkbox"/>	<input type="checkbox"/>
Lack of exercise	<input type="checkbox"/>	<input type="checkbox"/>

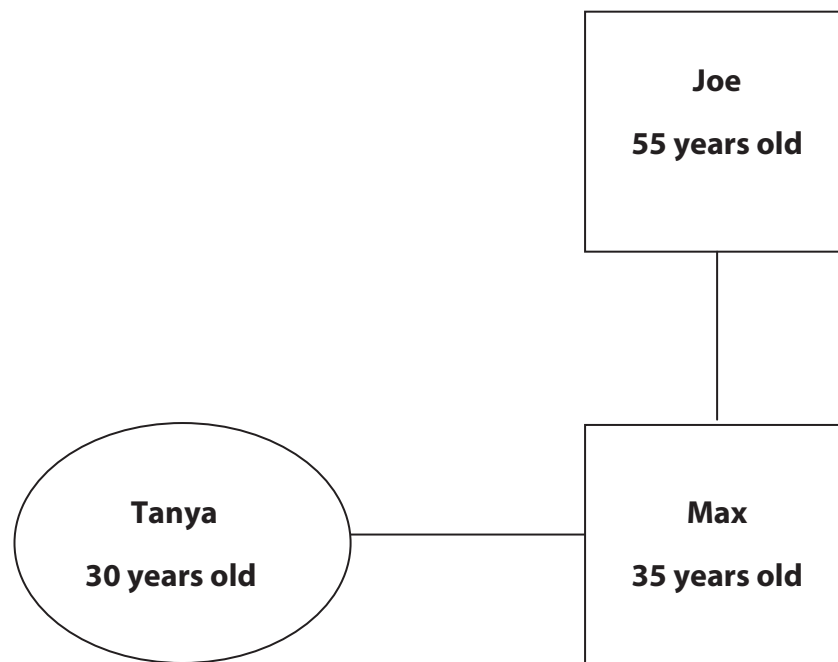
(b) Identify **one** lifestyle choice that would reduce the risk of coronary heart disease. (1)

(c) Identify **one** long-term effect on health and wellbeing of smoking cigarettes. (1)

(Total for Question 1 = 6 marks)



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



2

Tanya and her partner Max are expecting their first child. Max works part time and enjoys cycling. Tanya works full time as a hairdresser. They both enjoy walking their dog in the park together. Tanya doesn't do any other exercise. Tanya is a vegetarian. They both enjoy cooking and drinking wine.

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

(2)

1

2

(ii) Being vegetarian is a lifestyle choice.

Identify how being a vegetarian may have a **positive** effect on health and wellbeing.

(1)

(b) (i) In addition to being vegetarian, identify **one** activity that Tanya does that may have a **positive** effect on her health and wellbeing.

(1)

(ii) Identify **one** lifestyle choice made by Tanya and outline the effect this may have on her health and wellbeing.

(3)

Lifestyle choice

Effect



(iii) Drinking too much alcohol can be harmful.

Describe the **negative** effects of drinking too much alcohol on a person's health and wellbeing.

(3)

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(c) Max enjoys cycling.

Describe **one** short-term effect and **one** long-term effect this may have on his health and wellbeing.

(i) Short-term

(2)

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(ii) Long-term

(2)

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(d) Identify and describe a lifestyle choice or activity, **not** mentioned in the case study, that could positively affect Max and Tanya's health and wellbeing.

(4)

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(Total for Question 2 = 18 marks)



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3

Joe is Max's dad. Joe smokes cigarettes and enjoys drinking beer with his friends at the pub. He is overweight. He is 55 years old and unemployed. Joe gets social security benefits. Since becoming unemployed Joe sometimes feels depressed. He worries about his future and how he will cope in his old age. Max helps his dad when he can.

(a) Using the case study identify **one** economic factor that could affect Joe's health and wellbeing. (1)

(b) Using the case study identify **one** social factor that could affect Joe's health and wellbeing. (1)

(c) Being unemployed may have negative effects on a person's health and wellbeing. Identify, by putting a cross ☒ in the correct box, the **four** negative effects of unemployment on health and wellbeing. (4)

Less money for a holiday	<input type="checkbox"/>
More free time to do a hobby	<input type="checkbox"/>
Reduced income	<input type="checkbox"/>
More time to spend with family	<input type="checkbox"/>
Low self esteem	<input type="checkbox"/>
Isolated from work friends	<input type="checkbox"/>



(d) Describe how **two** lifestyle choices may negatively affect Joe's physical health and wellbeing.

(4)

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(e) Max helps his dad when he can.

Describe what effects this may have on Joe's health and wellbeing.

(4)

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(f) Max and Tanya's car has been stolen.

Describe what effects a crime like this might have on the health and wellbeing of Max and Tanya and their community.

(4)

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(Total for Question 3 = 18 marks)



4 (a)

At the health centre in the town, doctors and nurses assess patients' health and wellbeing in different ways. One way is to take baseline measurements.

- (i) Identify **two** different ways, other than baseline measurements, used to assess a patient's health.

(2)

1

2

- (ii) Joe smokes cigarettes.

Identify **one** baseline measurement that could be used to assess whether smoking is affecting the health of Joe's lungs.

(1)

(b)

Tanya sees her midwife at the health centre to check her health and the health of her baby. The midwife takes Tanya's blood pressure (BP). Her last BP test gave a reading of 130/95 mm Hg. This reading is high. Tanya must rest and go back for another BP test.

- (i) Identify a baseline measurement that could be used to assess Tanya's health during her pregnancy.

(1)

- (ii) Using your own knowledge and **not** information from the case study, identify **one** other baseline measurement, and **one** worker who could carry out this measurement, to assess Tanya's health and wellbeing.

(2)

Baseline measurement

Worker

(Total for Question 4 = 6 marks)



5

Joe goes to the Well-Man Clinic at the health centre for a check up once a year. He is overweight and is feeling depressed.

(a) Describe **one** way the nurse could find out about Joe's depression.

(2)

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(b) Joe has his body mass index (BMI) calculated.

Describe how BMI is calculated and what it assesses.

(4)

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(Total for Question 5 = 6 marks)



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