

# Health and wellbeing

Health and wellbeing is a combination of physical health and social, emotional and intellectual (mental) wellbeing, not just the absence of disease or illness. Health professionals must understand the needs of the whole person to be able to support them.

## The whole person

PIES stands for:

- Physical
- Intellectual
- Emotional
- Social.

It will help you to remember that health and wellbeing is about the **whole person**. A **holistic** approach is about meeting the needs of the whole person.



Social isolation has a negative effect on health and wellbeing.

Wellbeing comes from recognising the importance of all aspects of health.

### 1 Physical health comes from:

- healthy body systems
- regular exercise
- a healthy diet
- regular sleep patterns
- access to shelter and warmth
- good personal hygiene

### 3 Emotional wellbeing comes from:

- feeling safe and secure
- being able to express all emotions
- knowing how to deal with negative emotions
- being respected by others
- having positive **self-concept**

## A holistic approach

### 2 Intellectual wellbeing comes from keeping the brain healthy and active, through opportunities to:

- concentrate
- learn new skills and knowledge
- communicate
- solve problems

### 4 Social wellbeing comes from a person's relationships with others:

- friendships and other positive social relationships
- strong family relationships
- relationships as part of a social group

## Now try this

Explain what is meant by a holistic approach to health and wellbeing.

The World Health Organization (WHO) states that health and wellbeing is not just the absence of disease.

# Genetic inheritance

Genes are inherited by children from both their birth parents. Genetic inheritance is a physical factor that can have positive and negative effects on a person's health and wellbeing.

## Inherited physical characteristics

Children inherit many physical characteristics from their parents, such as height, skin and eye colour, and hair type and colour. These characteristics can affect social and emotional wellbeing because they influence a person's **self-concept**, which is composed of their:

- **self-image** (how a person sees themselves)
- **self-esteem** (how they feel about themselves).

## Genes and environment

Chromosomes carry **genes** that determine aspects of a person's physical makeup. A gene is a section of DNA that carries a code. Different versions of a gene, which code for variations of the same characteristic (such as blue eyes and brown eyes), are called **alleles**.

Environmental factors, such as diet, also have an effect on physical appearance. For example, a person may not grow to their full, genetically determined height if they do not have enough food.

## Inherited conditions

Sometimes alleles can be faulty. Conditions may be inherited when faulty alleles are passed from one parent (if dominant) or both parents (if recessive). Conditions can also be caused by whole chromosome abnormalities, for example Down's syndrome. This most commonly occurs when a child inherits an extra chromosome 21.

Condition	Effects	Allele type
Huntington's disease	Involuntary movements and gradual loss of intellectual ability	Dominant
Neurofibromatosis (NF1)	Tumours grow along nerves	Dominant
Cystic fibrosis	A build-up of sticky mucus damages the lungs	Recessive
Sickle cell anaemia	Blood disease causing episodes of pain	Recessive

## Genetic predisposition

Some people are **predisposed** (more likely) to develop conditions because of their genetic makeup, for example heart disease, cancer and diabetes.

Whether a person *actually* develops these conditions depends on **lifestyle and environmental factors**, such as diet and exercise, air quality and level of stress.

## Effects of inherited disorders

Inherited conditions can affect the whole person:

- **Physical** health – body systems, growth and mobility.
- **Intellectual** wellbeing – learning, thinking, problem solving and decision making.
- **Emotional** wellbeing – how people feel about themselves.
- **Social** wellbeing – the ability to build relationships.

## Now try this

Gemma, aged 14, has the inherited condition cystic fibrosis. She has regular physiotherapy to help clear her lungs of mucus and frequently spends time in hospital.

Describe possible effects of cystic fibrosis on Gemma's physical, intellectual, emotional and social wellbeing.

As well as the physical effects, think about the impact of missing school and how Gemma feels about herself.

Had a look ☐Nearly there ☐Nailed it! ☐

## Ill health

Ill health is a physical factor that can have a negative effect on health and wellbeing. Ill health may be described as **acute** or **chronic**.

### Chronic illness

Chronic illness comes on more slowly and lasts for a long period of time, sometimes a lifetime. Often physical symptoms can be treated with medication, but not usually cured. Examples include:

- diabetes
- arthritis
- asthma
- heart disease
- bipolar disorder.

### Managing chronic illness

The key to managing **chronic illness** is to address the negative impacts on the whole person – to make sure physical, intellectual, emotional and social needs are met. For example, for a child with a chronic condition, this might mean using medication to control symptoms, continued schooling while in hospital, counselling to help with negative emotions and opportunities to socialise with other young people.

### Possible negative effects of chronic illness

Long-term illness affects the whole person.

<b>Physical</b>	Poor rate of growth Unusual physiological change during puberty Restricted movement
<b>Intellectual</b>	Disrupted learning because of missing school Difficulties in thinking and problem solving Memory problems
<b>Emotional</b>	Negative self-concept Stress
<b>Social</b>	Isolation Loss of independence Difficulties developing relationships

### Acute illness

Acute illness starts quickly and lasts for a short period of time. Examples include bacterial and viral infections and heart palpitations. Since acute illnesses are short-lived, any negative effects are usually short term and usually people recover completely.



Chickenpox is an acute viral infection that usually affects young children. It goes away quickly and long-term negative effects are rare.

### Managing acute illness

Physical symptoms of acute illness, such as bacterial infection, pain and fever, can often be treated in the short term with medication.

### Links between acute and chronic illness

Long-term conditions, such as chronic heart disease, may lead to acute illness, such as heart attack.

### Now try this

Give one negative effect of arthritis in each category of health and wellbeing: physical, intellectual, emotional and social.

It might help to consider how arthritis has affected someone you know.



## Accident and injury

An accident is a physical factor that happens unexpectedly. An injury from an accident may affect a person's health and wellbeing in the short or long term, causing acute or chronic illness.

### Acute negative effects of injury

Minor injuries may have **acute** (temporary) negative effects on a person's health and wellbeing, such as pain and immobility. Recovery may take from a few weeks to a few months. When injuries heal, people often return to life as usual.

Injury	Treatment
Broken bones	Immobilisation in a plaster cast, possibly after surgery
Minor burns	Regular changes of dressings
Cuts	Dressings and sometimes stitches
Sprains	RICE – Rest, Ice, Compression, Elevation

### Negative effects of chronic illness from serious injury

Some more serious injuries have **chronic** (permanent and life-changing) negative effects on all aspects of a person's health and wellbeing.

<b>Physical effects</b> <ul style="list-style-type: none"> <li>• Loss of mobility</li> <li>• Loss of sight</li> <li>• Serious scarring</li> </ul>	<b>Intellectual effects</b> <ul style="list-style-type: none"> <li>• Brain damage</li> <li>• Concentration and memory problems</li> <li>• Missed education</li> </ul>
<b>Emotional effects</b> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Poor self-concept</li> <li>• Stress</li> </ul>	<b>Social effects</b> <ul style="list-style-type: none"> <li>• Loss of independence</li> <li>• Social isolation</li> <li>• Inability to work</li> </ul>

### Managing chronic negative effects

Positive outcomes after serious injury are possible with appropriate support of physical, intellectual, emotional and social aspects of a person's health and wellbeing.

Accidents can cause people to reevaluate their lives and they may work hard to make positive changes. Individuals can adapt to long-term health problems by learning new skills and hobbies or by beginning new careers.



With specialist equipment, training and support, these women are successful athletes. All have lost limbs.

### Now try this

Kareem, aged 27, is married with two children. He works as a motorcycle courier. He enjoys playing cricket for a local team, but recently lost a leg in an accident.

Explain two effects that Kareem's injury could have on his emotional wellbeing.

Although the injuries will affect Kareem's physical mobility, the question asks about his emotional wellbeing – how the accident makes him feel.