

MY REVISION NOTES

T-LEVELS
HEALTH

T-LEVELS

THE NEXT LEVEL QUALIFICATION

HEALTH

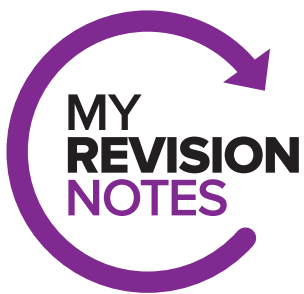
SECOND
EDITION

- + Plan and organise your revision
- + Reinforce skills and understanding
- + Practise exam-style questions

SAMPLE

Liz Blamire
Stephen Hoare





T-LEVELS

THE NEXT LEVEL QUALIFICATION

HEALTH

SECOND EDITION

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ISBN: 9781036021368

© Liz Blamire, Stephen Hoare 2026

First published in 2024

This edition published in 2026 by Hachette Learning (a trading division of Hodder & Stoughton Limited),

An Hachette UK Company

Carmelite House

50 Victoria Embankment

London EC4Y 0DZ

www.HachetteLearning.com

The authorised representative in the EEA is Hachette Ireland, 8 Castlecourt Centre, Dublin 15, D15 XTP3, Ireland (email: info@hbgi.ie)

Impression number 10 9 8 7 6 5 4 3 2 1

Year 2030 2029 2028 2027 2026

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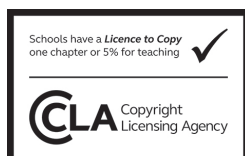
Cover photo © Monster Zstudio. stock.adobe.com

Illustrations by Aptara, Inc.

Typeset in India

Printed in Scotland by Bell & Bain Limited

A catalogue record for this title is available from the British Library.



Get the most from this book

Everyone has to decide their own revision strategy, but it is essential to review your work, learn it and test your understanding. These Revision Notes will help you to do that in a planned way, topic by topic. Use this book as the cornerstone of your revision and don't hesitate to write in it – personalise your notes and check your progress by ticking off each section as you revise.

Tick to track your progress

Use the revision planner on pages 4–7 to plan your revision, topic by topic. Tick each box when you have:

- + revised and understood a topic
- + tested yourself
- + practised the exam questions and gone online to check your answers
- + completed the quick quizzes.

You can also keep track of your revision by ticking off each topic heading in the book. You may find it helpful to add your own notes as you work through each topic.

Features to help you succeed

Exam tips

Expert tips are given throughout the book to help you polish your exam technique and maximise your chances in the exam.

Typical mistake

The authors identify the typical mistakes candidates make and explain how you can avoid them.

Now test yourself

These short, knowledge-based questions provide the first step in testing your learning. Answers are provided online at www.hachettelearning.com/answers-and-extras

Definitions and key words

Clear, concise definitions of essential key terms are provided where they first appear.

Key words from the specification are highlighted in bold throughout the book.

Making links

This feature identifies connections between topics and tells you how revising these will aid your exam answers.

Revision activities

These activities will help you to understand each topic in an interactive way.

Exam practice

Practice exam questions are provided for each topic. Use them to consolidate your revision and practise your exam skills.

Online

Go online to check your answers to the questions and try out the extra quick quizzes at www.hachettelearning.com/answers-and-extras

Get the most from this book

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- 3.2 How personal information is protected by law and policy
- 3.3 How healthcare professionals protect confidentiality when using screens to input or retrieve personal data
- 3.4 How security measures protect data stored by organisations
- 3.5 Collecting individual's history and data from a range of different sources in healthcare
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- 3.9 The role and responsibilities of employees and employers in relation to record keeping, and when to escalate issues
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Glossary

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Countdown to my exams

From September

- + Attend class in person or via the internet if necessary; listen and enjoy the subject; make notes. Make friends in class and discuss the topics with them. Watch the news.

REVISED

6–8 weeks to go

- + Start by looking at the specification – make sure you know exactly what material you need to revise and the style of the examination. Use the revision planner on page 4 to familiarise yourself with the topics.
- + Organise your notes, making sure you have covered everything on the specification. The revision planner will help you to group your notes into topics.
- + Work out a realistic revision plan that will allow you time for relaxation. Set aside days and times for all the subjects that you need to study and stick to your timetable.
- + Set yourself sensible targets. Break your revision down into focused sessions of around 40 minutes, divided by breaks. These Revision Notes organise the basic facts into short, memorable sections to make revising easier.

REVISED

2–6 weeks to go

- + Read through the relevant sections of this book and refer to the exam tips, exam summaries, typical mistakes and key terms. Tick off the topics as you feel confident about them. Highlight those topics you find difficult and look at them again in detail.
- + Test your understanding of each topic by working through the 'Now test yourself' questions in the book. Look up the answers online at **www.hachettelearning.com/answers-and-extras**
- + Make a note of any problem areas as you revise and ask your teacher to go over these in class.
- + Look at past papers. This is one of the best ways to revise and practise your exam skills. Write or prepare planned answers to the exam practice questions provided in this book. Check your answers online at **www.hachettelearning.com/answers-and-extras**
- + Use the revision activities to try out different revision methods. For example, you can make notes using mind maps, spider diagrams or flash cards.
- + Track your progress using the revision planner and give yourself a reward when you have achieved your target.

REVISED

One week to go

- + Try to fit in at least one more timed practice of an entire past paper and seek feedback from your teacher, comparing your work closely with the mark scheme.
- + Check the revision planner to make sure you haven't missed out any topics. Brush up on any areas of difficulty by talking them over with a friend or getting help from your teacher.
- + Attend any revision classes put on by your teacher. Remember, they are an expert at preparing people for examinations.

REVISED

The day before the examination

- + Flick through these Revision Notes for useful reminders, for example the exam tips, exam summaries, typical mistakes and key terms.
- + **IMPORTANT:** Check the time (is it morning or afternoon?) and place of your examination. Keep in touch with other students in your class.
- + Make sure you have everything you need for the exam – pens, highlighters, water.
- + Allow some time to relax and have an early night to ensure you are fresh and alert.

REVISED

My exam paper

Date:

Time:

Location:

6 Health and wellbeing

6.1 Changes in the approach to healthcare and supporting wellbeing

6.1.1 Changes in the approach to healthcare

REVISED

Policy changes to focus on the promotion of health and wellbeing and the prevention of ill health

The *Fit for the Future: 10 Year Health Plan for England* was published by the UK Government and the NHS in 2025 and sets out plans for transforming the NHS over a period of 10 years.

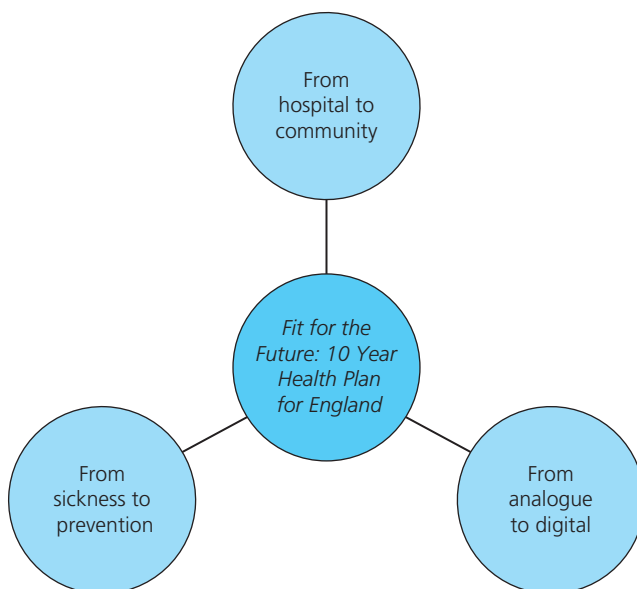


Figure 6.1 The *10 Year Health Plan for England* focuses on three shifts

These policy shifts aim to create a healthcare system that will improve access to healthcare for everyone, give individuals choice and control, utilise technology, be proactive in preventing ill health and be sustainable for future generations.

Shift in focus from treating illness to promoting wellbeing

The *10 Year Health Plan for England* emphasises the role of government and healthcare systems in preventing ill health and promoting wellbeing through:

- + legislation, such as tobacco and vaping control
- + restriction on advertising, for example of junk food to children
- + funding initiatives, such as free school meals
- + expanding access to medication, for example weight loss drugs
- + promoting the uptake of vaccinations
- + updating vaccination schedules and programmes, such as adding chickenpox to the childhood vaccination programme.



Figure 6.2 A comprehensive immunisation programme is offered to infants and children via the NHS

Encouraging individuals to choose healthy lifestyles and to take responsibility for managing their own health and wellbeing is also critical to promoting health and wellbeing. This can be supported by:

- + stop-smoking services – smoking is a direct cause of respiratory diseases such as chronic obstructive pulmonary disease (COPD) and lung cancer
- + social prescribing schemes – enabling individuals to access community services, such as exercise groups, can reduce risks of cardiovascular diseases and diabetes
- + digital tools, such as smartphone apps, to enable more individuals to access NHS services and self-manage their condition.

Improved multi-agency working to support individuals' health and social care needs

A variety of agencies must work together to provide a seamless response that meets the multiple or complex needs of individuals. Many individuals with health needs, such as those with long-term diseases, will also require support to maintain their independence at home.

The Health and Care Act 2022 established Integrated Care Systems to provide joined up care for local partnerships with the NHS, local authorities and other organisations.

In specific circumstances, other agencies must also collaborate to support health, comfort and wellbeing, such as the police, courts and schools.

Making links

Multi-agency working is vital to successful care of individuals and is a feature of content areas 1.6, 1.11 and 5.11. The Health and Care Act 2022 and Integrated Care Systems are covered in content area 2.10.

6.1.2 How to support a person's health, comfort and wellbeing

REVISED

Supporting an individual to have good health and wellbeing and to live in comfort is achieved through:

- + **collaborative approaches** across the healthcare and social care sectors, including with communities and individuals
- + encouraging active involvement of individuals to **self-manage** their health and wellbeing, taking into account lifestyle choices
- + encouraging individuals to make decisions about the care, support and treatment they receive
- + providing emotional support and pain management to individuals
- + encouraging individuals to take part in meaningful activities
- + providing safe environments
- + adopting a person-centred approach to support an individual's physical, intellectual, emotional and social wellbeing.

Making links

Person-centred care is a holistic approach to healthcare, covered in depth in Content area 5.

Collaborative approach

Healthcare professionals and agencies, community groups and interest groups such as charities, governmental agencies and individuals all co-operating to improve health.

Self-management

Services that encourage, support and empower people to manage their own physical and mental health conditions themselves.

Revision activity

Create a concept map of ways that people can self-manage their health. Make your examples as specific as you can by linking them to a health concern or condition. Extend your revision by annotating your diagram in a different colour to explain how the method will manage or even improve health.

Now test yourself

TESTED

- 1 List three ways that government actions can prevent ill health.
- 2 List three services that can prevent ill health and promote wellbeing.
- 3 Explain why stop-smoking services are an important element of preventing ill health.

6.2 The ways in which health education, promotion and prevention contribute to improving health and wellbeing outcomes for individuals

6.2.1 The role and purpose of public health organisations

REVISED

Public health is about protecting, promoting and improving the health of entire populations of people and communities. For example, the World Health Organization (WHO) was established in 1948 with a mandate to promote worldwide health.

Public health activities are often government-led, and in the UK, the government departments responsible for public health are the:

- + UK Health Security Agency (UKHSA)
- + Office for Health Improvement and Disparities (OHID)
- + Department of Health and Social Care (DHSC).

These organisations contribute to public health by:

- + determining health issues by collecting information regarding their extent, whom they impact and their effects
- + determining why a particular health issue might occur and factors that may contribute to it or increase the risk of it occurring
- + determining what could help to decrease the risk and providing interventions to a wide range of people, in a number of different health-related environments and locations
- + determining the impact of social issues for health and wellbeing.

Typical mistake
The UK Health Security Agency and the Office for Health Improvement and Disparities replaced Public Health England (PHE) in April 2021. Therefore, you should not refer to PHE in your answers.

6.2.2 The benefits of public health approaches to regional and national health

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Public health approaches have numerous benefits, which are shown in Figure 6.3.

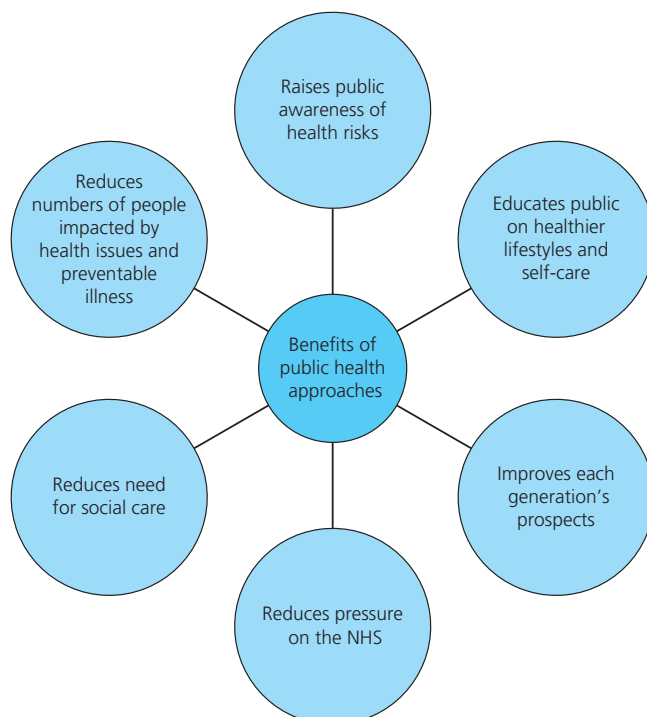


Figure 6.3 The benefits of public health approaches

6.2.3 The purpose of epidemiology

REVISED

Epidemiology is the study and analysis of the distribution and patterns of disease in populations and why diseases occur. This allows us to understand how to prevent and treat disease.

Specific terminology used in epidemiology:

- + Incidence is the probability of a medical condition occurring in a population in a specified time period. It is a measure of the rate at which new cases occur.
- + Prevalence is the proportion of a population affected by a medical condition at a specific time. It is usually expressed as a percentage, fraction or number of cases per size of population, for example ten cases per thousand.
- + Morbidity refers to any physical or psychological state that is thought to be outside of normal wellbeing. More simply, it describes illness or ill health.
- + Mortality means death caused by a particular disease.
- + Mortality rate is the rate at which a disease causes death, for example in deaths per year.

Typical mistake

Morbidity and mortality are easily confused. Also, do not assume that morbidity means a reduced lifespan. A person with well-controlled asthma is likely to have a normal lifespan, but a person with advanced lung cancer would have a reduced lifespan.

6.2.4 The impact of epidemiology

REVISED

Epidemiology is used for the following purposes:

- + Identifying the cause of a disease: for example identifying that contaminated water causes cholera.
- + Determining the extent of the disease: measuring incidence and prevalence of a disease helps to identify the extent.
- + Identifying trends and patterns: is the disease increasing or decreasing (trend)? Does it affect one particular group (pattern)? Is it related to factors such as poverty or living conditions (pattern)?
- + Studying the disease progression: trends and patterns can show how the disease spreads and what action might be needed. Tracking the mortality rate indicates severity of the disease and also the effect of any therapeutics.
- + Planning and evaluating preventative and therapeutic measures: preventative measures, such as **vaccination**, and therapeutic measures, such as drug treatment, can be implemented and then monitored, so they can be evaluated and, if necessary, improved.
- + Developing public health policy and preventative measures: prevention is usually more effective than cure.

Vaccination A treatment given via injection, orally (by mouth) or sprayed into the nose. The vaccine triggers the body's immune system to create antibodies against the target disease. Part of preventative healthcare.

6.2.5 How health promotion prevents disease

REVISED

Health promotion is a broad term that describes giving individuals the information or resources they require to improve their health. It can also include actions taken by governments and organisations to improve the social and environmental conditions of communities.

Epidemiology is used to inform health promotion practices; it provides data about who is affected by ill health and why, so that health promotion can be targeted where it is needed. Table 6.1 provides examples of this.

Epidemiology function	Health promotion goal	Example of disease prevention
Identifying causes and tracking frequency by pinpointing biological or environmental triggers and how often they occur.	Prevent illness before it starts by using data to target specific risk factors before they cause harm.	Epidemiology linked smoking to lung cancer; health promotion campaigns such as 'Stoptober' and plain packaging laws were introduced to prevent the onset of cancer.
Spotting trends and patterns by identifying which specific groups (age, location, ethnicity) are most affected.	Make fair and person-centred care by tailoring interventions to ensure those at highest risk get the specific support they need (health equity).	Data shows higher risks of type 2 diabetes in specific urban areas with sedentary behaviours; targeted health promotion activities include culturally specific cooking classes and local walking groups.
Planning and evaluating prevention by assessing which current treatments or interventions are actually working.	Support professionals to innovate and improve by giving healthcare workers the evidence they need to change their practice and adopt better methods.	Data proved the success of the HPV vaccine in preventing cervical cancer; professionals moved from simply treating to preventing via school-based immunisation programmes.
Informing public health policy using large-scale data to suggest laws, taxes or mandates.	Improve health outcomes by creating 'big picture' environmental changes that make the healthy choice the easy choice for everyone.	Epidemiology showed that for heart disease there is a link between trans fats and heart attacks; policy led to the mandatory labelling of fats and the Soft Drinks Industry Levy (commonly known as the sugar tax) to reduce obesity rates.

Table 6.1 How health promotion prevents disease

Exam tip

You might be asked to 'explain' how health promotion contributes to disease prevention. It would be useful to have a bank of examples that you can draw on to show exactly how health promotion does this. However, it is important to ensure any example you use in your exam is relevant and appropriate to the context of the question and any additional contextual information you are given, such as a scenario.

Health equity Enabling everyone to achieve their full potential for health.

HPV vaccine Helps protect against human papillomavirus (HPV) which increases the risk of certain cancers, including cervical cancer, mouth cancer, anal cancer and cancer of male and female genitals.

Immunisation The process of becoming protected from a disease through vaccination.



Figure 6.4 The HPV vaccine is offered to all children in Year 8 (aged 12–13) in the UK

6.2.6 The purpose and advantages of preventative approaches to health and wellbeing

REVISED

The primary purpose of taking a preventative approach is to reduce the **disease burden** of **preventable diseases**. These are diseases which can be prevented through vaccination, lifestyle changes or sanitation. Preventative approaches also promote healthy communities through early intervention and health education. Table 6.2 provides examples of preventable diseases and the disease burden if these are not prevented.

Disease burden The impact of a health problem on a population; often expressed in terms of morbidity or mortality.

Preventable disease A disease that can be avoided or stopped by proactive measures such as vaccination or lifestyle change.

Prevention type	Example disease	Health promotion intervention	Disease burden (if not prevented)
Vaccine preventable	Measles	National immunisation programmes (MMR vaccine)	Measles is associated with high mortality and disability – it can lead to permanent blindness, brain swelling (encephalitis) and severe pneumonia in children. The WHO estimates that 95,000 measles deaths occurred in 2024, mostly in un-vaccinated under fives.
Lifestyle preventable	Type 2 diabetes	Campaigns for physical activity, dietary education, sugar taxes	Type 2 diabetes can lead to chronic complications such as kidney failure, lower-limb amputations due to ulcers and vision loss. It places a massive financial strain on health services for long-term wound care and dialysis.
Sanitation preventable	Cholera	Infrastructure for clean water, safe sewage disposal and hand hygiene campaigns	Cholera is an acute crisis and can kill an otherwise healthy adult within hours due to extreme dehydration. Outbreaks can paralyse local economies and overwhelm emergency departments during floods or conflicts.

Table 6.2 Disease burden and prevention

The advantages of taking preventative approaches are significant and outlined in Table 6.3.

Advantage	Example
Helping people to stay healthy and independent for as long as possible	Fall prevention – providing strength and balance classes for older people to prevent hip fractures, ensuring they don't require long-term residential care.
Stopping problems arising in the first place and focusing on keeping people healthy, not just treating them when they become ill	Smoking cessation – investing in stop smoking services is cheaper and less invasive than treating a patient for late-stage emphysema or heart failure.
Providing people with knowledge and skills to make lifestyle choices that support them to stay healthy	Nutritional labelling – teaching students how to read labels on food. This gives them the skill to choose lower-salt options, preventing hypertension.

Table 6.3 The advantages of preventative approaches for health and wellbeing

Revision activity

This section has introduced a lot of key technical vocabulary. Create a set of flashcards on the technical terms. Challenge yourself to use each key term in a sentence.

Now test yourself

TESTED

- Write your own definition of public health.
- Explain the difference between incidence and prevalence of a disease.
- Explain the difference between morbidity and mortality.
- Summarise what is meant by 'preventative approaches.'
- Why is providing a vaccination programme an example of a preventative approach?

6.3 The ways in which health promotion is used in practice to support health and wellbeing

6.3.1 Social and environmental interventions used to empower individuals to improve their health and wellbeing

REVISED

National campaigns from government departments

Health promotion campaigns are run directly by government agencies and departments to improve the health of the nation or to prevent new cases of ill health in times of crisis.

Agency/department	Purpose	Example campaign
UK Health Security Agency (UKHSA)	Responsible for protecting the public from infectious diseases and chemical, biological, radiological and nuclear incidents	Health promotion and protection messages on the Covid-19 virus during the pandemic: 'Hands – Face – Space'
Office for Health Improvement and Disparities (OHID)	Responsible for health protection and promotion in relation to mental health, weight, diet, the health of children and families, smoking and the health of vulnerable groups	Jointly responsible for the 'Better Health Smoke Free' campaign with the DHSC; this campaign promotes the benefits of quitting smoking and signposts to available support
Department of Health and Social Care (DHSC)	Responsible for policy on health and adult social care matters in England	'Best Start in Life' is a campaign that brings together and promotes all services and support suitable for families, from pregnancy and birth, through childcare and onto starting school

Table 6.4 Examples of national health promotion campaigns

Campaigns by specific groups and charities

Interest groups and charities run health promotion campaigns on a local, regional, national and international scale.

Group/charity name	Campaign name	Campaign aim
Sport England (and partners)	We are Undefeatable	Encourages those with long-term health conditions to get active and stay active
Alcohol Change UK	Dry January® Challenge	Encourages individuals to stop drinking alcohol for January and reconsider their relationship with alcohol long-term
World Health Organization (WHO) (and partners)	World AIDS Day	An annual event on 1 December to raise awareness of AIDS

Table 6.5 Examples of health promotion campaigns by specific groups and charities

Revision activity

How many examples of national health promotion campaigns can you list? How is each one supporting health prevention?



Figure 6.5 Hands – Face –Space was a health promotion campaign aimed at encouraging individuals to wash their hands, wear a mask and socially distance from one another, with the purpose of preventing the transmission of Covid-19

Opportunistic delivery of health promotion by all healthcare and social care professionals

All healthcare and social care professionals have a responsibility to deliver health promotion messages when the opportunity arises.

For example, if an individual visits the GP and smoking habits are discussed, the GP should take the opportunity to explain the risks of smoking to health.

Opportunistic health promotion is operationalised by the 'Making Every Contact Count' initiative.

Making Every Contact Count

Making Every Contact Count (MECC) was published in 2016. It uses day-to-day interactions that individuals have with any healthcare or social care professional to help change behaviours.

MECC uses very brief interventions whenever the opportunity arises, for example during routine appointments. These interventions are used to highlight risk factors, such as smoking, poor diet, alcohol consumption, physical activity levels, vaccination uptake, and mental health and wellbeing.

Health professionals can also signpost individuals to additional support and resources available.

An example of MECC with a brief intervention

Janice is 65 years old. She attends an appointment at the health centre to have her blood pressure checked. The healthcare assistant notices that Janice seems to be quite low in mood. He chats to Janice, asking her how she is feeling and whether she sees friends and family every day. He finds that Janice is lonely, so he **signposts** her to the local friendship group run by Age UK by giving her a flyer.

Signposting

Recommending or providing the contact details for additional resources, services and support networks.

Typical mistake

MECC is not a structured intervention or health campaign. It is about healthcare and social care workers taking any opportunity during their usual work to deliver key health messages to individuals on smoking, diet, physical activity, and mental health and wellbeing.

Making links

Content area 6.4 focuses on signposting.

6.3.2 How lifestyle choices impact health and wellbeing

REVISED

Poor diet

Eating a balanced and healthy diet containing recommended proportions of macronutrients and micronutrients is essential for good health.

Consuming more calories than the body can burn through physiological functioning, activity and exercise leads to weight gain. Excessive weight gain causes obesity, which increases the risk of developing a range of diseases including:

- + type 2 diabetes
- + hypertension
- + heart disease.

Failing to consume macro- and micronutrients in proportions required for growth, development and functioning of the body can lead to malnutrition. In turn, this can lead to **deficiency diseases**, such as:

- + iron-deficiency **anaemia**
- + vitamin B9 (folate) deficiency anaemia
- + vitamin B12 (cobalamin) deficiency anaemia
- + vitamin D deficiency.

Smoking

Smoking is the leading preventable cause of illness and premature death in England. According to the NHS, it is responsible for approximately 76,000 deaths a year in England.

Tobacco smoke contains nicotine, carbon monoxide, tar and toxic chemicals such as benzene, arsenic and formaldehyde, increasing risks of lung and other types of cancer and heart disease.

Physical inactivity

Physical inactivity and **sedentary** lifestyles are a risk factor for a range of long-term conditions. These include cardiovascular issues, such as hypertension and heart disease, as well as psychological issues, such as anxiety and depression.

Physical activity is essential for the maintenance of bone density, muscle mass, balance and co-ordination. Therefore, physically active individuals maintain mobility and have a reduced risk of falls.

Alcohol consumption

The long-term use of alcohol damages the heart muscle, is toxic to the brain, damages cells and leads to scarring of the liver (cirrhosis) and can result in chronic inflammation of the pancreas (pancreatitis). The effects of alcohol consumption on the human body are listed in Figure 6.7.

Substance abuse

Substance abuse refers to the use of drugs and medication in a way that is harmful or hazardous to health. It is not confined to illegal or street drugs but also includes drugs and medication prescribed by a doctor.

Harmful effects may occur after just one use. For example, an allergic reaction may occur or heart rate and blood pressure may rise to dangerous levels.

Longer-term effects include risk of heart disease, cancer and **hepatitis** B, C and D, along with problems with memory and concentration, and depression or anxiety.



Figure 6.6 Looking after yourself by making healthy choices is an important way to ensure health and wellbeing throughout the life span

Typical mistake

Malnutrition refers to any type of nutrition that is not optimum for healthy growth, development and functioning. It does not just mean not having enough to eat. For example, it is possible to consume enough calories but from an unbalanced range of foods, which would happen if you ate fried food for every meal.

Revision activity

Create a concept map for each of the five lifestyle choices above. Include:

- + any government recommendations or ambitions
- + the impact on health and wellbeing.

Deficiency diseases

Conditions that arise due to a long-term lack of a vitamin or mineral in the body.

Anaemia When the body does not have enough healthy red blood cells.

Sedentary Spending a lot of time seated; a job that requires sitting at a desk all day can be described as a sedentary job.

Hepatitis Inflammation of the liver. It may be caused by drinking alcohol (alcoholic hepatitis) or a virus. There are several types of viral hepatitis, known as A, B, C, D and E.

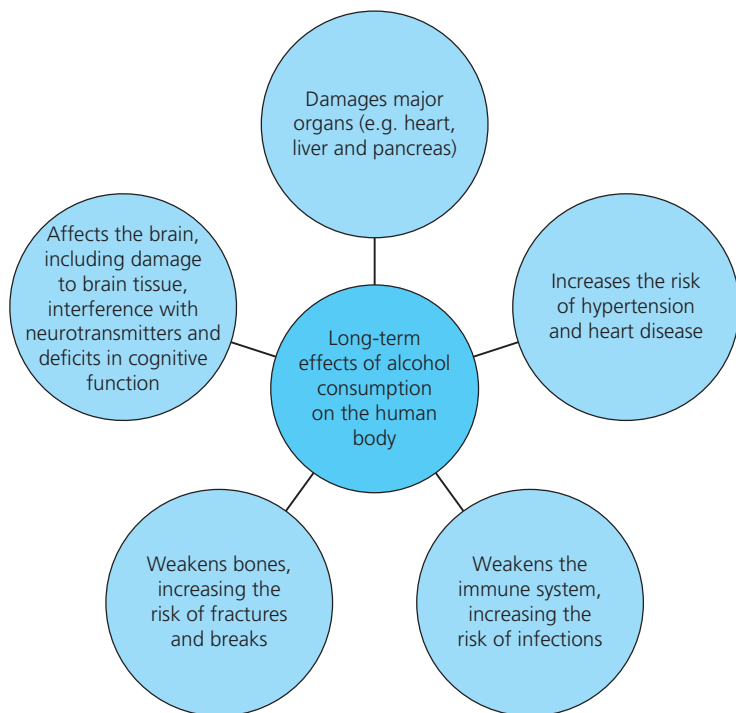


Figure 6.7 The long-term effects of alcohol consumption on the human body

6.3.3 How health promotion contributes to the prevention and control of diseases and disorders

REVISED

Reduction of morbidity and mortality rates through improved medication has been significant. But improved public health measures have also been important, for example improvements to:

- + nutrition
- + sanitation (clean water, sewage disposal)
- + housing (reduced overcrowding, improved ventilation)
- + access to basic healthcare
- + education and health promotion.

Method of health promotion	Notes
Communication	This can be used to raise awareness of issues (for example, risk of disease) as well as required behaviours (for example, to reduce risk) through a range of media (for example, campaigns) that: <ul style="list-style-type: none"> + deliver a clear message + will reach the target audience + are expressed in language that recipients can relate to + does not cause unnecessary anxiety.
Policy and systems	Government and public policy can change procedures, regulations or laws to enforce behaviours, for example restricting: <ul style="list-style-type: none"> + access to drugs of abuse + sale of goods such as alcohol or cigarettes + movement of people during epidemics or pandemics.
Education programmes	Ignorance can be deadly. By improving knowledge, individuals can be empowered to adapt their own behaviour.
Health promotion for specific diseases/disorders	Targeted awareness and campaigns include: <ul style="list-style-type: none"> + Better Health: Healthier Families, a social marketing campaign by the OHID and the NHS to reduce childhood obesity by giving parents support to make healthier choices for their families + the annual flu vaccination, promoted through a range of media, including posters in GP surgeries, radio adverts, emails, social media and letters to vulnerable groups.

Table 6.6 Some methods of health promotion

Now test yourself

TESTED 

- 9 List the three government agencies and departments that carry out health promotion campaigns.
- 10 Give two examples of health promotion campaigns run by charities.
- 11 In your own words, define what is meant by 'opportunistic delivery of health promotion'.
- 12 List three risks of obesity.
- 13 What is a deficiency disease?
- 14 Give three examples of deficiency diseases.
- 15 How does tobacco damage health?
- 16 Why is physical activity important? List the risks of inactive lifestyles.
- 17 What does the term 'sedentary' describe?
- 18 List three risks of alcohol consumption on long-term health.
- 19 How might substance abuse impact health? Give one short-term and two long-term impacts.
- 20 Summarise how health promotion can prevent and control disease.

Exam tip

You will often be asked to 'evaluate'. This might include evaluating health promotion activities. When you do, make sure you address both advantages and disadvantages and, if possible, draw a conclusion.

6.4 The purpose of signposting individuals to services to support health and wellbeing

6.4.1 The purpose of signposting

REVISED 

The act of signposting involves recommending or providing the contact details for additional resources, services and support networks to individuals. An example would be signposting an individual that wants to quit smoking to stop-smoking support groups.

The purpose of this is to provide the best possible care, treatment and support for an individual by determining the most appropriate services for them (this includes considering the most cost-effective approach).

Making links

Signposting is also covered in content area 6.3 as part of the MECC initiative.

6.4.2 Ways in which signposting can support an individual's health and wellbeing

REVISED 

Signposting supports an individual's health and wellbeing by providing awareness of a wider range of services available than they might be aware of and by offering alternative options, for example community-centred services. Areas in which individuals may need support include:

- + nutrition and hydration
- + maintaining continence
- + personal hygiene
- + personal appearance
- + oral care
- + mobility
- + sleep and rest
- + expressing sexuality.

It gives the individual choice and empowers them to make decisions about which services and approaches best meet their unique needs. For example, these services could support activities of daily living or help to provide a safe and secure home environment for an individual.

Signposting to self-help groups provides opportunities for individuals to discuss specific issues or experiences with their peers, which can be empowering and offers opportunities for learning and developing support networks.

Overall, signposting enables individuals to access safe and secure environments that support their holistic health by considering physical, emotional, intellectual and social wellbeing.

Typical mistake

Signposting and referral are not the same thing. Signposting is an informal suggestion that an individual may wish to explore further resources of support or information. Referral is a formal process where a healthcare worker requests that another healthcare worker assesses an individual to see whether further treatment or support is required.

Now test yourself

TESTED

- 21** Don has been signposted to further information care options for older people, such as domiciliary care, assisted living and residential care. How could this support his health and wellbeing?
- 22** Anika has been signposted to a peer-support group. How could this help her health and wellbeing?

Exam practice

- 1** Explain the importance of statistics in epidemiology. [2]
- 2** Chlamydia is a sexually transmitted infection (STI). The incidence of chlamydia is increasing in teenagers and young adults. Explain two ways health promotion campaigns could reduce the incidence of chlamydia. [4]
- 3** Tuberculosis (TB) is a bacterial disease common in disadvantaged communities and developing countries. TB is transmitted by inhaling infected droplets from another person. Vaccination can prevent spread of TB. Treatment of TB requires long-term treatment (6–9 months) with a combination of antibiotics. Evaluate the use of vaccination, antibiotic treatment and public health measures in the control of TB. [9]
- 4** Janelle has booked a midwife appointment because she is 8 weeks pregnant with her first child. The midwife asks Janelle about her lifestyle, including questions on smoking, alcohol consumption and exercise. Explain why the midwife will encourage Janelle to be actively involved in achieving a healthy lifestyle during pregnancy. [2]
- 5** Keenan is a smoker and enjoys drinking a lot of alcohol at the weekend. He has a newborn baby. Explain two ways preventative approaches could keep Keenan and his baby healthy. [4]
- 6**
 - a** Identify one health promotion campaign run by a government agency or department. [1]
 - b** State how the campaign you identified in the previous question supports the prevention agenda. [1]
- 7** Explain the purpose of Making Every Contact Count (MECC) in promoting health. [2]
- 8** Riley is at their GP surgery for his NHS Health Check. They enjoys drinking alcohol most nights of the week. The practice nurse calculates that they consumes around 21 units of alcohol per week. Discuss the possible effects of their alcohol consumption on Riley's long-term health and wellbeing. [6]

Making links

Holistic health and holistic approaches are central to good quality healthcare and are covered in more detail in Content area 5.

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ISBN 978-1-0360-2136-8

