Component 3 – Health and Wellbeing

Learning Aim A: Factors that affect health and wellbeing

Financial Resources

Income

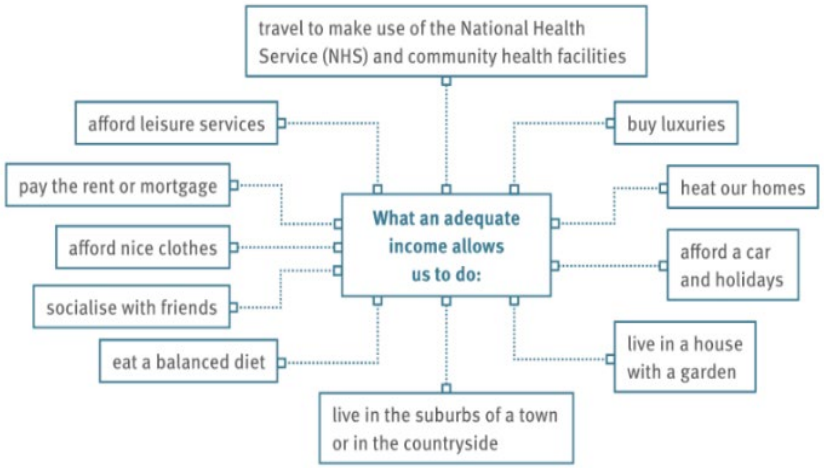
A person's financial resources are affected by their:

- Employment status (employed by a company or self-employed)
- Wealth
- Occupation
- Social class
- Material possessions

Some people are unable to work because they have a disability or illness or are caring for someone else.

When adults have an adequate income they can generally:

- Afford better housing with access to good schools to provide quality education (intellectual)
- Afford healthier food (physical) therefore less likely to be ill
- Have more social opportunities to meet up with friends and join clubs (emotional and social)



Poverty

Some people do not receive enough money to meet their basic needs e.g. food, clothing or housing. Others live in relative poverty meaning they have money for the essentials to live but less than other people. This means they have fewer opportunities e.g. miss out on school trips and do less well at school affecting future working opportunities.

Environmental Conditions

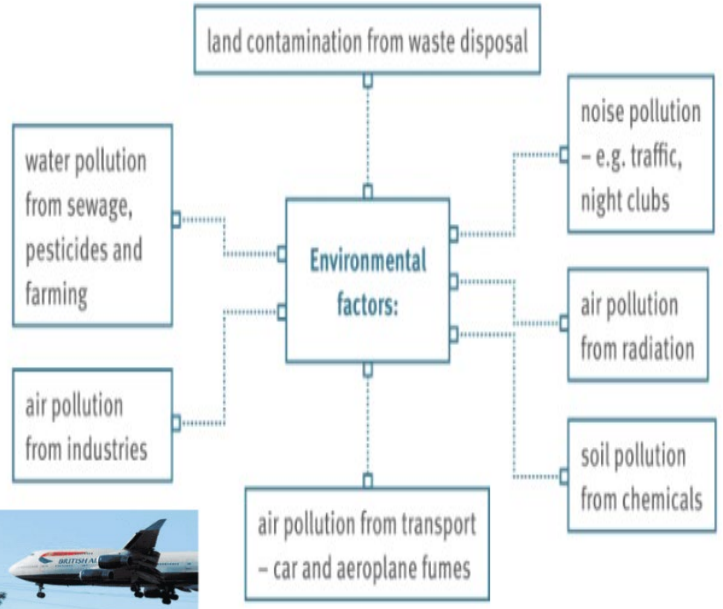
Pollution

We all need clean air, water and proper waste disposal facilities, but sometimes these can be affected by chemicals and other products.

Air Pollution can….

- Cause & aggravate respiratory conditions
- Irritate the eyes, nose & throat
- Severely affect people with asthma
- Include dust that comes from mines and factories

Those who live near busy main roads, airports and seaports are more likely to be affected.

Noise Pollution can….

- Cause high blood pressure
- Sleeplessness
- Hearing loss
- Increase stress levels