

# C2: RECOMMENDATIONS AND ACTIONS TO IMPROVE HEALTH AND WELLBEING

## Recommendations for improving physiological indicators

<b>Improve resting heart rate and recovery rate after exercise</b>	<ul style="list-style-type: none"> <li>• Maintain a healthy weight</li> <li>• Eat a balanced diet</li> <li>• Increase aerobic exercise</li> <li>• Stop smoking</li> <li>• Sensible alcohol consumption</li> </ul>	<ul style="list-style-type: none"> <li>• Manage stress levels</li> <li>• Limit caffeine intake</li> <li>• Keep hydrated</li> <li>• Get enough sleep</li> </ul>
<b>Improve blood pressure</b>	<ul style="list-style-type: none"> <li>• Maintain a healthy weight</li> <li>• Eat a balanced diet</li> <li>• Increase aerobic exercise</li> <li>• Stop smoking</li> <li>• Sensible alcohol consumption</li> </ul>	<ul style="list-style-type: none"> <li>• Manage stress levels</li> <li>• Limit caffeine intake</li> <li>• Keep hydrated</li> <li>• Get enough sleep</li> </ul>
<b>Maintain a healthy weight</b>	<ul style="list-style-type: none"> <li>• Females should consume no more than 2000 calories a day</li> <li>• Males should consume no more than 2500 calories a day</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor portion sizes</li> <li>• Eat a balanced diet</li> <li>• Increase physical activity</li> <li>• Sensible alcohol consumption</li> </ul>

## Recommendations for improving lifestyle indicators

<b>Eat a balanced diet</b>	<ul style="list-style-type: none"> <li>• Largest component of a meal should be carbohydrates</li> <li>• 5 portions of fruit and vegetables a day</li> <li>• Include protein and fats in the diet</li> </ul>	<ul style="list-style-type: none"> <li>• Limit high fat, sugar and salt content in food</li> <li>• 6-8 glasses of fluids a day</li> </ul>
<b>Get enough physical activity</b>	<p><b>Adults (aged 19-64)</b></p> <ul style="list-style-type: none"> <li>• Walk 10,000 steps a day</li> <li>• 20 minutes of moderately intense physical activity a day</li> <li>• Minimise sedentary behaviours, such as prolonged sitting or screen time</li> </ul> <p><b>Older adults (aged 65 and above)</b></p> <ul style="list-style-type: none"> <li>• Walk 10,000 steps a day</li> <li>• 20 minutes of moderately intense physical activity a day</li> <li>• Include activities that improve balance and coordination on at least two days a week</li> </ul> <p><b>Children and young people</b></p> <ul style="list-style-type: none"> <li>• At least 60 minutes of moderate to vigorous physical activity daily</li> <li>• A variety of activities, such as cycling, running, swimming, dancing and sports</li> <li>• Minimise sedentary behaviours, such as prolonged sitting or screen time</li> </ul>	
<b>Stop smoking/substance misuse</b>	<ul style="list-style-type: none"> <li>• Quit smoking</li> <li>• If quitting smoking is difficult, gradually reduce smoking</li> <li>• Use support services to help cease smoking (smoking cessation services, medication, stop smoking aids)</li> <li>• Avoid smoking in public places</li> <li>• Avoid passive smoking</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnant women should not smoke</li> <li>• Illegal substances should not be consumed</li> <li>• Prescription drugs should only be used by the individual to whom it is prescribed and as directed</li> <li>• Use support services to help cease using substances</li> </ul>
<b>Sensible alcohol consumption</b>	<ul style="list-style-type: none"> <li>• 14 units of alcohol per week maximum</li> <li>• Spread alcohol consumption over three or more days</li> <li>• Have some alcohol-free days each week</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnant women should not consume alcohol</li> <li>• Individuals under the age of 18 should not consume alcohol</li> </ul>



# C2: RECOMMENDATIONS AND ACTIONS TO IMPROVE HEALTH AND WELLBEING

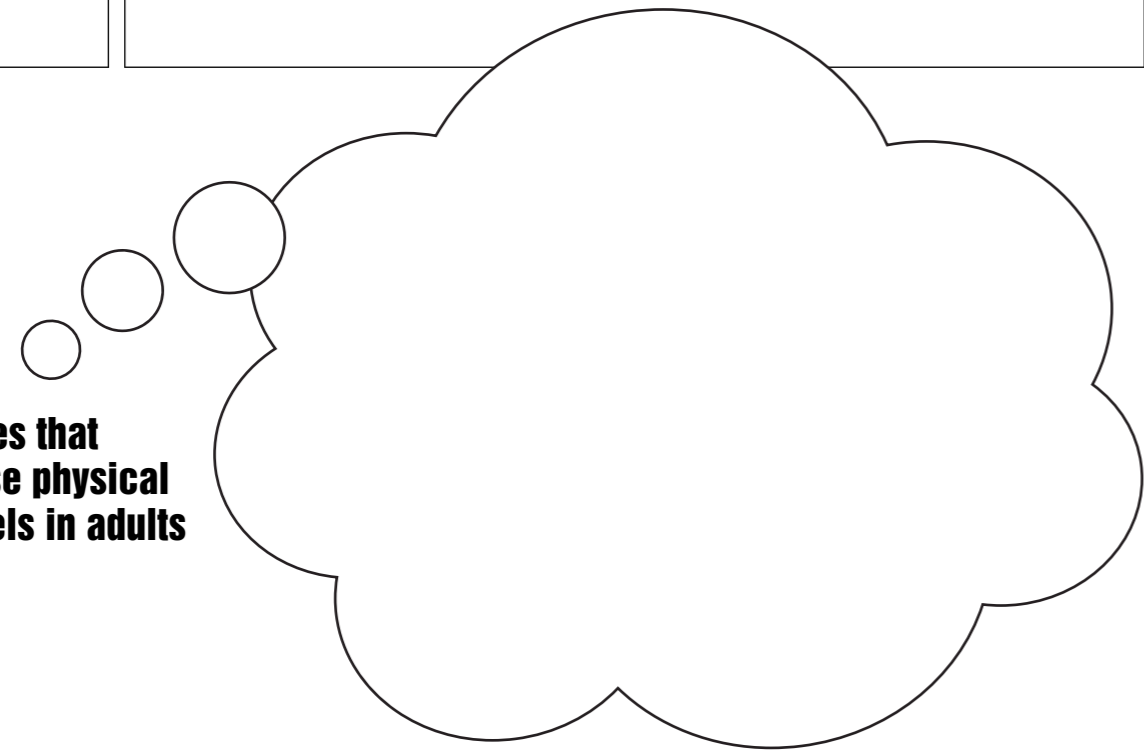
## Recommendations for improving physiological indicators

<b>Improve resting heart rate and recovery rate after exercise</b>	
<b>Improve blood pressure</b>	
<b>Maintain a healthy weight</b>	

## Recommendations for improving lifestyle indicators

<b>Eat a balanced diet</b>	
<b>Get enough physical activity</b>	Adults (aged 19-64)  Older adults (aged 65 and above)  Children and young people
<b>Stop smoking/substance misuse</b>	
<b>Sensible alcohol consumption</b>	

List activities that will increase physical activity levels in adults



# C2: RECOMMENDATIONS AND ACTIONS TO IMPROVE HEALTH AND WELLBEING

## Informal support from friends, family, neighbours, community and work colleagues

- Lending equipment e.g. scales or a cookbook
- Providing advice and guidance
- Practical support e.g. helping with cooking or transport to appointments
- Emotional support by providing understanding and empathy
- Motivation by encouragement
- Accountability by checking in on the progress and giving reminders of goals when there is temptation to deviate from them
- Rewarding achievements by praise and celebrating
- Joining in with the healthy activities



## Formal support from professionals, trained volunteers, support groups and charities

### Emotional support

- Companionship
- Counselling and therapy
- Listening
- Offering encouragement
- Supporting activities
- Encouragement and motivation
- Reassurance
- Non-judgemental support

### Information and advice

- Medical advice
- Treatment advice
- Self-help support
- Health education
- Nutrition planning
- Fitness planning
- Personal trainer

### Digital apps

- Health advice
- Health plans and targets
- Fitness activities and tracking
- Meditation and mindfulness activities
- Monitoring physical measures (e.g. resting pulse and sleep)



### Apply it:

**Brenda is in the obese category for body mass index (BMI). She eats lots of fast food and loves sweets, cakes and chocolate. Brenda also struggles to exercise due to her weight.**

**State three actions that the doctor could suggest that will improve Brenda's health and wellbeing (3 marks)**

1. Consume no more than 2000 calories a day
2. Limit cakes, sweets and chocolate to one item a week
3. Walk for 20 minutes every day

**Give three ways these actions could improve Brenda's health and wellbeing (3 marks)**

1. This will reduce her weight and move her out of the obese BMI category
2. This will lessen the chance of Brenda developing chronic illness like type 2 diabetes or heart disease
3. This will improve Brenda's mobility, so that she can gradually begin to gain the strength and stamina for more regular and effective exercise

### Apply it:

**Explain two ways formal support could improve the health and wellbeing of Brenda (4 marks)**

One way is by providing advice and guidance about how to eat healthy and nutritional meals which will keep her under the 2000 calorie a day threshold. A dietitian could provide advice on what she should and should not eat.

Another way is to plan a fitness routine for her. A personal trainer would be able to design a schedule that would be suited to someone of her age, weight and fitness.



# C2: RECOMMENDATIONS AND ACTIONS TO IMPROVE HEALTH AND WELLBEING

## Informal support from friends, family, neighbours, community and work colleagues

List examples

--

## Formal support from professionals, trained volunteers, support groups and charities

List examples

Emotional support	Information and advice	Digital apps

### Apply it:

Brenda is in the obese category for body mass index (BMI). She eats lots of fast food and loves sweets, cakes and chocolate. Brenda also struggles to exercise due to her weight.

State three actions that the doctor could suggest that will improve Brenda's health and wellbeing (3 marks)

Give three ways these actions could improve Brenda's health and wellbeing (3 marks)

### Apply it:

Explain two ways formal support could improve the health and wellbeing of Brenda (4 marks)

--