

Component 3

Health & Wellbeing



..from unhealthy to healthy.. your plan...

PIES health & wellbeing impact of different types of life event:

- * physical events
- * relationship changes
- * life circumstances

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 80	or	less than 60
Normal	80-120	and	60-80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	higher than 180	or	higher than 110

Physiological indicators, measuring what's healthy and what's

Measuring good and not so good....

Resting Heart Rate Chart

Men (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	49 - 55	49 - 54	50 - 56	50 - 57	51 - 56	50 - 55
Excellent	56 - 61	55 - 61	57 - 62	58 - 63	57 - 61	56 - 61
Great	62 - 65	62 - 65	63 - 66	64 - 67	62 - 67	62 - 65
Good	66 - 69	66 - 70	67 - 70	68 - 71	68 - 71	66 - 69
Average	70 - 73	71 - 74	71 - 75	72 - 76	72 - 75	70 - 73
Below Average	74 - 81	75 - 81	76 - 82	77 - 83	76 - 81	74 - 79
Poor	82 +	82 +	83 +	84 +	82 +	80 +

Women (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	54 - 60	54 - 59	54 - 59	54 - 60	54 - 59	54 - 59
Excellent	61 - 65	60 - 64	60 - 64	61 - 65	60 - 64	60 - 64
Great	66 - 69	65 - 68	65 - 69	66 - 69	65 - 68	65 - 68
Good	70 - 73	69 - 72	70 - 73	70 - 73	69 - 73	69 - 72
Average	74 - 78	73 - 76	74 - 78	74 - 77	74 - 77	73 - 76
Below Average	79 - 84	77 - 82	79 - 84	78 - 83	78 - 83	77 - 84
Poor	85 +	83 +	85 +	84 +	84 +	85 +

BMI Chart

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.6	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm	Underweight	Healthy	Overweight	Obese	Extremely obese																			
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
5'2" - 157.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39		
5'3" - 160.0	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38		
5'4" - 162.5	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37			
5'5" - 165.1	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36			
5'6" - 167.6	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35				
5'7" - 170.1	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34				
5'8" - 172.7	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34				
5'9" - 175.2	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33				
5'10" - 177.8	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33				
5'11" - 180.3	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33				
6'0" - 182.8	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32				
6'1" - 185.4	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32				
6'2" - 187.9	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
6'3" - 190.5	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
6'4" - 193.0	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				

Impact on current and future health risks

- | Physical Factors | Social Factors | Cultural |
|------------------------|---|---|
| o inherited conditions | o supportive and unsupportive relationships | o religion |
| o physical ill health | o inclusion & exclusion | o gender roles, identity and expectations |
| o mental ill health | o bullying | o sexual orientation |
| o physical abilities | o discrimination. | o community |
-
- | Lifestyle Factors | Economic | Environmental |
|---------------------|---|---------------------------------------|
| o nutrition | o employment situation | o housing needs, conditions, location |
| o physical activity | o financial resources – income, inheritance, savings. | o home environment |
| o smoking | | o exposure to pollution |
| o alcohol | | – air, noise and light. |
| o substance misuse. | | |

Factors that affect Health & Wellbeing

Person-centred care ALL ABOUT THE INDIVIDUAL.. their circumstances, their needs to reduce health risks, individual's wishes, preferences and choices

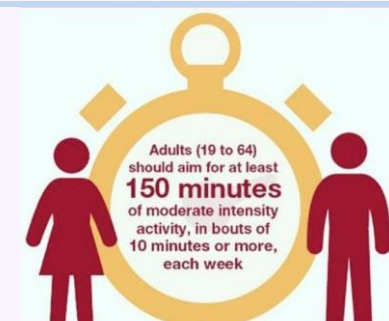
Guidance from the government....



Eatwell plate guide proportions



Max 14 units alcohol



Health plan..
Short-term
Long-term



No smoke and nicotine



No legal or illegal drugs

Importance of a person-centred approach for people

more comfortable with recommendations, advice and treatment, more confidence, seen as unique and personal needs are met, increases the support available, improves their independence, more motivated, feel happier and more positive about their health and wellbeing.

Importance of person-centred approach for staff and services

job satisfaction for staff, saves time for services, saves money and reduces complaints about health and social care services and workers.

Recommendations for improving health:

- o improving resting heart rate and recovery rate after exercise
- o improving blood pressure and maintaining a healthy weight
- o eating a balanced diet and getting enough physical activity
- o quitting smoking, sensible alcohol consumption, stop substance misuse.

Potential barriers

- o physical barriers
- o sensory disability
- o social and cultural backgrounds
- o language barrier or speech impairments
- o geographical barriers
- o resource barriers for service provider
- o financial barriers.

Types or support to get and remain healthy:

Formal support eg.GP
Informal support eg. family

Potential obstacles:

- o emotional/psychological
- o time constraints
- o availability of resources
- o unachievable targets
- o lack of support.