

# Interpreting lifestyle indicators

You may be given information about a person's lifestyle, relating to nutrition, smoking, alcohol consumption, substance misuse or inactivity. You will need to interpret the data accurately, making direct reference to published guidance.

Josh drinks around 14 units of alcohol, but only drinks on his weekend off.

Describe how occasional heavy drinking could affect Josh's health and wellbeing.

This introduces Josh and tells you about his alcohol consumption.

### Sample response extract

The learner shows that they understand research data about recommended levels of alcohol consumption and the risks of not following guidelines.

Josh does not drink more than government recommended 14 units each week but he drinks this at weekends. Drinking heavily over a short time could lead Josh to become alcohol dependent. It may contribute to an increase in his weight. In the future, it would increase his risk of cancers, liver and heart disease.

For a describe question, you just need to give an account of something. You don't need to include a reason.



Look back at page 28 to remind yourself about alcohol and lifestyle indicators.

Josh has been complaining of back pain. He tries to visit the gym each week but at other times takes little exercise.

Assess how Josh's inactivity could affect his health and wellbeing.

### Sample response extract

If you are asked to assess lifestyle data, you could answer like this. You must give details of the factors and come to a conclusion about the possible effects on the person's current physical health and wellbeing, and risks to their future physical health.

Josh is inactive most of the week but does attend the gym once a week. According to recommended exercise levels, he should take 150 minutes of exercise spread over the week, so his visit to the gym may not be enough to help maintain his physical fitness and may be the cause of his back pain. Not getting enough exercise may result in a loss of lung capacity and reduction in stamina, leading to a raised pulse or blood pressure when he does need to exert himself. Inactivity can lead to obesity and joint pain, and increase his risk of diabetes and heart disease.



Look back at page 26 to remind yourself about lifestyle indicators and physical activity.

The student gives details about Josh's level of physical activity. They make links to government guidelines in order to interpret the information. They refer specifically to Josh's existing health condition (back pain) when explaining risks and then also give examples of other possible increased risks to health.

### Now try this

Josh's friends are trying to persuade him to use recreational drugs. State **two** effects of substance misuse on Josh's health and wellbeing.

Any use of recreational drugs can affect health. Re-read the information about substance misuse on page 11.