



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
January 2013

Centre Number

71

Candidate Number

Health and Social Care

Assessment Unit AS 3

assessing

Unit 3: Health and Well-being

[A3H31]

MONDAY 14 JANUARY, MORNING



A3H31

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.
Answer **all three** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Quality of written communication will be assessed in questions **2(f)**, **3(b)** and **3(d)**.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

For Examiner's
use only

Question Number	Marks
1	
2	
3	

Total
Marks

- 1 According to Rethink, “stress is the most common cause of ill health in our society, probably contributing to as many as 70% of all visits to family doctors”.

Source: http://www.managedchange.co.uk/manage_workplace_stress.php?PHPSESSID=8f3daee76408365a9d2a8193a24af37

- (a) Define the following terms.

Stress

[2]

Stress-related illness

[2]

Mental health

[2]

- (b) Rethink is a voluntary organisation that contributes to the health and well-being of people with mental illnesses. One way voluntary organisations may contribute to health and well-being is by providing services such as day centres. Write down three **other** examples of services a voluntary organisation might provide.

1. _____ [1]

2. _____ [1]

3. _____ [1]

Examiner Only	
Marks	Remark

- (c) Complete the table below to identify one example of each need for a service user with a mental illness and to explain how it could be met by health and social care staff in a day centre.

Example of need	How this need could be met by staff in a day centre
A physical need _____ [1]	 [2]
An intellectual need _____ [1]	 [2]
An emotional need _____ [1]	 [2]
A social need _____ [1]	 [2]

Examiner Only	
Marks	Remark

- 2 “Many factors combine together to affect the health and well-being of individuals and communities. Whether people are healthy or not is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level and our relationships ... all have considerable impacts on health and well-being ... Individuals are unlikely to be able to directly control many of the determinants of health.”

Source: www.norfolkambition.gov.uk/view/ncc108506

- (a) One example of an environmental factor is occupational hazards. Explain how two occupational hazards can affect health and well-being.

1. _____

 _____ [2]

2. _____

 _____ [2]

- (b) Explain two ways having a low level of education can affect an individual’s physical health and well-being.

1. _____

 _____ [2]

2. _____

 _____ [2]

Examiner Only	
Marks	Remark

(d) Select a genetically inherited condition and discuss its impact on physical health and well-being.

Name of condition

_____ [1]

Impact on physical health and well-being

 _____ [3]

(e) Explain two ways that physical ill-health can affect an individual's psychological well-being.

1. _____

 _____ [2]

2. _____

 _____ [2]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER
