

Assessment Component 2

Written Report

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Table of Contents

1	Introduction	3
1.1	Aim.....	3
1.2	Objective	3
2	Case study.....	3
3	Health Assessment.....	4
4	Recommendations	6
5	Conclusion.....	7
6	References	8
7	Appendix	10

1 Introduction

Being healthy is one of the utmost desires of every individual and hence considered to be one of the most important components of people's life. Being healthy and living a healthy lifestyle is helpful in preventing various chronic diseases and, at the same time, decreases the risks of long-term illness. Taking care of the health and feeling good about the health are considered important aspects for self-image and self-esteem. Several of the studies have presented the findings that due to specific daily life choices such as smoking can have major health consequences on the person. The following report will present a case study related to an individual for assessing his health with the help of a questionnaire. Along with this, at the end of the report, some recommendations will also be suggested related to lifestyle changes for avoiding severe repercussions.

1.1 Aim

The core aim of the report is on presenting the health assessment of an individual through the findings extracted from a questionnaire, along with this identifying the core health issues which the person can face due to his present lifestyle choices.

1.2 Objective

- To evaluate the impact of certain lifestyle choices on the health condition.
- To identify the major health issues faced by the individual
- To offer recommendations in terms of lifestyle changes

2 Case study

For ensuring the confidentiality of the person, the real name of the person will not be revealed and will be referred to as a patient throughout the report. To assess the health condition of the patient, a questionnaire survey was conducted, which was incorporated with different questions related to daily life choices and daily life routine (Refer to appendix). The major focus of the questions related to the smoking habit of the patient. As indicated through the surveyed patient is habitual of smoking and have around 10-19 cigarettes every day, which is quite alarming for his health. Due to daily smoking, there are several health issues that the person can experience for almost the entire life span (Kim *et al.*, 2019). Similar to the analysis of the questionnaire survey, it is identified that the patient is also suffering from high blood pressure as it is one of the most common health issues

due to smoking. However, high pressure is one of the health issue patients is facing but has not suffered any angina pain or heart attack nor have experienced any kind of shock or weaknesses on any side. Furthermore, it also indicates that by incorporating some life changes in his daily routine, the patient can avoid the risks of not only heart attacks but other major health issues as well. According to Zaidi and Brueckner (2017), when certain traits are passed from one generation to another through the family members, that process is referred to as heredity. Some health issues which are related to genetics include heart diseases, diabetes, high blood pressure and some other conditions. In the case of the patient, it is identified that he is already suffering from high blood pressure and is most likely to suffer **from heart diseases or obesity due to an unhealthy lifestyle.**

Involving in physical activities are considered important for maintaining a healthy lifestyle, as it is helpful in avoiding certain health issues and is beneficial in maintaining the well being of the person (Myers *et al.*, 2015). In the case of the patient, the findings through the survey indicate that he is not involved in any kind of exercise, which will affect his health in the long run, **and he is most likely to face the issue of obesity.** Along with this, studies indicates that besides physical activities, involved in healthy eating is also helpful in reducing the risks of different illness and health issues (Samdal *et al.*, 2017). In terms of the daily eating pattern, the patient is fond of eating chips and fries, which is one of the other factors that can deteriorate his health and can be the reason for other health issues. Moreover, one of the other unhealthy life choices is the intake of alcohol in daily routine. It is identified that excessive drinking can increase the risk of different health problems such as certain cancers, heart muscle damages or pancreatitis, along with some other issues (Thompson *et al.*, 2017). In the case of patient A, he drinks between 3 -6 units of alcohol a day, which might cause severe health damages and can lead to different issues.

3 Health Assessment

With the analysis of the questionnaire survey, it is identified that there are certain daily life choices that are affecting his health presently and will also most likely affect his health in the long run as well. Moreover, the survey further indicates that not only the daily life choices can impact the future health of the patient, but at the same time, family history plays an important role. As it is most likely that patients have the risk of suffering from genetic diseases. Taking into consideration the eating and drinking habits of the patient for assessing the overall health. It is identified that the patient used to have 3-6 glasses of alcohol every day which is considered heavy drinking.

(Peycheva and Boteva, 2016) presented the findings that heavy drinking has the tendency of increasing blood pressure which can eventually lead to causing severe heart damages and, in some cases, even heart attacks. It is identified that drinking 6 – 7 glasses every week can lead to increasing the risks of weight gain, which eventually results in the development of obesity. Increased intake of alcohol is most likely to inhibit fat oxidation, which indicates that continuous consumption of alcohol can result in fat sparing and higher body fat in the long run.. With the analysis of the questionnaire survey, it is identified that the patient is involved in unhealthy lifestyle choices either it could be the intake of alcohol, eating unhealthy food and lack of physical activities. All these factors are associated with each other and are considered as the major contributor to obesity.

Moreover, the survey presented the findings that the patient is used to eating junk food like chips and fries as well, which are some of the major reasons behind obesity and diabetes. Involving in unhealthy eating habits is most likely to increase the risks of type 2 diabetes and other related health issues, majorly cardiovascular diseases (Sutin *et al.*, 2016). Moreover, Jia *et al.* (2019) presented the findings that obesity is generally the result of overeating or involving in unhealthy eating habits and lack of physical exercise. Suppose an individual is involved in consuming a high amount of energy, specifically sugars and fats but does not burn that energy with the help of some physical activity or exercise, which eventually leads to increasing the fat content. In the case of the patient, it is evident that he is involved in unhealthy eating and, above all, not involve in any kind of exercise or physical activities, which puts him at high risk of suffering from obesity and other health issues. Moreover, it can also contribute to tiredness, stress and lack of productivity, which can also increase the risk of developing other illnesses and some of the other health issues. Along with this, lack of physical exercise can also lead to certain heart diseases, even for people who have no other risk factors. Lack of physical exercise besides heart diseases leads to increased risks of other health issues such as high blood pressure, obesity, high level of cholesterol and even type 2 diabetes. Being away from physical exercise or being inactive can result in building fatty substances within the blood arteries, which cause damage to the arteries and leads to heart attacks. Chooi, Ding and Magkos, (2019) identified obesity as one of the major health concerns across the globe; some of the major reasons behind the increase in obesity include a healthy lifestyle and unhealthy eating habits. In the case of the patient, he has several unhealthy habits that can cause

other major health concerns for him in the long run. Through the analysis, it is identified that if the patient does not focus on changing his lifestyle, then it is most likely that he will suffer from obesity which can further create other challenges for him in his daily routine. Additionally, the major health issue will be with breathing; it is identified that overweight or obese people will find it difficult to breathe. This is major because of the excess of fat that resulted in restricting the expansion of the rib cage. Along with this, Ades and Savage (2017) cited that in obese people, heart disease is one of the main health challenges. In the case of the patient, he has already a history of a heart attack which puts him at high risk of heart disease. If lifestyle changes are not considered then, it is most likely that he will also have to suffer from heart issues as well.

4 Recommendations

Although drinking and unhealthy eating habits can lead to causing overweight or obesity but incorporating some lifestyle changes can be helpful in reducing the risk of being overweight and will eventually lead to ensuring that the person can live a healthy lifestyle and can also avoid other health issues. Following are some of the recommendations and changes that can be implemented in daily life for spending a healthy life.

- One of the major changes that are required in the patient's daily life routine is related to physical activities. It is recommended that the patient can enrol in a gym or sports centre that would be helpful in maintaining a healthy lifestyle and at the same time reducing the negative effects of smoking and other unhealthy habits.
- Along with this, it is also recommended that the patient can also join a local weight loss group as it will be helpful in increasing motivation in maintaining a healthy lifestyle.
- With that, it is also recommended that he can also join a weight management program as it will be helpful in not only losing the weight but at the same time also resulted in monitoring the overall progress and making sure that he should not face other complications while losing the weight.
- Involving in healthy eating is not only beneficial for the physical health of the individual but at the same time also has a positive impact on the mental health of the person as well (Lin, Wood and Monterosso, 2016). Therefore, it is recommended that the patient should consult a nutritionist's to seek guidance related to the changes he can incorporate within his eating habits.

- One of the other major aspects that need to be the focus is regular health check-ups, as he is now 48 years old and has a history of heart diseases; therefore, it is recommended that regular check-ups should be done. Along with this, regular medicines and health supplements should be taken for maintaining a healthy lifestyle.
- Furthermore, the patient also needs to make sure that the taking of alcohol should also be controlled by taking part in support groups as it will be helpful in dealing with the cravings more efficiently. Along with this hearing, other people experiences will also increase the motivation for maintaining a healthy lifestyle.
- Moreover, it is recommended that therapy groups can also be joined as it will not only be helpful in reducing the cravings of not only cigarettes but alcohol as well, along with this, it will also be helpful in maintaining healthy well being.
- For maintaining both mental and physical health, it is recommended that meditations can be incorporated within the daily life routine. There are mindfulness techniques that can be used for dealing with cravings by occupying a section of the mind that is responsible for the development of craving (Abou Elmagd, 2016). Mindfulness techniques are found to be helpful in quitting cigarettes as it is helpful in increasing self-control.
- One of the major changes that are required immediate attention is quitting smoking. In order to do it is recommended that in order to avoid the cigarette craving, alternates can be used like chewing gum or nicotine tablets.

5 Conclusion

In a nutshell, it is concluded that maintaining a healthy lifestyle is important for every individual. In the case of the patient, it is identified that he is involved in unhealthy habits which are currently affecting his health and, at the same time, increases the risks of other health issues in the future as well. It is recommended that the patient should focus on quitting smoking and alcohol. Along with this, he should involve himself in physical activities and meditations as it will be helpful in maintaining physical and mental well being.

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7 Appendix

LIFESTYLE QUESTIONNAIRE

Introduction:

In order to help us focus our Health Promotion activities in the practice, we would be grateful if you could fill in this short questionnaire. If you have already completed one on a previous visit, please return this questionnaire to the receptionist.

Name Patient A Date of Birth 01/01/1973

Do you smoke? Yes ☒ No ☐

If Yes, do you –

smoke less than 1	cigarette/day	☐
1 – 9	cigarettes/day	☐
10-19	cigarettes/day	☒
20-39	cigarettes/day	☐
more than 40	cigarettes/day	☐
smoke a pipe		☐
smoke cigars		☐

If No, have you –

never ever smoked	☐
given up smoking in the last year	☐
not smoked for more than 1 year	☐

Do you have high blood pressure? Yes ☒ No ☐

Have you ever had a heart attack or suffered from angina? Yes ☐ No ☒

Have you ever had a stroke, "shock" or any weakness down one side? Yes ☐ No ☒

Have any of the following – mother, father, brothers or sisters had –

a heart attack below the age of 60	Yes ☒	No ☐
a heart attack above the age of 60	Yes ☐	No ☒
a stroke	Yes ☐	No ☒
trouble with very high cholesterol (hyperlipidaemia)	Yes ☐	No ☒

68

Practice Use Only

Health Education Smoking	
BP	<u>180/90</u>
Height	<u>1.65cm</u>
Weight	<u>86</u>

EXERCISE

Healthy exercise usually involves activity that lasts for at least 20 minutes, raises your pulse and produces hard breathing. In younger people this might be running, cycling or sport, or brisk walking for older people.

Do you take this type of exercise – No exercise

- daily ☐
- 3 times weekly ☐
- once weekly ☐
- once monthly ☐
- seldom ☐

I cannot take exercise because of disability ☐

DIET

Please tick the one category which is closest to your usual eating pattern.

- I eat no meat, fish or dairy produce ☐
- I eat no meat ☐
- I eat a mixture including daily fruit and vegetables ☐
- I eat a mixture including regular chips and fries ☒
- I eat frozen meals (eg TV dinners) 3 or 4 times/week ☐
- I eat mainly snacks ☐
- I eat a special medical diet ☐

Please specify

ALCOHOL

Please tick the statement which most closely describes your usual average alcohol intake. (1 unit is 1 glass wine, ½ pint beer or a single measure of spirit.)

- I never drink alcohol ☐
- I drink less than 1 unit per day ☐
- I drink between 1 and 2 units a day ☐
- I drink between 3 and 6 units a day ☒
- I drink between 7 and 9 units a day ☐
- I drink more than 9 units a day on average ☐

Practice Use Only

- Health Education Alcohol ☐
- Alcohol Brief Intervention ☐