



What does good health mean?

Define the term 'Risk factor'

Obesity

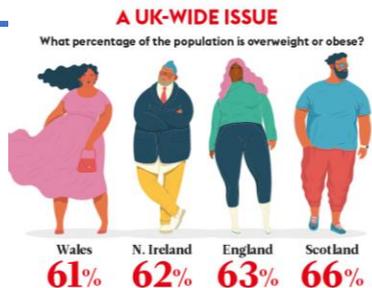
<https://youtu.be/iQUJ1HV0PWc>

What is it?

What causes it (risk factors)?

What happens to the body?

How can it be prevented or treated?



Department of Health, 2020; Welsh Government, 2020b; NIS Digital, 2020a; Scottish Government, 2019

BODY MASS INDEX



Explain this image:

BMI Formula
the-calculator.com

METRIC
 $BMI = \text{weight (kg)} / [\text{height (m)}]^2$

Cardiovascular disease

<https://youtu.be/qJq5hA4pnOk>

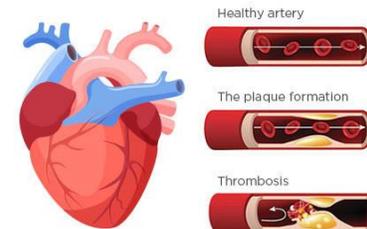
What is it?

What causes it (risk factors)?

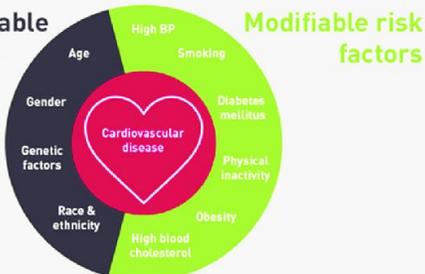
What happens to the body?

How can it be prevented or treated?

Explain what's happening in this image:



Non-modifiable risk factors



Types of Heart Disease



Skeletal disease

Rickets <https://youtu.be/sBar5TMhrBs>

What is it

What causes it (risk factors)

What happens to the body

How can it be prevented or treated?

Osteoporosis <https://youtu.be/F1KJq6Pdp54>

What is it

What causes it (risk factors)

What happens to the body

How can it be prevented or treated?

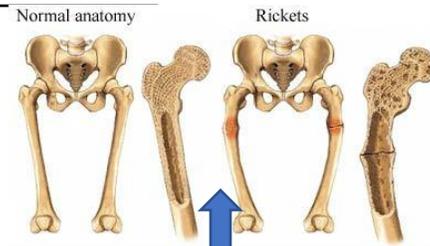
Tooth decay <https://youtu.be/-8Txnn34nSA>

What is it

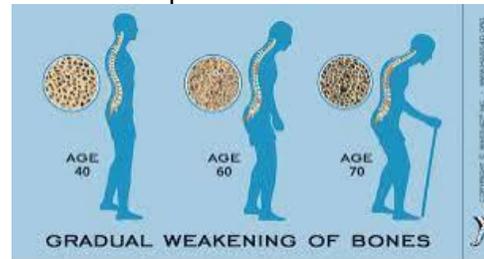
What causes it (risk factors)

What happens to the body

How can it be prevented or treated?



Explain what's happening in this image:



Nonmodifiable	Modifiable
Advanced age	Smoking
Female gender	Inadequate calcium intake
White/Asian race	Inadequate vitamin D
Low peak bone mass	Low body weight (BMI <21 kg/m ²)
Family history of osteoporosis	Estrogen deficiency
Personal history of fracture	Hypogonadism
Low Body Mass Index	Chronic glucocorticoid therapy (see table 3 for other medications)

The stages of tooth decay

1. Decay in enamel 2. Advanced decay 3. Decay in dentin 4. Decay in pulp



These stages are not painful

This stage is painful

This stage is very painful

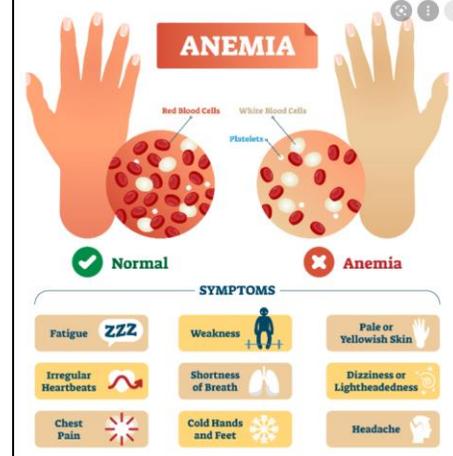
Iron deficiency anaemia <https://youtu.be/H-IY53XBORo>

What is it?

What causes it? (risk factors)

What happens to the body

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Explain what's happening in this image:

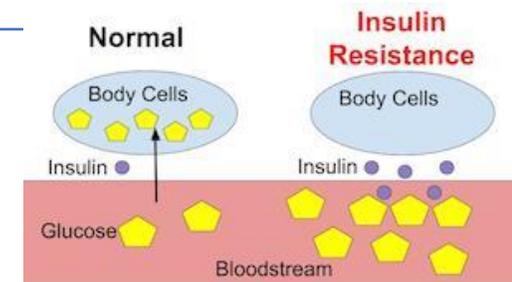
Type 2 diabetes <https://youtu.be/JAjZv41iUJU>

What is it?

What causes it? (risk factors)

What happens to the body?

How can it be prevented or treated?



Explain what's happening in this image:

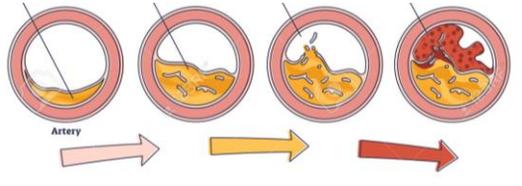


Diet, nutrition and health exam question practice:

- 1) Define the term 'risk factor' (1 mark)
- 2) What does BMI stand for and what is it used for? (2 marks)
- 3) Give one other factor used to determine obesity (1 mark)
- 4) What are the effects of obesity on the body (6 marks – 3-4 pee)

- 5) Name and define 3 different types of cardiovascular disease (3 marks)

- 6) Discuss what is happening in this image including cause and effect (8 marks – 4-5 pee)



- 7) Explain 2 key differences between osteoporosis and rickets (2 marks)

- 8) Explain the stages and causes of tooth decay (8 marks – 4-5pee)

- 9) What group of people are most at risk of Iron deficiency anaemia (1 mark)

- 10) Discuss the effects of iron deficiency anaemia on the body (4 marks)

- 11) What are possible treatments for iron deficiency anaemia? (2 marks)

- 12) Explain the risk factors for type 2 diabetes (6 marks – 3-4pee)

- 13) Referencing this image, discuss what happens to the body to cause diabetes type 2 (8 marks -4-5pee)

