

Do Now

Lesson 4: Health and Wellbeing: What are the consequences of living unhealthily?



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Durani has had a busy day. He walked the dog, went to McDonald's for breakfast, cycled to Jamie's house and played PS5 for four hours, had chicken and salad for lunch and Haribo for afters, then his dad drove him to the skatepark, where he spent another hour – then home for tea – takeaway pizza. Durani then went to bed early, but only slept for five hours.

Discuss: Categorise Durani's activities into healthy and unhealthy. How do you know?



Now write down a summary of what you did on either Saturday or Sunday. Explain whether you think your day was healthy overall.

I think my day was healthy / unhealthy overall, because...

However,

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Health - a person's mental (psychological) or physical condition. Or can be good or poor.

Lifestyle diseases – diseases which may develop due to the daily habits of people and are a result of an inappropriate relationship of people with their environment.

Cancer - a disease caused by an uncontrolled division of abnormal cells in a part of the body.



Learning outcomes:

Describe what we can do to improve chances of a long and healthy life.

Explain how common 'lifestyle diseases' develop and how we can help prevention.

Describe what might influence decisions about eating a balanced diet and strategies to manage eating choice.

Consequences of unhealthy living – lifestyle diseases.

<https://www.youtube.com/watch?v=vJKA3YkVSGo>
<https://www.youtube.com/watch?v=-Y68CfN6oCk>

https://www.youtube.com/watch?v=rj_TysH4boA
<https://www.youtube.com/watch?v=dMS1p3Fihz8>



How many bacteria can be found on a computer keyboard?

How long should you wash your hands with soap for?

Processed meat is as cancer causing as...

Smoking raises your cancer risk by how much?

What have the WHO discovered about processed meats?

Which kind of virus is carried by many of us and easily spread?

How much alcohol is good for your health? Why?

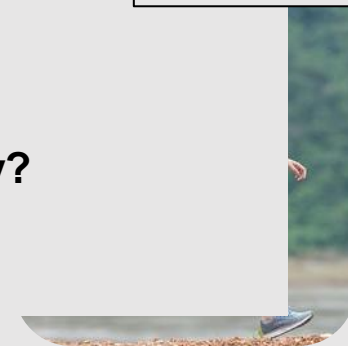
How is storing 'additional energy' harmful?

What are the 'clinically obese' at risk of?

What did the study conclude about alcohol consumption and why?

Why is it so hard to measure the health influence of alcohol?

Watch the clips and complete your questions on your task sheet. We will then go through the answers together so you can fill in any you've missed. Take detailed notes for this – you'll need them in a bit.



Consequences of unhealthy living – lifestyle diseases.

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<https://www.youtube.com/watch?v=-Y68CfN6oCk>

https://www.youtube.com/watch?v=rj_TysH4boA
<https://www.youtube.com/watch?v=dMS1p3Fihz8>

How many bacteria can be found on a computer keyboard?

Around 3000 organisms per square inch.

How long should you wash your hands with soap for?

For 20 seconds and dry thoroughly after to prevent transmission.

Processed meat is as cancer causing as...

Arsenic, asbestos and cigarettes

Smoking raises your cancer risk by how much?

1000%

What have the World Health Organisation discovered about processed meats?

Red meat probably causes cancer in humans

Which kind of virus is carried by many of us and easily spread?

Norovirus (causes a nasty stomach flu)

How much alcohol is good for your health? Why?

There is no amount that is good for your overall health.

How is storing 'additional energy' harmful?

The additional fat isn't needed.

What are the 'clinically obese' at risk of?

Heart disease, high blood pressure and depression

What did the study conclude about alcohol consumption and why?

It was associated with 2.8 million deaths – there is no benefit to any alcohol consumption.

Why is it so hard to measure the health influence of alcohol?

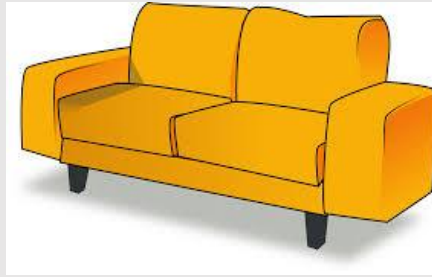
There are so many different factors – there is lots of disagreement in the medical community.

Most people who drink won't die from it, but those who drink to excess are far more at risk.



DISCUSSION POINT

The clips we watched mentioned cancer a few times. Unfortunately around half of us will likely develop cancer at some point in our lives. It is hard to prevent many cancers. However, better health education is enabling us to make changes now to reduce the risk of developing cancer. Using the images, write your ideas around the mind map. We'll go through the answers on the next slide.



How can we make changes to help prevent cancer?



One way we could help prevent cancer might be...



ANSWERS

Most cancers are caused by changes in a person's genes over their lifetime, when their DNA is damaged. If a cell has too much DNA damage, it may start to multiply out of control, which is how cancer starts.

Although there may be genetic factors, and in some cases no clear cause at all, there are some risk factors which cause cancer that we can control. According to Cancer Research UK, as many as 4 in 10 cancers are preventable.



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not smoking (smoking is a proven cause lung cancer and other cancers)

Keeping a healthy body weight (obesity is linked to several cancers)



Danger

Work in a safe environment (avoid exposure to harmful materials like asbestos or dangerous levels of UV radiation).

How can we make changes to help prevent cancer?



Reduce alcohol consumption (there is a link between alcohol and 7 different types of cancer)

Get regular exercise (this can help reduce the risk of at least 13 types of cancer)



Eating a balanced, healthy diet, including 5 fruits and vegetables per day

Protect your skin in the sun, by using shade and clothing as well as sunscreen

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>
Kooth – <https://www.kooth.com>
Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.
Wellbeing Team and School Nurse
Report a Concern on Satchel
Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>
Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.
Headspace – Meditation and stress relief.
Clear Fear – Manage anxiety (designed for young people).
MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –
<https://www.beateatingdisorders.org.uk>
NHS Live Well – Eating Disorders –
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>