



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2023

Centre Number

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Candidate Number

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Health and Social Care

Assessment Unit AS 3

assessing

Health and Well-being



[SHC31]

SHC31

MONDAY 22 MAY, AFTERNOON

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

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

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all three** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Quality of written communication will be assessed in questions **1(e)**, **2(e)(ii)** and **3(e)**.

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



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20SHC3102



1 According to a fact sheet produced by the World Health Organisation, “Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces” (WHO, 2020). Although younger people can develop it, type 2 diabetes is associated with ageing. Diabetes UK states that, as well as age, other risk factors for type 2 diabetes include an unhealthy diet, lack of exercise, smoking and belonging to some ethnic minority groups.

(a) Give a definition of disease.

[2]

(b) Ethnicity is one example of a socio-economic factor. Write down **two** other socio-economic factors that can affect health and well-being.

1. _____ [1]
2. _____ [1]

[Turn over



(c) Other than developing type 2 diabetes, describe how each of the following behavioural factors can affect physical health and well-being.

Unhealthy diet

[3]

Lack of exercise

[3]

Smoking

[3]



(d) Diabetes UK is an example of a voluntary organisation. Choose any other voluntary organisation and discuss how it contributes to health and well-being for people in Northern Ireland.

Name of organisation _____

[6]

[Turn over



2 Health promotion is undertaken by a whole range of organisations from the World Health Organisation (WHO) at an international level to a range of statutory organisations in Northern Ireland and even private organisations like pharmacies.

(a) Give a definition of health.

[2]

(b) Other than providing fact sheets on diseases and engaging in health promotion, explain **two** ways WHO contributes to health and well-being on a global level.

1.

[2]

2.

[2]



(c) (i) Health and Social Care Trusts are examples of statutory organisations that are involved in health promotion in Northern Ireland. Explain **three** different ways that Trusts contribute to health and well-being.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

(ii) Name **two** other statutory organisations that contribute to health and well-being in Northern Ireland.

1. _____ [1]

2. _____ [1]

[Turn over



(d) Other than engaging in health promotion, describe how a pharmacy can contribute to health and well-being.

[3]





3 Early years organisations like crèches, day care, playgroups and nursery schools aim to meet the physical, intellectual, emotional and social needs of young children and to promote their physical and mental health. Anti-discriminatory practice is important for all early years workers and managers.

(a) Explain what is meant by mental health.

[2]

[Turn over



- (b) Complete the table below to identify **one** example of each type of need and to describe how staff could meet that need for children in a crèche.

Example of a physical need:	[1]
How staff in a crèche could meet that need:	[3]
Example of an intellectual need:	[1]
How staff in a crèche could meet that need:	[3]





Example of an emotional need:

[1]

How staff in a crèche could meet that need:

[3]

Example of a social need:

[1]

How staff in a crèche could meet that need:

[3]

[Turn over



(c) Describe **two** examples of discriminatory practice in early years settings.

1. _____

_____ [3]

2. _____

_____ [3]



- (d) Explain **one** way discriminatory practice could impact on children's social health and well-being and **one** way it could impact on their psychological health and well-being.

Impact on social health and well-being

[2]

Impact on psychological health and well-being

[2]

[Turn over



THIS IS THE END OF THE QUESTION PAPER

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Sources

Q1.....Diabetes. World Health Organization; 2023. Licence: CC BY-NC-SA 3.0 IGO and © Adapted from Diabetes UK

For Examiner's use only	
Question Number	Marks
1	
2	
3	

Total Marks	
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Examiner Number

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