



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2025

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\*

**WEDNESDAY 21 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(d)** and **3(c)**.

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



1 Health promotion campaigns aim to improve the health of the population as a whole. Some factors that impact negatively on health, for example environmental and socio-economic factors, may be largely outside the control of an individual.

(a) Give a definition of health.

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[2]



(b) Describe how each of the following environmental factors can negatively impact on physical health and well-being.

Pollution

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[3]

Geographical location

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[3]

[Turn over



(c) Health promotion campaigns use a number of approaches to get their message across. Identify the health promotion approach in the three examples below.

(i) The government introduces a law to make smoking in cars illegal.

Health promotion approach used:

\_\_\_\_\_ [1]

(ii) A campaign uses posters of a young person in a coma in hospital after taking illegal drugs.

Health promotion approach used:

\_\_\_\_\_ [1]

(iii) Leaflets are made available in GP surgeries encouraging women aged 25 to 64 to attend cervical screening appointments.

Health promotion approach used:

\_\_\_\_\_ [1]



(d) Complete the table below to describe and evaluate the behaviour change approach to health promotion.

Describe the behaviour change approach to health promotion.	
	[3]
Explain <b>two</b> strengths of the approach.	
1.	[2]
2.	[2]
Explain <b>two</b> weaknesses of the approach.	
1.	[2]
2.	[2]

[Turn over







2 Managers in health, social care and early years settings have responsibilities to meet the needs of service users and promote anti-discriminatory practice.

(a) Define the following terms:

Prejudice

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[2]

Discrimination

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[2]



(b) (i) Use the following headings to outline **two** examples of discrimination by staff:

Discrimination on the basis of beliefs in a hospital

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[2]

Discrimination on the basis of gender in a day centre

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[2]

(ii) Write down any other **two** bases for discrimination in a health, social care or early years setting.

1. \_\_\_\_\_ [1]
2. \_\_\_\_\_ [1]

[Turn over



- (c) (i) One way managers can promote anti-discriminatory practice is through having policies in place.

Describe how any **two** policies can promote anti-discriminatory practice.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

- (ii) Identify **two** other ways managers can promote anti-discriminatory practice.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]



(iii) Describe how anti-discriminatory practice might have a positive impact on the physical, social and psychological health and well-being of service users.

Impact on physical health and well-being

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[3]

Impact on social health and well-being

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[3]

Impact on psychological health and well-being

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[3]

[Turn over







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3 Behavioural factors like diet and exercise can contribute to health and well-being of older people. An increasing number of older people in Northern Ireland are living with at least one condition associated with ageing. Many older people need the services of organisations responsible for health and well-being, including private or commercial organisations, such as pharmacies.

(a) (i) Describe how exercise can contribute to physical health and well-being.

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[3]

[Turn over



(ii) Describe **three** ways an unhealthy diet may affect physical health and well-being.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]









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<b>For Examiner's use only</b>	
<b>Question Number</b>	<b>Marks</b>
1	
2	
3	

<b>Total Marks</b>	
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Examiner Number

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