



Objectives

At the end of this lesson I should be able to:

- Determine possible risks to our health
- Suggest how different factors might influence an individual's health
- Work collaboratively to carry out research on a non-communicable disease

Start of lesson			End of lesson		
Confident	OK	Not so sure	Confident	OK	Not so sure
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Complete this section at the end of the lesson

What new things have you learnt today?

How well did you understand today's material?

What skills have you used today?

What skills did you find difficult today?

What will you make sure you remember from today?



When someone dies, a doctor or a coroner will decide the cause of death and record it on the person's death certificate.

The cause of death is based on rules set out by the International Classification of Diseases (ICD) and is obtained from the conditions reported by the doctor or coroner.



The cause is based on the **World Health Organisation (WHO)** definition as:

- the disease or injury that initiated the train of events directly leading to death, or
- the circumstances of the accident or violence that precedes the fatal injury.



The Department of Health has a list of hundreds of conditions which can be recorded on the death certificate as a cause of death.

Activity 1: Can you rank the causes of death?

Identify the **top 3 most common** and the **least common** in the UK



	most common	2nd most common	3rd most common	Least common
My suggestion				
Actual order				



Discuss what impact has **COVID-19** had on the causes of death?

Activity 2: Can you sort the cards into three groups?



1. Identify group A and B and write your own classification for group C in the boxes below:

A.

_____ Diseases are diseases which are unable to be passed from one person to another, so you can't contract them from somebody.

List 3 that are linked to lifestyle behaviours:

-
-
-

B.

_____ Diseases are diseases which can be passed from one person to another, so you can contract them from somebody.

C. Other

2. How do non-communicable diseases affect the risk for COVID-19 patients?



3. Which category do each of the top 3 most common causes of death fit into?

Activity 3: How has this changed over time?



How do you think the main causes of death have changed over time?

What do you think has led to these changes?



Identify 3 advances that have improved public health over time.

Public health advance	How has it affected public health?



Type 2 Diabetes

There are 4.2 million people diagnosed with diabetes in the UK, but a further 1 million people are believed to have the condition but have not been diagnosed.



Heart disease

Coronary heart disease is the UK's biggest killer, causing 73,000 deaths each year, an average of 190 people each day, or one every seven minutes.

Mental Health and Wellbeing

1 in 10 young people will experience a mental health problem. The number of young people attending A&E with a recorded mental condition has almost tripled since 2010.



Chronic Obstructive Pulmonary Disease (COPD)

The total annual cost to the NHS is estimated to be over £800 million for direct health care costs and 24 million working days per year are lost due to COPD.

Cancer

4 in 10 cancers could be prevented. Overweight and obesity is the second biggest preventable cause of cancer after smoking.



Stroke

Every year it is estimated that more than 152,000 people in the UK have a stroke. That's one person every three and a half minutes.

Activity 4: My group's NCD is:



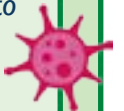
What is it?

Explain what area of the body is involved, and what is happening to that area.

Who gets it?

Who is at more risk and why ? e.g. Males/Females, Age?

Should people affected take extra precautions to shield from COVID-19?



What are the symptoms?

What do people affected suffer from?

What are the risk factors?

For example: Is the condition more likely if you smoke, or are overweight?

How would COVID-19 affect this condition?



What is the treatment?

Medicines, operations or lifestyle changes.

What can we all do to reduce our risk?

What lifestyle choices might you want to make?