



## Objectives

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

- Identify risk factors that can affect our health
- Analyse evidence from different sources
- Draw conclusions from the evidence

Start of lesson			End of lesson		
Confident	OK	Not so sure	Confident	OK	Not so sure
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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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 did you use today?

What skills did you find difficult?

What will you make sure you remember from today?

## Physical Inactivity

A lack of exercise

causes:

- Heart attack
- Stroke
- Bowel cancer
- Breast cancer
- Diabetes

## High Cholesterol

High cholesterol

causes:

- Heart attack
- Stroke

## Obesity

Obesity causes:

- Heart attack
- Stroke
- Complications due to Type 2 diabetes
- High blood pressure
- Some cancers

## Alcohol

Drinking too much alcohol

causes:

- Stomach cancer
- Oesophageal cancer
- Liver disease
- Stroke
- Liver cancer
- Breast cancer

## Low Fruit and Vegetables

A diet low in fruit and

vegetables causes:

- Heart attack
- Stroke
- Some cancers

## Non-Transport Accidents

For example:

- Falls
- Accidental drug overdose (e.g. heroin)
- Choking and suffocation
- Fire
- Drowning

## Smoking

Smoking causes:

- Lung cancer
- COPD (obstructed airways)
- Heart attack
- Pneumonia
- Stroke
- Other types of cancer

## Infections

For example:

- Diarrhoea and vomiting
- Bacterial diseases
- HIV
- Tuberculosis
- Influenza/Flu
- COVID-19

## High Blood Pressure

High blood pressure

causes:

- Heart attack
- Stroke
- Heart failure

## Activity 1: Play the Tower of Risk

### Tower of Risk instructions

Take it in turns to remove a block and after each turn **discuss** the following points in your group:

- Identify your risk
- How high/big is your risk compared to others?
- What could it lead to?
- How could you reduce this risk?
- What would be the risk for someone with COVID-19?



### Risks leading to death in perspective



## Tower of Risk





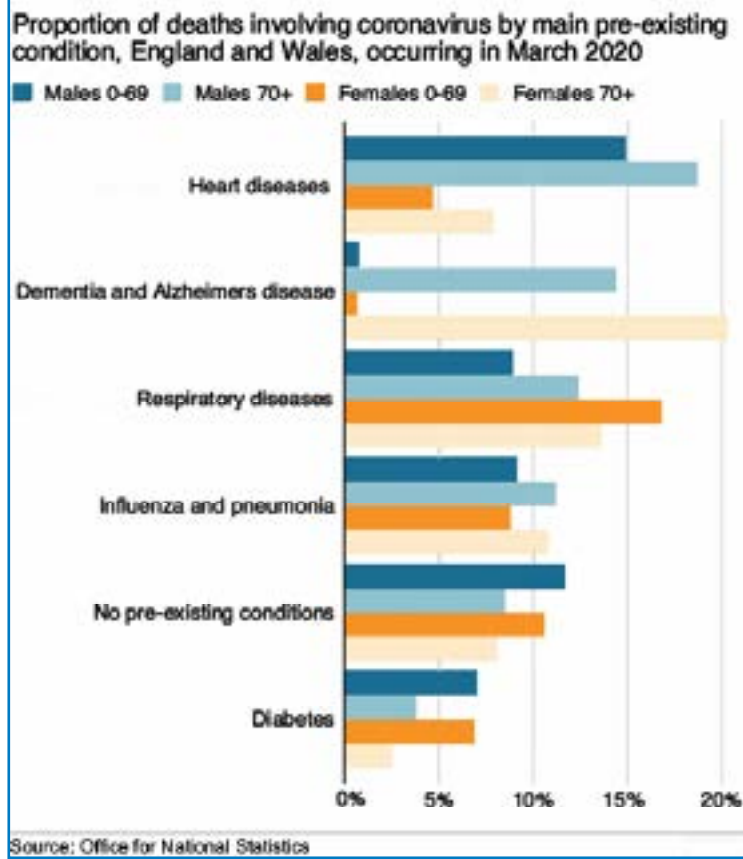
This bar chart shows some of the data collected during the COVID-19 pandemic



What does the data tell us?

How could you use this data?

Who might this data be useful to?



## Activity 2: What health conditions increase the risk for people suffering with COVID-19?

Identify three groups of people who are at increased risk:

- 
- 
- 



Discuss what extra precautions may these people need to consider taking to reduce their risk?



## Chris's Grandad's Death Certificate, Fred Curtain

**BIRTHS AND DEATHS REGISTRATION ACT 1953**  
(Form prescribed by Registration of Births and Deaths Regulations 1987)

**MEDICAL CERTIFICATE OF CAUSE OF DEATH**  
For use only by a Registered Medical Practitioner WHO HAS BEEN IN ATTENDANCE during the deceased's last illness, and to be delivered by him forthwith to the Registrar of Births and Deaths.

Registrar to enter  
No. of Death Entry  
.....

Name of deceased Fred Curtain

Date of death as stated to me 23rd day of October 1983 Age as stated to me 50

Place of death Southampton General Hospital

Last seen alive by me 19th day of October 1983

<ol style="list-style-type: none"> <li>1 The certified cause of death takes account of information obtained from post-mortem.</li> <li>2 Information from post-mortem may be available later</li> <li>3 Post mortem not being held.</li> <li>4 I have reported this death to the Coroner for further action.</li> </ol> <p><i>(See overleaf)</i></p>	} }	Please ring appropriate digit(s) and letter	<ol style="list-style-type: none"> <li>a Seen after death by me.</li> <li>b Seen after death by another medical practitioner but not by me</li> <li>c Not seen after death by a medical practitioner.</li> </ol>
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**CAUSE OF DEATH**  
*The condition thought to be the 'Underlying Cause of Death' should appear in the lowest completed line of Part I.*

I (a) Disease or condition directly leading to death† Myocardial infarction (Heart attack)

(b) Other disease or condition, if any, leading to: I(a) High blood pressure

(c) Other disease or condition, if any, leading to: I(b) High cholesterol

II Other significant conditions **CONTRIBUTING TO THE DEATH** but not related to the disease or condition causing it... obesity

*These particulars not to be entered in death register*

Approximate interval between onset and death  
1 hour

5 years

7 years

The death might have been due to or contributed to by the employment followed at some time by the deceased  Please tick where applicable

*This does not mean the mode of dying, such as heart failure, asphyxia, asthenia, etc: it means the disease, injury, or complication which caused death.*

I hereby certify that I was in medical attendance during the above named deceased's last illness, and that the particulars and cause of death above written are true to the best of my knowledge and belief.

Signature MR Dugg Qualifications as registered by General Medical Council BM GP MRCP

Residence Sunnyfields GP Surgery Date 25.10.1983

For deaths in hospital: Please give the name of the consultant responsible for the above-named as a patient Dr Robert Grace

Death Certificate Template adapted from NHS Choices website - Atlas of Risk



### A: Family background and history

Sources - family tree, Grandad's death certificate, family medical history and set of family cards, with information on Chris's relatives and friends.

### B: Current lifestyle

Sources - Chris's food diary, sleep report, activity log, Chris's Eatwell Guide, Mum's weekly shopping list and a fridge photo. Transcript of Chris's TeC-19 focus group.

### C: Early development and childhood

Sources - Midwifery notes including mother's lifestyle, and notes from baby book which includes growth chart birth weight, breast/bottle-feeding.

#### Activity 3: Researching Chris's health

- Which pieces of evidence are most helpful?
- Why are they helpful, what does the evidence tell you?
- What are the health risks Chris may face in the future?
- Who in Chris's family is most at risk from COVID-19 based on their health data?




Use the table on the **following page** to summarise your findings.



#### Activity 4: Sharing findings

Share your findings with the other groups, and record their findings

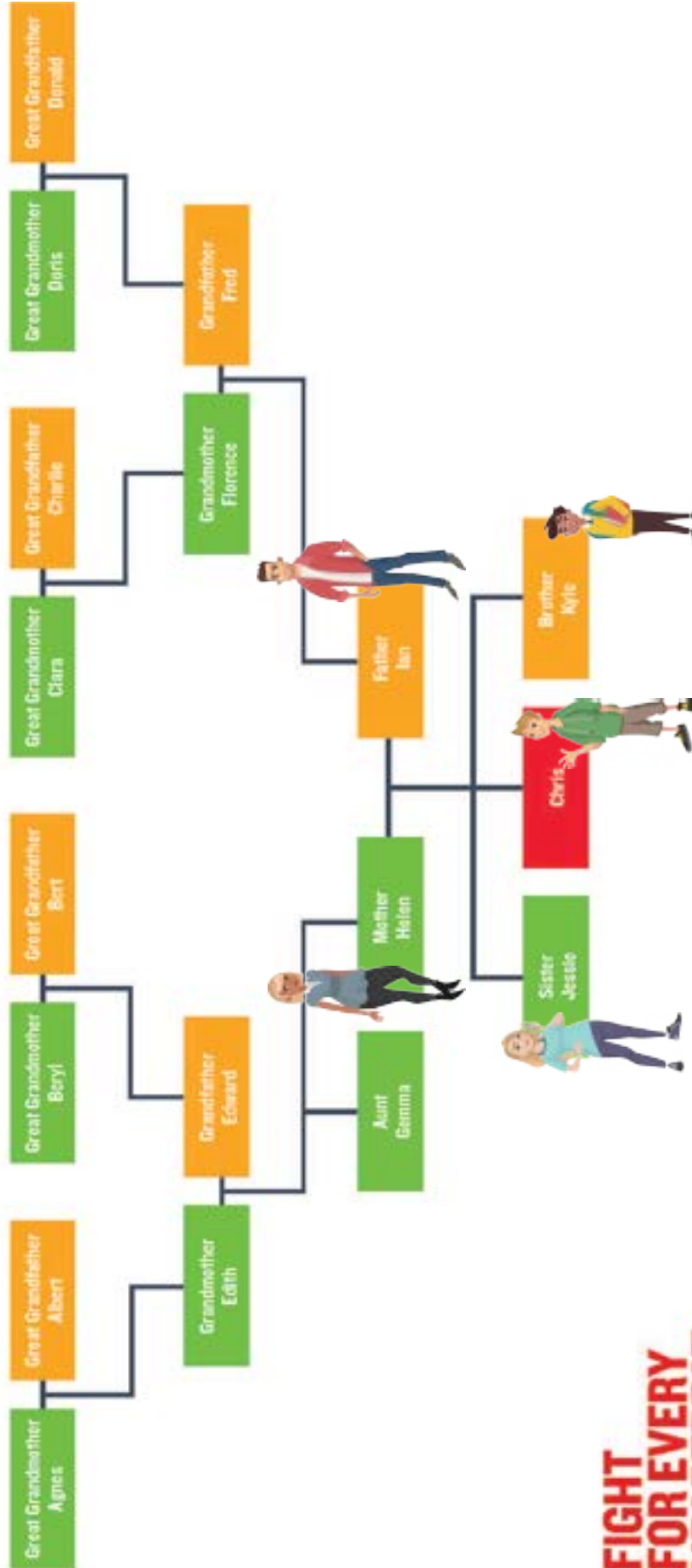


Summary Table (Activity 3 and 4)	Group A: Family Background	Group B: Current Lifestyle	Group C: Early Development and Childhood
Which pieces of evidence are most helpful? Why?			
How do you know they are trustworthy or unbiased?			
What does the evidence tell you?			
What are the health risks Chris may face in the future?			
<p data-bbox="1294 1644 1326 2114">How worried should Chris be?</p> <div data-bbox="1361 1379 1500 1980" style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 10px;">Not at all worried</div>  <div style="margin-left: 10px;">Very worried</div> </div> <p data-bbox="1284 174 1362 1128">Who in Chris's family is most at risk from COVID-19 based on their health data?</p> <div data-bbox="1396 96 1508 208" style="text-align: right;">  </div>			





## Family tree



**FIGHT FOR EVERY HEARTBEAT**  
bhf.org.uk