

# PCSHE – Year 9 Topic 4 – Healthy Lifestyles

## KPI1: Key Terms:

1. **NHS (National Health Service):** The NHS is the public healthcare system in the United Kingdom. It provides medical services, including doctors, hospitals, and prescriptions, to residents for free or at a reduced cost.
2. **Decay:** Decay refers to the gradual damage or deterioration of something, such as a tooth, due to the action of bacteria or other factors.
3. **Wisdom Teeth:** Wisdom teeth are the third set of molars that typically emerge in a person's late teens or early twenties. They can sometimes cause dental issues and may need to be removed.
4. **Root Canal Treatments:** A root canal treatment is a dental procedure used to repair and save a badly damaged or infected tooth by removing the pulp and cleaning and sealing the inside of the tooth.
5. **Veneers:** Veneers are thin shells made of porcelain or composite material that are placed over the front surface of a tooth to improve its appearance, such as covering stains or chips.
6. **Crowns:** A dental crown is a cap that is placed over a damaged or weakened tooth to protect it and restore its shape and function.
7. **Braces:** Braces are orthodontic devices used to straighten and align teeth. They consist of brackets and wires that gradually move teeth into their desired positions.
8. **Teeth Whitening:** Teeth whitening is a cosmetic dental procedure that involves the use of bleaching agents or other methods to lighten the color of teeth and make them appear whiter.
9. **Cosmetic Dentistry:** Cosmetic dentistry is a branch of dentistry focused on improving the appearance of teeth and smiles through various treatments and procedures.
10. **Consensus:** Consensus means general agreement or the collective opinion of a group of people on a particular matter or issue.
11. **Vigorous:** Vigorous means doing something with a lot of energy, force, or intensity. It's often associated with activities that require physical effort.
12. **Processed Meat:** Processed meat is meat that has been modified through various methods, such as smoking, curing, or adding preservatives. Common examples include sausages and bacon.
13. **Bowel Cancer:** Bowel cancer, also known as colorectal cancer, is a type of cancer that begins in the colon or rectum. It can be serious and requires medical treatment.
14. **Allergies:** Allergies are the body's adverse reactions to substances like pollen, certain foods, or pet dander. Allergies can lead to symptoms such as sneezing, itching, or hives.
15. **Influences:** Influences are factors or people that have an effect on your thoughts, behavior, or decisions. They can come from various sources, like friends, family, or the media.
16. **Depression:** Depression is a mental health condition characterized by persistent feelings of sadness, hopelessness, and a lack of interest in activities. It can affect a person's overall well-being.
17. **Fatigue:** Fatigue is a state of extreme tiredness or exhaustion, often resulting from physical or mental exertion.
18. **Immune System:** The immune system is the body's natural defense mechanism that helps protect against infections and diseases. It consists of various cells and organs that work together to keep the body healthy.
19. **Stimulant:** A stimulant is a substance that increases alertness, energy, and attention. Some common stimulants include caffeine and certain medications.

## KPI2; Healthy Sleep

### What can cause problems with our sleep?

Medical issues, technology, hunger, stress, mental health issues, your bed, clutter and messy rooms, napping and lie ins

### Consequences of sleep deprivation:

- **Emotional Affects:** Irritability, mood swings, fatigue / tiredness, lack of motivation, depression
- **Physical Affects:** High Blood Pressure, Reduced Sex Drive, Lower Immune system, Disrupt hormone regulation, Higher risk of type 2 diabetes
- **Cognitive effects:** Forgetfulness, Clumsiness, Difficulty focusing

### KPI3: Tips for a good night's sleep:

- Routines – set a routine which your body can recognize is a wind down for sleep.
- Tech free bedrooms – stop using technology such as tablets and phones 2 hours before bed or use a blue light filter.
- Clutter free bedrooms – Keeping your bedroom clutter free and tidy and help make the room feel calmer and more relaxing.
- Reduce stimulant food intake – foods and drinks which contain a lot of sugar and caffeine can impact your sleep so try not to consume too much after 3pm.

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## KPI3: Choices about Diet and Exercise

### What influences choice about diet and exercise:

Family, friends, celebrities, media, social media, NHS guidelines, advertising campaigns.

### Facts:

- The NHS recommends five portions of fruit and vegetables a day.
- Eating too much of anything can be bad for health and highly processed meats can have a negative health effect, for example the Department of Health and Social Care suggest that there is a chance that consuming processed red meat can increase the risk of bowel cancer
- Children and young people (aged 5-18) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports

### Diet:

There is a general consensus that there are some foods people should eat more of/choose more often:

- Fruit, Vegetables, Beans, Pulses, Eggs, Fish, Other protein

There is a general consensus that there are some foods people should eat less of/choose less often:

- Foods high in salt
- Foods high in sugar
- Highly processed food

Some people might also follow very specific diets for medical reasons, under the guidance of a health of a professional. For example, some people are unable to eat certain foods due to allergies, such as to gluten, or peanuts.

## KPI 4: Dental Health

Cosmetic versus dentistry for health

1. Dental check-ups, fillings to treat decay, the removal of decayed teeth or wisdom teeth and root canal treatments are all examples of dentistry for health.
2. Veneers and the replacement of existing amalgam fillings with white fillings are usually cosmetic treatments. Amalgam fillings do sometimes need replacing if there is decay underneath them or if they are defective, however if amalgam fillings that are in good condition are replaced this may provide unnecessary risk to the tooth as additional healthy tooth will be drilled away in the process. Similarly, veneers require the filing down or cutting away of part of the tooth in order to be applied, it is an irreversible process and veneers can require replacement due to cracking, wearing down or loosening.
3. Braces, crowns, scale and polish treatments and whitening treatments are sometimes cosmetic procedures but are also sometimes treatments covered by the NHS as part of dentistry for health.

### Treatment:

- You are entitled to free NHS dental care until 19 and in full-time education. However, cosmetic procedures will incur a cost that is not covered by the NHS.
- The only safe place to receive cosmetic treatments is from a qualified dental professional. Tooth whitening from beauty therapists, for example in spas or clinics, is illegal and can cause major damage to the mouth.

## If you need further support...

- Safeguarding team – Mr Ogden, Mrs Jones, Mrs Loveridge, Mrs Aston, Mr Hayward
- Parents/Friends
- Tutor/Teachers
- Outside organisations:
- NHS Eat Well: <https://www.nhs.uk/live-well/eat-well/>
- British Nutrition Foundation: <https://www.nutrition.org.uk/healthy-living/lifestages/teenagers.html>
- The Oral Health Foundation  
[www.dentalhealth.org](http://www.dentalhealth.org) 01788 539780
- NHS Choices: [www.nhs.uk](http://www.nhs.uk)
- NHS Change4Life Sugar Smart: [www.nhs.uk/change4life/food-facts/sugar](http://www.nhs.uk/change4life/food-facts/sugar)
- NHS Under-18s guide to quitting smoking: [www.nhs.uk/live-well/quit-smoking/quitting-smoking-under18s-guide](http://www.nhs.uk/live-well/quit-smoking/quitting-smoking-under18s-guide)
- Dental Trauma UK: [www.dentaltrauma.co.uk](http://www.dentaltrauma.co.uk) (for further information on knocked out teeth)