

Useful websites for topics covered in each component –

[New alcohol guidelines show increased risk of cancer, Government Digital Service](#)

- most recent guidelines on alcohol consumption.

[UK physical activity guidelines - Government Digital Service](#)

- guidance by the Chief Medical Office on physical activity in the UK. [NHS -various health subjects, e.g. 'How do I check my pulse, blood pressure](#)

- shows clearly how to measure own pulse and blood pressure.

[The Eatwell Guide, NHS](#)

- provides all the information needed to draw up a balanced diet concept map.

[Adult drinking habits in Great Britain: 2014 - ONS](#)

- (follow links 'Home', 'People, population and Community', 'Health and Social Care') provides data on adult drinking habits.

[Person-Centred Care Resource Centre', The Health Foundation](#)

- provides information about a person-centred approach.

[Physical activity and health, facts and figures - Sustrans](#) - provides facts and figures on physical activity and health

[The person-centred approach - BAPCA](#)

- provides information about adopting a person-centred approach.

[Diet \(in Biology section\) - BBC](#)

- provides a lot of information about a balanced diet.

[Pollution - Camden Council](#)

- outlines the effects of different pollutants or noise on health and well-being.

[Physical activity - Data.gov.uk](#)

- provides data by the UK Government on physical activity levels.

[Alcohol - Drinkaware](#)

- useful information on health effects of alcohol and binge drinking.

[CHARGE syndrome - NHS Great Ormond Street Hospital for Children](#)

- provides one example of a genetic condition which can affect health and well-being to varying levels.