

## Tasks & Worksheets (2): Health and well-being

(I) What is health?

(II) Based on the following scenario, answer the following questions:

<b>Scenario</b>
David was a retired manager of an investment company. The job was stressful and he had to work long hours. His meal breaks were short and he ate a lot of fast foods. He had a heart operation five years ago. He enjoyed walking in the park near his flat although he suffers from mild arthritis in his joint. David describes himself as 'healthy and fit' when he feels no pain during his walk in the park.

1. Is his concept of health positive or negative? Why?
2. Explain how David's lifestyle before retirement may contribute to his heart problem.

(III) What are the characteristics of the four aspects of "holistic health", i.e. physical health, intellectual health, emotional health and social health?

<b>Holistic health.</b>	<b>Characteristics</b>
Physical health	
Intellectual health	
Emotional health	
Social health	

(IV) Read the following article and answer the questions:

<b><u>Oral Health</u></b>
<p>In very young children, tooth decay, infections and abscesses may affect the developing permanent teeth as well as the health and development of the affected children. In functionally dependent older persons, the accumulation of plaque and bacteria in the oral cavity as a result of poor daily oral hygiene may be hazardous to their health. Even among the adults and functionally independent older persons, pain and discomforts arising from oral health conditions can be very distressing to daily living. Disabilities arising from oral problems may affect performance at school among children and lead to work hour loss in adults.</p>
<p>The Survey revealed that majority of the adult and older populations had various degrees of tooth decay and gum disease. It also found that the Hong Kong population tended to ignore oral symptoms and delayed the seeking of dental care even for severe problems such as pain that disturbed sleep. As explained, the delay would only result in further deterioration leading to more suffering, more complex and costly treatment, or even extraction of teeth. The</p>

prevention of tooth loss must start with prevention and early treatment of dental diseases. This can be accomplished only if people in Hong Kong visit dentist regularly for checkup even though they believe that their oral health status is good.

The very low levels of tooth decay and gum problem among 12-year old children illustrated that promotion of proper habits and professional prevention by the School Dental Care Service (SDCS) were effective in reducing the extent of dental diseases.

The present survey revealed that there were perceived functional problems of unsatisfactory appearance, difficulties in chewing and discomfort on eating among users of the long-term care services (LTC) of the Social Welfare Department. They also had perceived need to visit dentist. With difficulties in accessing traditional dental care due to impaired physical mobility, it is necessary to develop outreaching dental care to meet the needs of this population. Active prevention must start early to prevent the development of high levels of dental diseases and treatment.

(adapted from: Oral Health Survey 2011, Department of Health, HKSAR)

1. With reference to the information above, state the impacts of poor oral health on the holistic health of an individual.
2. Identify and explain the proposed change in the service delivery of the dental care to the elderly under long-term care services.
3. State TWO nutrients that are essential for the growth and development of teeth.
4. Appropriate dietary habit is also beneficial to oral health. Suggest TWO examples of good dietary habit.

(V) Event: A fire broke out in an old building. It killed four people and injured nineteen others.

- Identify the possible impacts of the blaze on different dimensions of the holistic health of the survivors.

(VI) What are the possible benefits and concerns of genetically-modified food on physical health?

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