

# 2.2.5 Health Issues

## AQA GCSE Biology (Higher) Question and answer notes

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### How to use these notes

These notes cover everything you need to know for this part of the specification. They have been written in question-answer format to make them easier for you to study from.

In order to study successfully, I recommend you do the following for each question and answer:

- Read it carefully and make sure you **understand** it.
- **Memorise** the answer.
- **Practice** applying your understanding to past exam questions.

A good way to memorise information is to use **retrieval practice**. This is when you practise retrieving information from your memory. You could do this by making a flashcard for each question with the question on one side and the answer on the other. Or you could use a flashcard app. Alternatively, use a sheet of paper to cover up the answer so you can only see the question. Try to answer the question and then check how you did.

You should practise retrieving each answer from your memory until you can do it perfectly. Even once you can retrieve the answer perfectly, your ability to retrieve it will probably fade as time passes without practising. Therefore you will need to keep going back to the questions that you have previously mastered and practising them again. However, each time you re-learn the answer, the memory will be stronger and will last longer than the time before.

### What is health?

Health is the state of physical and mental well-being.

### What are the two types of diseases?

The two types of diseases are communicable and non-communicable diseases.

### What is a communicable disease?

A communicable disease is a disease which can be transmitted directly from one person to another.

### What is a non-communicable disease?

A non-communicable disease is a disease which cannot be transmitted directly from one person to another.

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**What factors can affect health?**

Health can be affected by:

- Diseases - communicable and non-communicable
- Diet
- Stress
- Life situations

**What are some examples of interactions between different types of diseases?**

The following are all examples of interactions between different types of diseases:

- Defects in the immune system make a person more likely to suffer from infectious diseases.
- Viruses living in cells can trigger cancer.
- Immune reactions initially caused by a pathogen can trigger allergies such as skin rashes and asthma.
- Severe physical ill health can lead to depression and other mental illness.