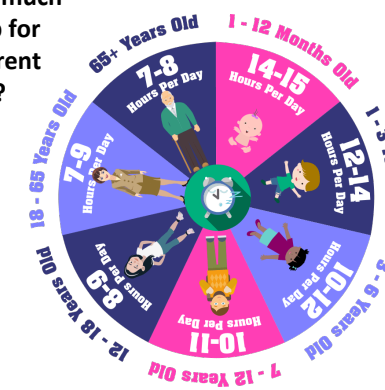



Y7: Healthy Lifestyles



What is Health?	How can screentime affect my health?	How much sleep should I be getting?	Is vaping harmful to my body?	How can I look after my teeth?
<p>Health definition: 'a state of complete physical, mental and social well-being and not merely the absence of disease'</p> <p>Diet is a big part of healthy living. The Eatwell Guide is an infographic from the government that advises society what makes a balanced diet.</p>	<p>Possible effects of too much screentime:</p> <ul style="list-style-type: none"> • lack of sleep • feeling more stressed • reduced brain function • increased risk of obesity • chronic neck and back pain • overstimulation of the nervous system • eye strain, retina damage or blurred vision 	<p>How much sleep for different ages?</p> 	<p>History of Smoking & E-cigarettes</p> <p>1965: The first health warnings on cigarette packs were introduced.</p> <p>1990: The law was changed to ban the sale of tobacco products to under 16's.</p> <p>2003: E-cigarettes introduced in the UK for the first time.</p> <p>2007: Smoking banned in enclosed public places & workplaces.</p>	<p>NHS Advice on dental hygiene</p> <ul style="list-style-type: none"> • Floss between your teeth • Have regular dental check-ups • Straighten crooked teeth with braces • Have a regular teeth-cleaning routine • Brush your teeth twice a day with fluoride toothpaste • Cut down on sugar • Avoid smoking • Maintain a healthy diet
	<p>Possible benefits of screentime:</p> <ul style="list-style-type: none"> • Learning • Inspires us to see new things • Takes us to new places we have never been before, or may never get to visit otherwise • Builds communication skills 	<p>Benefits of sleep:</p> <ul style="list-style-type: none"> • Can improve short- and long-term memory • Increases academic performance • Makes it easier to focus • Can improve mood and make you feel happier • Reduces stress • Can develop creativity and creative thinking • Improves athletic performance • Improves appearance of skin 	<p>The NHS Advise:</p> <p><i>"Evidence shows that vaping is substantially less harmful than smoking. However, vaping is not risk-free and under 18's should not vape"</i></p> <p>Physical effects of nicotine:</p> <ul style="list-style-type: none"> • Stained teeth • Increased heart rate • Increased risk of gum disease • Decrease of lung capacity & function 	<p>Top 3 reasons for visiting the dentist in UK:</p> <ol style="list-style-type: none"> 1 Routine dental checks (43%) 2 Replacing a missing tooth (12%) 3 Dental pain (12%)
<p>Halton Health Data:</p> <p><i>In England, 23% of year 6 age students are classed as obese. In Halton, this number is higher at 28%.</i></p> <p><i>In England, 24% of 5-year-old's have viable signs of dental decay. In Halton this is higher at 33.9%.</i></p>	<p>UK Screentime statistics:</p> <p>In 2022, the United Kingdom ranked 22nd globally when comparing citizens' average screen time.</p> <p>The average adult in the UK looks at a screen for 13 hours and 2 minutes per day; lower than the global average time of 13 hours and 46 minutes.</p>	<p>How can we improve quality of sleep?</p> <ul style="list-style-type: none"> • exercise for at least 60 mins every day • don't eat too much/too little before bed • maintain a consistent sleep schedule • ensure your bedroom is dark, cool and comfortable • create a regular bedtime routine • drink less caffeine during the day • go screen-free for an hour before bed 	<p>Emotional effects of nicotine:</p> <ul style="list-style-type: none"> • Mood swings • Difficulty sleeping • Difficulty concentrating <p>Social effects of nicotine:</p> <ul style="list-style-type: none"> • Lingering smells of smoke or vapes • Non-smokers exposed to second-hand vapes 	<p>Health-focused dental treatments aim to remove or prevent diseases, which may be produced by bacteria or factors such as smoking. These are essential for oral health.</p> <p>Cosmetic procedures typically improve appearance, though some treatments may also impact oral health. These procedures are usually seen as an optional treatment.</p>