

# Theatre of Debate

## Hungry – GCSE Biology



### AQA

#### 4.2.2.6 The effect of lifestyle on some non-communicable diseases

Risk factors are linked to an increased rate of a disease. They can be:

- aspects of a person's lifestyle
- substances in the person's body or environment.

A causal mechanism has been proven for some risk factors, but not in others.

- The effects of diet, smoking and exercise on cardiovascular disease.
- Obesity as a risk factor for Type 2 diabetes.
- The effect of alcohol on the liver and brain function.
- The effect of smoking on lung disease and lung cancer.
- The effects of smoking and alcohol on unborn babies.
- Carcinogens, including ionising radiation, as risk factors in cancer.

Many diseases are caused by the interaction of a number of factors.

### OCR

#### B2.5 How can lifestyle, genes and the environment affect health?

1. a) describe how the interaction of genetic and lifestyle factors can increase or decrease the risk of developing non-communicable human diseases, including cardiovascular diseases, many forms of cancer, some lung and liver diseases and diseases influenced by nutrition, including type 2 diabetes b) describe how to practically investigate the effect of exercise on pulse rate and recovery rate
2. use given data to explain the incidence of non-communicable diseases at local, national and global levels with reference to lifestyle factors, including exercise, diet, alcohol and smoking
3. in the context of data related to the causes, spread, effects and treatment of disease:
  - a) translate information between graphical and numerical forms
  - b) construct and interpret frequency tables and diagrams, bar charts and histograms
  - c) understand the principles of sampling as applied to scientific data
  - d) use a scatter diagram to identify a correlation between two variables

### Edexcel

#### Topic 5 – Health, Disease and the Development of Medicines

5.1 Describe health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, as defined by the World Health Organization (WHO)

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5.23 Describe that many non-communicable human diseases are caused by the interaction of a number of factors, including cardiovascular diseases, many forms of cancer, some lung and liver diseases and diseases influenced by nutrition

5.24 Explain the effect of lifestyle factors on non-communicable diseases at local, national and global levels, including: a) exercise and diet on obesity and malnutrition, including BMI and waist : hip calculations, b) alcohol on liver diseases c) smoking on cardiovascular diseases