

QUESTION 6

Candidate's response must be in paragraphs.

Define the term *heart diseases* and state TWO risk factors that might contribute to the development of these conditions.

Marks should be awarded as follows:

ONE mark (✓) for the definition of *heart diseases* and ONE mark EACH for any TWO risk factors. (✓✓)

NOTE TO MARKER:

- Candidates should not be credited for giving *examples* of heart diseases.

Possible answers could be:

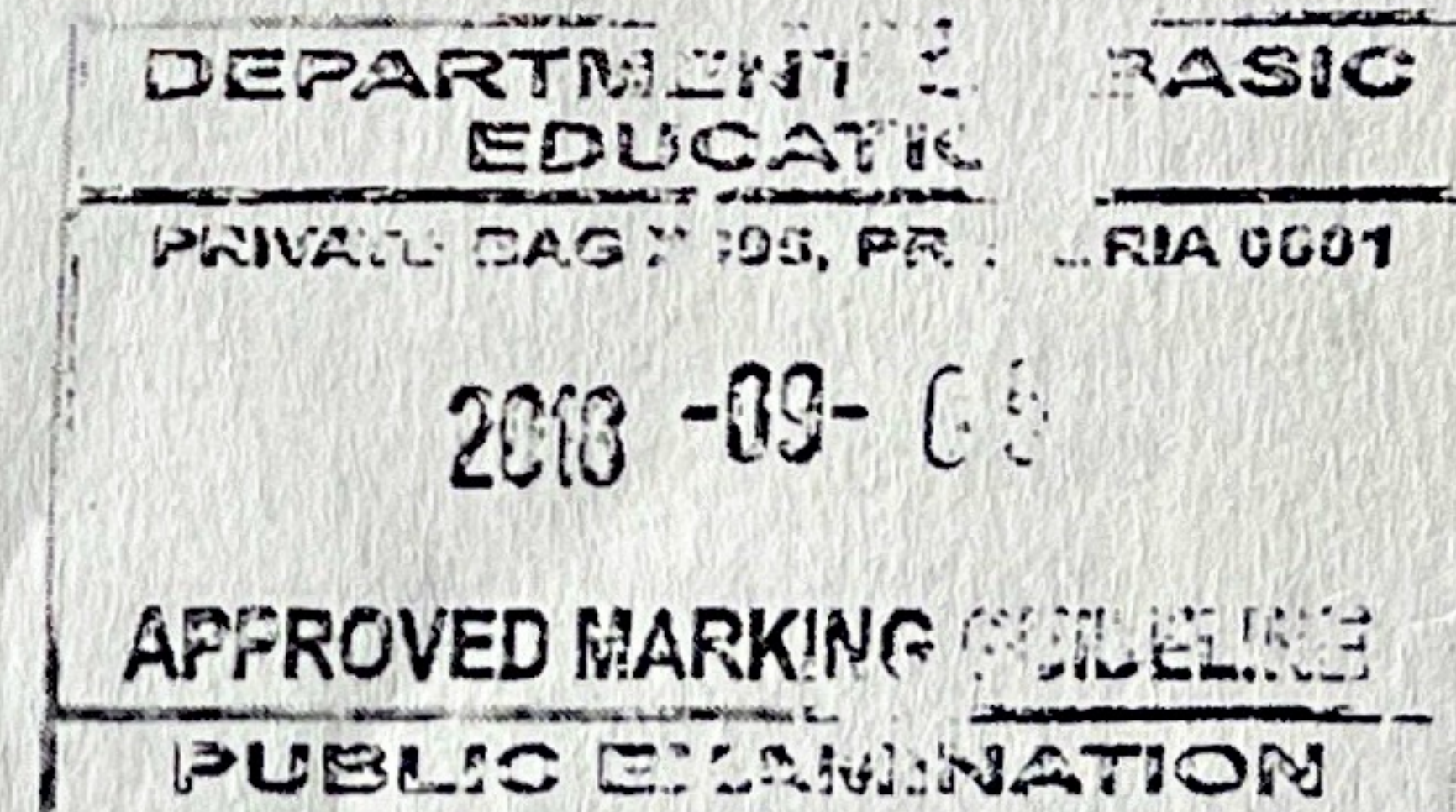
Definition of *heart diseases*:

- Abnormalities / ailments of the heart and blood vessel system. (✓)
- Disorders / abnormalities / injuries that affect the heart and the way the body circulates blood. (✓)
- Coronary / cardiovascular diseases (✓)
- Any other relevant response for ONE mark. (1)

AND

Risk factors that may contribute to heart diseases:

- Longstanding poor health. (✓)
- Poor metabolic functions. (✓)
- Elevated stress levels. (✓)
- Poor diet (✓)
- Being overweight (✓)
- Lack of exercise (✓)
- Sedentary / passive / inactive lifestyle. (✓)
- Smoking / overuse or abuse of alcohol/substances. (✓)
- It could be genetic / hereditary. (✓)
- Hypertension / high blood pressure / low blood pressure / diabetes / cholesterol (✓)
- High sodium intake (✓)
- Malfunctioning thyroid gland (✓)
- Any other TWO relevant responses for ONE mark each. (2) (3)



Explain THREE ways in which a lack of knowledge about heart diseases could influence young people's attitude towards these diseases.

Marks should be awarded as follows:

TWO marks each (✓✓) for THREE well-explained responses.

Possible answers could be:

A lack of knowledge could cause young people to ...

- be unaware of the signs and symptoms/the fact that they may be at risk of developing heart and circulatory system diseases (✓) and they may not attend to existing health problems. (✓)
- think that it is not necessary to go for regular check-ups (✓) and hence the disease may not be detected/picked up early enough. (✓)