

Statement of participation

Luca Vomiero

has completed the free course including any mandatory tests for:

Exploring health: is your lifestyle really to blame?

This free 4-hour explored how a person's lifestyle impacts on their health and wellbeing.

Issue date: 16 March 2026

www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/health-sports-psychology/exploring-health-your-lifestyle-really-blame/content-section-0>

COURSE CODE: **K219_2**

Exploring health: is your lifestyle really to blame?

<https://www.open.edu/openlearn/health-sports-psychology/exploring-health-your-lifestyle-really-blame/content-section-0>

Course summary

This free course, Exploring health: is your lifestyle really to blame?, explores the extent to which a person's 'lifestyle' impacts on their health and wellbeing. It also examines how non-lifestyle related factors – in particular social, economic, cultural and political dimensions – influence a person's health.

Learning outcomes

By completing this course, the learner should be able to:

- outline to what extent a person's 'lifestyle' impacts on their health and wellbeing
- describe how psychosocial (i.e. social, economic, cultural and political) factors influence a person's health
- identify what government interventions have been developed to tackle obesity.

Completed study

The learner has completed the following:

Section 1

Understanding 'lifestyles'

Section 2

Quantitative research

Section 3

Benefits of the Body Mass Index

Section 4

Weaknesses of the Body Mass Index

Section 5

Lifestyles and choice

Section 6

Lifestyles in context

Section 7

Qualitative research

Section 8

The scale of obesity as an issue

Section 9

Improving understanding about what we eat

Section 10

Encouraging behavioural change