



**Victorian Certificate of Education  
2018**

Name: \_\_\_\_\_

Teacher's name: \_\_\_\_\_

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STUDENT NUMBER 

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# HEALTH AND HUMAN DEVELOPMENT

## Written examination – Trial 2

2018

Reading time: 15 minutes

Writing time: 2 hours

## QUESTION AND ANSWER BOOK

### Structure of book

<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
14	14	100

- Students are permitted to bring into the assessment room: pens, pencils, highlighters, erasers, sharpeners and rulers.
- Students are NOT permitted to bring into the examination room: blank sheets of paper and/or white out liquid/tape.
- No calculator is allowed in this examination.

### Materials supplied

- Question and answer booklet.
- Additional space is available at the end of the book if you need extra paper to complete an answer.

### Instructions

- Write your **student number** in the space provided above on this page.
- All written responses must be in English.

**Students are NOT permitted to bring mobile phones and/or any other unauthorised electronic devices into the assessment room.**

**Question 1** (6 marks)

*Josie and Ollie have been playing mixed doubles tennis together for three seasons. Even though they are siblings who once fought, they now get along well and have become closer through their mutual enjoyment of tennis. Over this period of time, Josie has worked hard to improve her body weight – she is proud of the 19kg she has lost through regular exercise and eating well. Josie now thinks that she would be in the healthy weight range. Ollie feels guilty that he used to call Josie ‘an ugly duckling’ and tease her about her weight. Since she has trimmed down and they have become closer, he can see she is far from ugly and he now tells her she is a ‘beautiful swan’.*

- a. Describe the spiritual dimension of health and wellbeing. 1 mark

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- b. Using the stimulus material, give an example of how two dimensions of health may interrelate. 2 marks

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- c. Using the stimulus material, explain the dynamic nature of health and wellbeing. Contrast this with the subjective nature of health and wellbeing. 3 marks

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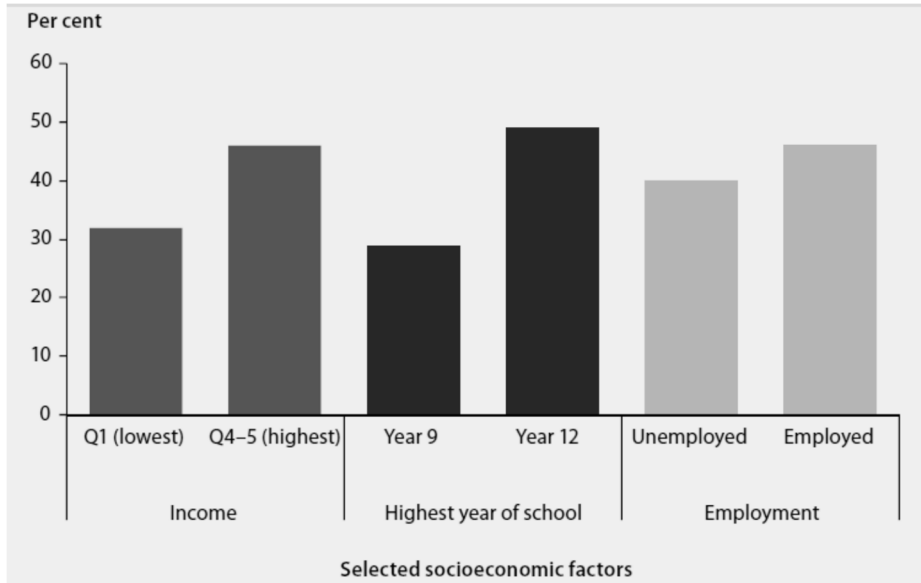
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**Question 2 (9 marks)**



**Indigenous Australians reporting 'excellent' or 'very good' self-assessed health status, by selected socioeconomic factors, 2012-13**

Source: Australian Institute of Health and Welfare 2016, Australia's health 2016, p. 143

- a.** Describe the health status indicator 'self-assessed health status'. 1 mark

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- b.** Using data, outline the trend in Indigenous Australians reporting 'excellent' or 'very good' self-assessed health status, according to highest year of school. 2 marks

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- c.** Identify the factor that income, highest year of school, and employment belong to. 1 mark

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- d.** Name two other examples that belong to the factor you have named in 2c. 1 mark

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- e. For the two examples you have named in 2d, outline how Indigenous Australians are likely to experience this factor and the potential impact this can have on their health status. 4 marks

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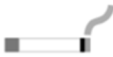




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## Question 3 (5 marks)

Disease group	 Tobacco use (%)	 High body mass (%)	 High alcohol use (%)	 Physical inactivity (%)	 High blood pressure (%)
	<b>Proportion of total burden</b>				
<b>All disease groups</b>	<b>9.0</b>	<b>5.5</b>	<b>5.1</b>	<b>5.0</b>	<b>4.9</b>
<b>Proportion of disease group burden</b>					
Cancer	22.0	4.5	3.3	6.4	..
Cardiovascular	12.0	21.1	4.8	21.2	31.7
Mental	..	..	12.2	..	..
Injury	..	..	20.6	..	..
Respiratory	36.2	..	..	..	..
Endocrine	3.5	49.4	2.0	29.7	..
Kidney/urinary	..	27.5	..	..	21.5

.. Indicates that there was no burden from this disease group that could be attributed to the risk factor in this study.

**Proportion of total burden, and burden of selected disease groups, attributable to the five risk factors causing the most burden in Australia, 2011**

Source: Australian Institute of Health and Welfare 2016, Australia's health 2016, p. 59

- a. Describe the health status indicator 'burden of disease'. 1 mark

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- b. Identify the disease group that high alcohol use contributes to most. 1 mark

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- c. Outline how high alcohol use may contribute to the disease group that you named in 3b. 1 mark

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- d. Name the risk factor that contributes to the greatest proportion of total burden. Explain how this risk factor may contribute to developing cardiovascular disease. 2 marks

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## Question 5 (10 marks)

	Age (years)	Grain (cereal) foods, mostly wholegrain or and/or high cereal fibre varieties	Vegetables and legumes/beans	Fruit	Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	Milk, yoghurt, cheese and/or alternatives, mostly reduced fat	Unsaturated spreads and oils
Women	19-50	6	5	2	2.5	2.5	2
	51-70	4	5	2	2	4	2
	70+	3	5	2	2	4	2
	Pregnant (19-50 years)	8.5	5	2	3.5	2.5	2
	Breastfeeding (19-50 years)	9	7.5	2	2.5	2.5	2

**Minimum recommended number of daily serves table from the Australian Dietary Guidelines.**

Source: Australian Dietary Guidelines, 2013, p. 42

Sonia is a 26-year-old woman who has recently consulted a Dietician so that she could have her diet evaluated. After starting a new job five months ago, she has gained 7kg and is concerned that things are getting out of control. She is sure she is now outside the healthy weight range for someone of her age. One of the pieces of information the Dietician fed back to Sonia was that she is not meeting the recommended number of daily serves for the five food groups. Her current diet includes the following:

Grain (cereal) foods, mostly wholegrain or and/or high cereal fibre varieties	Vegetables and legumes/beans	Fruit	Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	Milk, yoghurt, cheese and/or alternatives, mostly reduced fat	Unsaturated spreads and oils
4	5	2	4	4	2

- a. Using the stimulus information provided, provide a reason why Sonia may have gained 7kg in the past five months. 2 marks

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- b.** Sonia’s Dietician recommended she place the Australian Guide to Healthy Eating (AGHE) on her fridge and in a prominent place at her work. 2 marks

Describe the Australian Guide to Healthy Eating. In your answer, outline the relationship between the AGHE and the Australian Dietary Guidelines.

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- c.** Using the stimulus information provided, explain how the AGHE may help Sonia to return to her previous weight. 2 marks

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- d.** Justify why Nutrition Australia’s Healthy Eating Pyramid may be a better option for Sonia to place on her fridge and in a prominent place at her work instead of the AGHE. 2 marks

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- e.** Given Sonia’s situation, explain two reasons why dietary change may be difficult for her. 2 marks

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**Question 6** (5 marks)**a.** Describe Medicare.

1 mark

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**b.** Identify and explain two sources of funding for Medicare.

2 marks

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**c.** Outline how Medicare promotes health in relation to access and sustainability.

2 marks

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**Question 7** (5 marks)

- a.** Describe an initiative introduced to bring about improvements in Indigenous health and wellbeing in Australia. 3 marks

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- b.** Name an action area of the Ottawa charter, other than the three you named in Question 4, and outline how this action area is evident in the program you described in 7a. 2 marks

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**Question 8 (8 marks)**

Country	Life expectancy	Healthy life expectancy
Australia	82.9	73.0
Belgium	81.2	71.6
China	76.4	68.7
Haiti	63.5	55.3
Uganda	62.5	54.9

**Life expectancy table**

Source: World Health Organisation, World Health Statistics 2018

- a.** Given the stimulus material, is Uganda likely to be a low-income or high-income country? 2 marks  
Justify your choice using data from the table.

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- b.** List two environmental characteristics of countries that belong in the category you placed Uganda in for 8a. 2 marks

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- c.** Choose two factors that contribute to similarities and differences in health status and outline how they may have led to the difference in life expectancy for Australia and Uganda. 4 marks

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**Question 9** (8 marks)

- a.** Using an example, describe the environmental dimension of sustainability. 2 marks

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- b.** Explain how environmental sustainability may promote both human development and a dimension of health and wellbeing. 2 marks

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- c.** Discuss how a lack of environmental sustainability may be contributing to global challenges such as climate change. What are the implications for health and wellbeing if this continues? 4 marks

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**Question 11** (10 marks)

The following pieces of data come from the 2018 SDG Report.

**Data piece 1**

**Economic losses attributed to disasters  
were over \$300 billion in 2017**

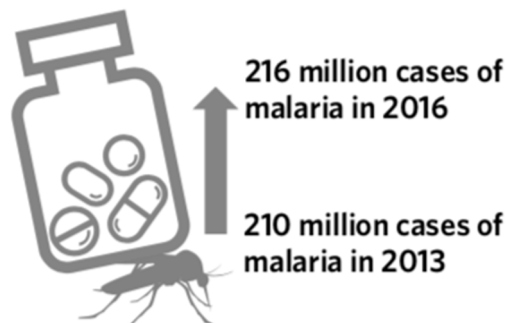
**Data piece 2**

Challenges to sustainability and resilience manifest themselves differently for different population groups. Social protection systems can have a levelling effect. They help prevent and reduce poverty and inequality at every stage of people's lives and make societies more inclusive and stable. Despite significant progress in many parts of the world in extending social protection, the human right to social security is not yet a reality for most people. Based on 2016 estimates, only 45 percent of the world's population were effectively covered by at least one social protection cash benefit, leaving 4 billion people behind.

In 2016, only 22 percent of the unemployed received unemployment cash benefits, 28 percent of persons with severe disabilities collected disability cash benefits, 35 percent of children were covered by some form of social protection, and 41 percent of women giving birth received maternity cash benefits. Although 68 percent of people above retirement age received a pension, the benefits were often not enough to lift older people out of poverty. Major work lies ahead to ensure social protection for all who need it.

**Data piece 3**

**The world is not on track to  
end malaria by 2030**



**Data piece 4**

2017 was one of the three warmest years on record, and was 1.1 degrees Celsius above the pre-industrial period. An analysis by the World Meteorological Organization shows that the five-year average global temperature from 2013 to 2017 was also the highest on record. The world continues to experience rising sea levels, extreme weather conditions (the North Atlantic hurricane season was the costliest ever recorded) and increasing concentrations of greenhouse gases. This calls for urgent and accelerated action by countries as they implement their commitments to the Paris Agreement on Climate Change.

- As of 9 April 2018, 175 Parties had ratified the Paris Agreement and 168 Parties (167 countries plus the European Commission) had communicated their first nationally determined contributions to the United Nations Framework Convention on Climate Change Secretariat.
- In addition, as of 9 April 2018, 10 developing countries had successfully completed and submitted the first iteration of their national adaptation plans for responding to climate change.

- a.** List the three objectives for the Sustainable Development Goals. Beside each objective, list the data piece that is most relevant to this objective – you may only reference any of the data pieces once in your answer. 3 marks

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- b.** Name the SDG that data piece 3 is most closely linked to. 1 mark

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- c.** With reference to another data piece, explain what may have contributed to the trend in data piece 3. 2 marks

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- d.** Name the Australian government aid program priority area that is most relevant to helping reduce the economic losses mentioned in data piece 1. 1 mark

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e. In relation to the priority area named in 11d, provide an example of how the Australian government's aid program may work in a partnership to help reduce economic losses in low-income countries.

3 marks

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**Question 12** (5 marks)

Outline one program that addresses a Sustainable Development Goal (SDG). In your answer include:

- its purpose and the SDG addressed
- details of implementation and the partnerships involved
- its contribution to promoting human development.

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**Question 13** (3 marks)**a.** What is social action?

1 mark

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**b.** Give two examples of ways in which individuals can engage in social action. One example should relate to a national organisation, and the other to an international organisation.

2 marks

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**Question 14** (12 marks)

**WHO CHOLERA KITS**


Cholera is an acute diarrhoeal disease that can kill within hours if left untreated.

Researchers have estimated that each year there are up to

**4M cases**  
and up to

**143K deaths**

This graphic provides examples of what is inside the cholera kits.



**World Health Organization**

June 2017



**TREATMENT KITS**

There are 3 kinds of treatment kits that each have supplies for 100 people: central, periphery and community

WHO's cholera kits are tailor-made to prepare for outbreaks and to meet the needs for the initial response



**INVESTIGATION AND LAB KITS**

Supplies to collect and process 100 patient samples

**HARDWARE KITS**

To create pop-up clinics where none exists

**a.** What kind of health condition is cholera? 1 mark

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**b.** Name the WHO priority that the provision of treatment kits is most closely aligned with. 1 mark

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**c.** Outline how the material in the treatment kits is likely to contribute to reducing the global burden of disease from cholera. 2 marks

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- d.** What type of aid is being provided by the WHO cholera kits? Describe this type of aid, and contrast this with another type of aid. 4 marks

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- e.** Explain two ways that the WHO may evaluate the effectiveness of the cholera kits. Refer to the type of evidence that would need to be collected for each type of evaluation. 4 marks

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