

STUDENT NUMBER

Letter

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HEALTH AND HUMAN DEVELOPMENT VCE Units 3 & 4 Trial examination 2020

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>
13	13	Total 100

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

Materials supplied

- Question and answer book of 23 pages.
- 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 examination room.



Please note

This sample examination paper is by no means intended to be an indication of the structure, format, emphasis, weighting of marks or content of the Victorian Curriculum and Assessment Authority's VCE Health and Human Development examination paper.

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Question 2 (8 marks)

What is a coronavirus* and why is a new virus strain making people in China so sick?

January 26, 2020.

It started as a few cases of pneumonia in workers at a fish market in central China. Now a new virus has the world on alert.

In late December 2019, doctors began seeing a new type of viral pneumonia — fever, cough, difficulty breathing — in people who worked at or [visited the market in the suburbs of Wuhan in China](#).

Since then, hundreds more cases have been reported **and a large number** of people have died.

Australian airports have [ramped up their screening procedures](#) of passengers arriving from China **after a final flight from Wuhan landed in Australia on January 23**.

Cases have also been reported in the United States, Thailand and **throughout South-East Asia**.

***Note coronavirus is now referred to as COVID-19**

Source: ABC news (adapted)

<https://www.abc.net.au/news/health/2020-01-20/coronavirus-chinese-pneumonia-mystery-explainer/11882490>

- a. Using information from the case study, outline the importance of optimal health and wellbeing as an individual resource. 2 marks

- b. Use information from the case study to, explain the importance of optimal health and wellbeing as a global resource. 2 marks

- c. Education is a WHO prerequisite for health, explain how education could lead to improved health outcomes during the COVID-19 outbreak. 2 marks

- d. Besides education describe **one** other WHO prerequisite for health 1 marks

Question 3 (5 marks)

In response to the COVID-19 outbreak, the World Health Organisation has been working in a number of ways: Consider the following three sources from the WHO.



Source 1

Strategy and planning

This strategic preparedness and response plan outlines the public health measures that the international community stands ready to provide to support all countries to prepare for and respond to COVID-19. The document takes what we have learned so far about the virus and translates that knowledge into strategic action that can guide the efforts of all national and international partners when developing context-specific national and regional operational plans.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/strategies-and-plans>

Source 2



Source 3

Using the information provided on page 6 complete the following.

- a. Describe **one** World Health Organisation (WHO) strategic priority reflected in this information.

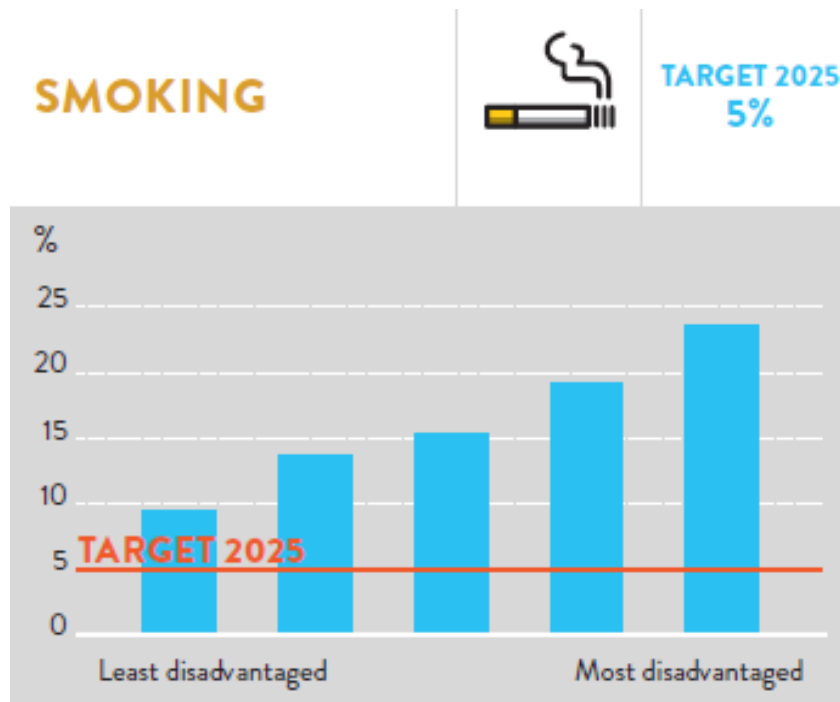
3 marks

- b. Identify **one** example of work of the WHO and explain how this example, contributes to improved health outcomes

2 marks

Question 6 (12 marks)

Prevalence of smoking in relationship to socioeconomic status, (current daily smokers 18 years and over)



<https://www.vu.edu.au/sites/default/files/australias-health-tracker-by-socioeconomic-status.pdf>

- a. Using information from the graph, outline the correlation between socioeconomic status and rates of current daily smokers. 2 marks

- b. Identify **one** sociocultural factor and explain how this factor could account for the differences in the prevalence of smoking between the highest and lowest socioeconomic groups outlined in part a. 2 marks

c. Explain how smoking can impact on health status in Australia

2 marks

d. High intake of salt is another major issue contributing to poor health outcomes in Australia.

Outline how high intake of salt can impact burden of disease in Australia

2 marks

Australia’s health tracker by socioeconomic status (2017) reports that ‘people in most disadvantaged communities are 57 per cent more likely to be obese than the most advantaged.’

e. Identify **two** action areas of the Ottawa Charter for Health Promotion and use examples to explain how they could improve obesity levels in the most disadvantaged communities in Australia.

4 marks

Action area: _____

Example: _____

Action area: _____

Example: _____

Question 7 (8 marks)

Consider the following three sources of information, relating to Asthma

Source 1

“Asthma is a chronic inflammatory disorder of the airways. People with asthma experience episodes of wheezing, breathlessness and chest tightness due to widespread narrowing of the airways.”

Source: AIHW. <https://www.aihw.gov.au/reports/chronic-respiratory-conditions/asthma/contents/asthma>

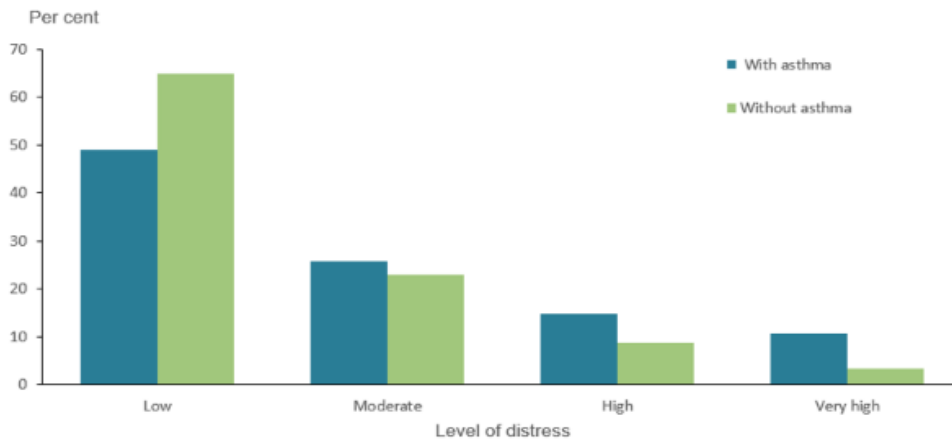
Treatment of Asthma:

There are two main types of asthma medication; relievers and preventers. Everyone who has asthma needs a reliever to treat asthma symptoms. Some people with asthma also take a regular preventer treatment, making airways less sensitive to environmental triggers.

Source: Better Health Channel: <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/asthma-management>

Source 2

Figure 5: Psychological distress experienced by people aged 18 and over with and without asthma, 2017-18

**Notes**

1. Psychological distress is measured using the Kessler Psychological Distress Scale (K10), which involves 10 questions about negative emotional states experienced in the previous 4 weeks. The scores are grouped into Low: K10 score 10-15, Moderate: 16-21, High: 22-29, Very high: 30-50.

<https://www.aihw.gov.au/reports/chronic-respiratory-conditions/asthma/contents/asthma>

Source 3**National asthma council: Sensitive choice program.**

Sensitive Choice is a community service program that identifies asthma and allergy-aware products. It also aims to educate Australians about the importance of managing their asthma and allergies.

The program is of particular value to the millions of Australians and New Zealanders with asthma and the one in three of us who have allergies.

To help you identify these asthma and allergy-aware products, community-conscious companies use the Sensitive Choice symbol on their packaging. You'll find that reassuring blue butterfly on hundreds of products – from bedding to building materials, from cleaning agents to carpets, from air purifiers and vacuum cleaners to the very paint you put on your walls.

<https://www.nationalasthma.org.au/about-us/our-initiatives/sensitive-choice-oi>

Question 8 (9 marks)

Water, Sanitation and Hygiene (WASH)

World Vision is committed to helping children enjoy life in all its fullness by working with families, communities and partners and gain access to safe water, improved sanitation and hygiene practices, as they form the first pillars towards health and wellbeing of children and families.

The Water, Sanitation and Hygiene (WASH) Program at World Vision Ethiopia principally aims to reach children and families with a holistic suite of WASH interventions, led by its mission; “Every child deserves safe water”.

The strategic focus areas are improved water supply, improved sanitation services, improved hygiene practices and strengthened WASH institutions in rural and urban settings as well as emergencies with WASH needs.

World Vision Ethiopia employs low cost and innovative interventions and makes communities the centre of its activities.

Between 2011-2018, WVE has provided 2.9 people with safe drinking water, more than 2.4 million people with dignified sanitation and 2.45 million people are practicing healthy hygiene behaviour through its three major areas; Rural WASH, Urban WASH and Emergency WASH Response.

- a. Explain how the WASH program promotes human development. 2 marks

- b. Discuss the relationship between this program and the achievement of SDG 3. 4 marks

c. Explain how the ‘WASH’ program could contribute to the achievement of an SDG other than SDG 3. 3 marks

SDG selected: _____

- b. Outline a characteristic of low-income countries compared to high-income countries and how this could contribute to deaths due to cardiovascular disease in low-income countries.

3 marks

- c. Briefly describe a key feature of Sustainable Development Goal 3 ‘Good Health and Wellbeing’ that is relevant to addressing deaths due to cardiovascular disease

1 mark

Question 10 (10 marks)

Overweight and obesity



Source: The health of Australia’s male’s
<https://www.aihw.gov.au/reports/men-women/male-health/contents/lifestyle-and-risk-factors/overweight-and-obesity>

In 2017–18, **7 in 10 men** and **6 in 10 women** were overweight or obese. ^(b)

- a. Evaluate how the Australian Dietary Guidelines could assist in improving the proportion of overweight and obesity in Australian males and females. 4 marks

Diet is one of the most important risk factors that can be improved to significantly impact overweight/ obesity.

- b. Identify and explain **two** reasons why dietary change to reduce overweight/obesity may be difficult in Australia. 4 marks

- c. With reference to a challenge identified in part b, outline **one** way, how Nutrition Australia works to promote healthy eating in Australia. 2 marks

Question 11 (8 marks)

There are many components of Australia’s health care system.

- a. Private Health Insurance is an important aspect of Australia’s health care system. With reference to **one** of equity, sustainability **or** access, explain why the government has implemented incentives for more Australians to purchase and be covered by private health insurance. 2 marks

- b. Describe the role of the National Disability Insurance Scheme (NDIS) 2 marks

Question 13 (8 marks)

Cambodia is a middle-income country in Asia. Listed below is the Human Development Index (HDI) in Cambodia in 1990 and in 2018.

HDI in 1990	HDI in 2018
0.384	0.581

- a. The HDI is measured by three dimensions and four indicators. Outline **two** indicators that may have changed in Cambodia, which might account for the improvement in HDI between 1990 and 2018. 2 marks

- b. Evaluate the usefulness of the HDI in measuring the human development of countries. 2 marks

- c. Identify **two** dimensions of sustainability and explain their importance in promoting health and wellbeing in Cambodia. 4 marks

END OF QUESTION AND ANSWER BOOK

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