



**PRACTICE QUESTIONS FOR VCE**

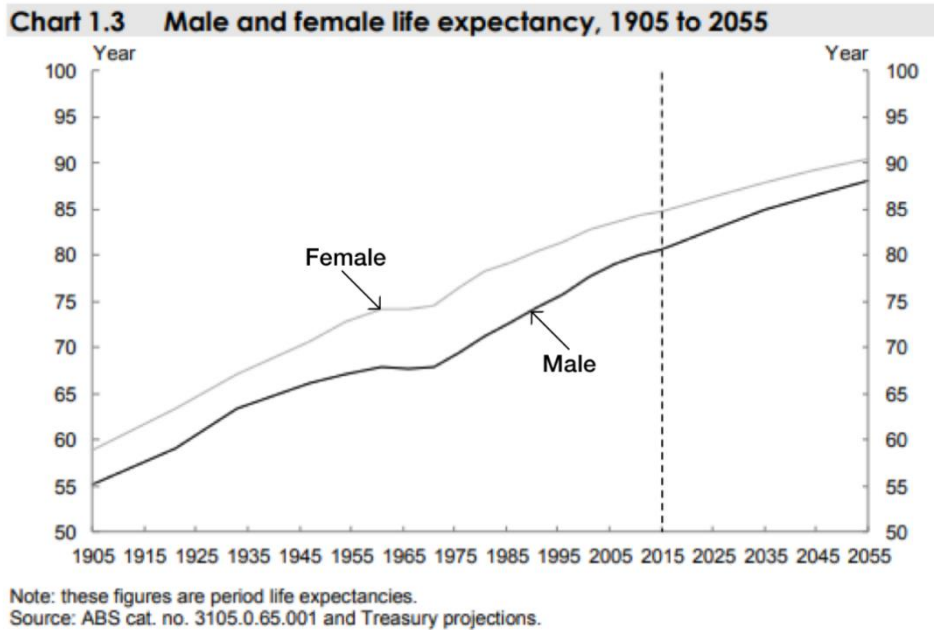
# **HEALTH AND HUMAN DEVELOPMENT**

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**Unit 3: Area of Study 1**  
Understanding health  
and wellbeing

**SET 2**

**Question 1** (7 marks)



**a.** What is meant by ‘life expectancy’.

1 mark

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**b.** Using **one** environmental factor and **one** biological factor, explain the differences in life expectancy for men and women.

4 marks

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- c. The gap between male and female life expectancy in Australia is projected to decrease. Using **one** sociocultural factor, explain why this may be the case.

2 marks

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**Question 2** (4 marks)

The World Health Organization (WHO) defines health and wellbeing as a 'state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'.

Source: <https://www.who.int/about/mission/en/>

- a.** Explain the emotional dimension of health and wellbeing.

2 marks

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- b.** Using an example, explain how a person can have poor emotional health and wellbeing yet still experience good overall health and wellbeing.

2 marks

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**Question 3** (3 marks)

Equity is one of the nine prerequisites of health determined by the WHO.

**a.** What is meant by 'equity'?

1 mark

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**b.** Outline how achieving equity may help achieve two of the WHO's other prerequisites of health.

2 marks

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# **ANSWERS**

### Question 1a.

#### Sample response

Life expectancy is an indication of how long a person can expect to live if death rates do not change.

#### Mark allocation: 1 mark

- 1 mark for an accurate definition



#### Tip

- *You need to be able to define health status indicators.*

### Question 1b.

#### Sample response

Environmental: Men are more likely to work in dangerous work environments (e.g. with machinery) compared to women. This can increase their risk of having accidents at work, which may lead to premature death and a decreased life expectancy.

Biological: Women have higher levels of oestrogen compared to men, which can be protective against cardiovascular disease (CVD). Therefore, women are less likely to develop, or die prematurely from CVD, which increases their life expectancy compared to men.

#### Mark allocation: 4 marks

- 1 mark for outlining an environmental factor
- 1 mark for outlining a biological factor
- 1 mark for providing a link between the environmental factor and differences in life expectancy
- 1 mark for providing a link between the biological factor and differences in life expectancy



#### Tip

- *You should know at least three examples of each type of factor. This ensures that you can pick the best response for the question.*

### Question 1c.

#### Sample response

Access to health information: As the access to information increases and there is a greater focus on men accessing health information, more men may use preventative measures and seek help earlier. This could result in fewer men dying prematurely, thereby increasing their life expectancy and moving closer to that of women.

#### Mark allocation: 2 marks

- 1 mark for outlining a sociocultural factor
- 1 mark for showing a link between the factor and the decreasing gap between male and female life expectancies

### Question 2a.

#### Sample response

Emotional health is the degree to which you feel emotionally secure and relaxed in everyday life, as well as the ability to positively express feelings. This involves the positive management and expression of emotional actions and reactions as well as the ability to display resilience.

#### Mark allocation: 2 marks

- 1 mark for showing that emotional health and wellbeing is being able to express feelings in a positive way
- 1 mark for showing that emotional health and wellbeing is being able to display resilience



#### Tip

- *You should be able to describe all the dimensions of health and wellbeing.*

### Question 2b.

#### Sample response

While a person may have poor emotional health and wellbeing (e.g. low levels of resilience), they may still experience high health and wellbeing on some or all of the other four dimensions of health and wellbeing that result in good overall health and wellbeing.

For example, a person may have efficient functioning of the body (positive physical health and wellbeing) that could lead to an overall sense of good health and wellbeing.

**Note:** Other examples include having high self-esteem (positive mental health and wellbeing), having a sense of purpose (positive spiritual health and wellbeing) or having positive relationships (positive social health and wellbeing) despite having low resilience (poor emotional health and wellbeing).

#### Mark allocation: 2 marks

- 1 mark for showing that health and wellbeing comprises multiple dimensions, not just emotional health and wellbeing
- 1 mark for providing an example of another dimension of health and wellbeing



### **Question 3a.**

#### **Sample response**

'Equity' refers to giving everyone the resources they need to be successful and healthy.

***Mark allocation: 1 mark***

- 1 mark for providing the correct definition

### **Question 3b.**

#### **Sample response**

By ensuring that everyone, regardless of their income, has access to schools and teachers (education), one of the World Health Organization's (WHO's) prerequisites of health may be satisfied. This may allow more people to find employment and afford food, another of the WHO's prerequisites of health.

***Mark allocation: 2 marks***

- 1 mark for each link to one of WHO's prerequisites of health (up to 2 marks)