



**PRACTICE QUESTIONS FOR VCE**

# **HEALTH AND HUMAN DEVELOPMENT**

---

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

**SET 3**

**Question 1** (3 marks)

In 2012–2013, the proportion of Aboriginal and Torres Strait Islander peoples aged 18 years and over who did not meet the daily recommended intake for fruit and vegetables (two serves of fruit and five serves of vegetables) was 97%. In comparison, the national average was 94%.

A breakdown by age of Aboriginal and Torres Strait Islander peoples who do not meet the daily recommended intake for fruit and vegetables is provided in the table below.

<b>Age group</b>	<b>Inadequate fruit and vegetable consumption</b>
15–17	96.5%
18–34	97.9%
35–49	98.1%
50+	94.0%

Data: Australian Bureau of Statistics, 2013,  
 Australian Aboriginal and Torres Strait Islander Health Survey:  
 First Results, CC BY 2.5 AU license,  
<https://creativecommons.org/licenses/by/2.5/au/>

Using your understanding of nutrients, explain how the findings above could impact the health status of Aboriginal and Torres Strait Islander peoples.

---



---



---



---



---



---



---

**Question 2** (6 marks)

Disability-adjusted life year (DALY) is a measure of burden of disease. DALY is composed of years lived with disability (YLD) and years of life lost (YLL).

**a.** What is meant by ‘burden of disease’?

2 marks

---

---

---

---

---

**b.** Outline the difference between YLD and YLL.

2 marks

---

---

---

**c.** Identify a disease or condition that may result in higher YLD than YLL and justify your response.

2 marks

---

---

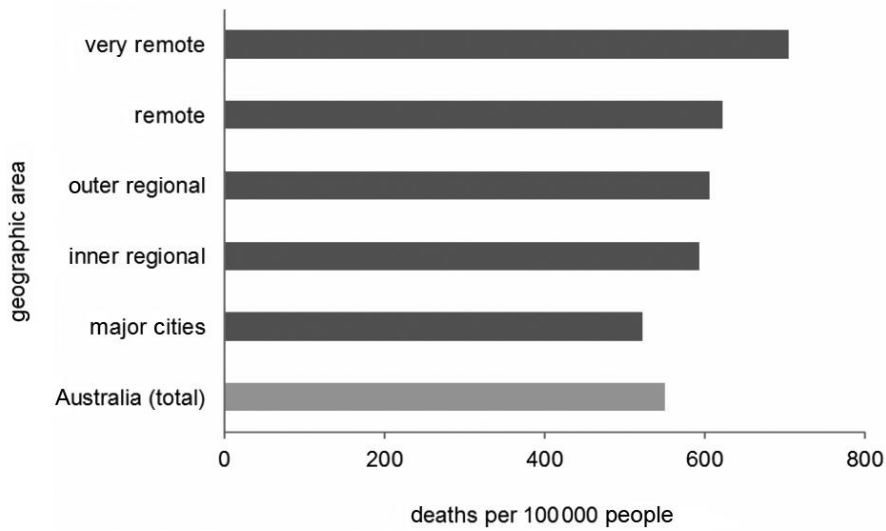
---

---

---

**Question 3** (5 marks)

The following graph shows the number of deaths for different geographic areas.



Source: <https://www.aihw.gov.au/reports/rural-health/rural-remote-health/contents/deaths-remoteness>

- a. Outline the relationship between geographic area and number of deaths shown in the graph above.

1 mark

---

---

---

- b. Select one sociocultural factor and one environmental factor and explain how each could account for the relationship described in **part a**.

4 marks

Sociocultural factor \_\_\_\_\_

---

---

---

---

Environmental factor \_\_\_\_\_

---

---

---

---

# **ANSWERS**

## Question 1

### Sample response

Because a majority (97%) of Aboriginal and Torres Strait Islander peoples have an inadequate intake of fruit and vegetables, it is likely that they are lacking fibre. A lack of fibre in your diet can lead to an increased risk of obesity, as fibre provides a feeling of satiety. Without this, one may choose to snack on energy-dense foods, which can increase the risk of obesity. Increased rates of obesity can lead to increased rates of morbidity and mortality from obesity-related conditions (e.g. cardiovascular disease), negatively impacting the health status of Aboriginal and Torres Strait Islander peoples.

### **Mark allocation: 3 marks**

- 1 mark for linking a lack of fruit and vegetables to a nutrient
- 1 mark for an explanation of the nutrient's function
- 1 mark for providing a link back to Aboriginal and Torres Strait Islanders' health status



### **Tip**

- *Make sure you link your answer back to the question being asked. In this instance you need to link back to the impact on health status of Aboriginal and Torres Strait Islander peoples.*

### Question 2a.

#### Sample response

'Burden of disease' is a measure of the impact of diseases and injuries. It measures the gap between current health status and an ideal situation where everyone lives to old age free of disease and disability.

#### Mark allocation: 2 marks

- 1 mark for stating that burden of disease refers to the impact of disease and injury
- 1 mark for stating that burden of disease measures the gap between current health status and an ideal situation

**Note:** No mark is awarded for stating that burden of disease is measured in a unit called disability-adjusted life year (DALY).



#### Tip

- *You should know key health status indicators as outlined in the Study Design as close to word-perfect as possible.*

### Question 2b.

#### Sample response

Years lived with disability (YLD) is the number of years of life lost due to disability (non-fatal), whereas years of life lost (YLL) is the number of years of life lost due to premature death (fatal).

#### Mark allocation: 2 marks

- 2 marks for showing a difference between YLD (disability, non-fatal, morbidity) and YLL (premature death, fatal, mortality)



#### Tip

- *When asked for a difference between two concepts, you should include comparing words in your answer such as 'whereas' or 'compared with'.*

### Question 2c.

#### Sample response

One disease that may result in higher YLD than YLL is anxiety because it causes a sufferer to experience many days or years of ill health but does not usually cause death.

#### Mark allocation: 2 marks

- 1 mark for identifying a disease that causes significant morbidity compared with mortality
- 1 mark for explaining that the disease causes more years of life lost due to morbidity and ill health than the years of life lost due to premature death

**Note:** Answers may include but are not limited to mental health disorders (e.g. depression, anxiety and anorexia) or Alzheimer's disease.

### Question 3a.

#### Sample response

People who live further from major cities experience a greater number of deaths per 100 000 people.

#### Mark allocation: 1 mark

- 1 mark for showing that the death rate increases the further one lives from a major city or that the death rate decreases the closer one lives to a major city

### Question 3b.

#### Sample response

Sociocultural factor: unemployment

People who live further from major cities are more likely to be unemployed. This may result in having insufficient income to purchase nutritious food. Malnutrition can lead to an increased risk of a positive energy balance and therefore an increased risk of cardiovascular disease (CVD). Increased risk of CVD, especially for people who cannot afford preventive health care, can lead to premature death; overall, there will be more deaths per 100 000 people among those living in remote and very remote areas than among those living in major cities.

Environmental factor: working conditions

People living in remote and very remote areas are more likely to have jobs requiring manual labour (e.g. farming) than people living in major cities. This can lead to increased exposure to occupational risks (e.g. machinery accidents) that can result in more premature deaths.

#### Mark allocation: 4 marks

- 1 mark for identifying each factor (up to 2 marks)
- 1 mark for explaining how each factor is associated with remote living and a greater number of deaths (up to 2 marks)



#### Tips

- *When asked to explain a factor, take a moment to consider as many factors as possible, then choose one to write about that you can explain in the most detail. This will give you the best opportunity to achieve full marks.*
- *The easiest factors to link to health differences between geographical areas are biological (low birth weight and body weight), sociocultural (unemployment and cultural influences) and environmental (urban design and infrastructure, and working conditions).*