

STUDENT NUMBER Letter

HEALTH AND HUMAN DEVELOPMENT

Written examination

Friday 10 November 2017

Reading time: 11.45 am to 12.00 noon (15 minutes)

Writing time: 12.00 noon to 2.00 pm (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>
15	15	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 24 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.

Instructions

Answer **all** questions in the spaces provided.

Question 1 (8 marks)

The following table shows indicators of health status for a range of countries.

Country	Life expectancy at birth (years), both sexes	Healthy life expectancy at birth (years)	Under-five mortality rate (per 1000 live births)	Tuberculosis incidence (per 100 000 population)
Australia	82.8	71.9	3.8	6.4
Sierra Leone	50.1	44.4	120.4	310.0
Denmark	80.6	71.2	3.5	7.1
Vietnam	76.0	66.6	21.7	140.0
Spain	82.8	72.4	4.1	12.0

Data: World Health Organization, *World Health Statistics 2016: Monitoring Health for the SDGs*, Geneva, 2016, pp. 104, 105, 108–111

- a. Outline the difference between mortality and morbidity as measures of health status. 2 marks

- b. Draw one conclusion about the health status of Australia compared to another developed country. Use data from the table to justify your answer. 2 marks

Developed country _____

Conclusion _____

- c. The World Health Organization (WHO) classifies Vietnam as being in mortality strata D.

Explain why.

1 mark

- d. Identify and explain one possible reason for the difference in tuberculosis (TB) incidence between Australia and Vietnam.

3 marks

Reason _____

Explanation _____

Question 2 (4 marks)

a. Describe the mental dimension of health.

2 marks

b. Provide one example each of a direct cost to the individual and to the community associated with mental health.

2 marks

The individual _____

The community _____

Question 3 (5 marks)

- a. Describe **one** health promotion program that has been developed to address the National Health Priority Area (NHPA) 'Injury prevention and control'. 3 marks

- b. Outline one advantage and one disadvantage of the biomedical model of health in addressing 'Injury prevention and control'. 2 marks

Advantage _____

Disadvantage _____

Question 4 (6 marks)

Consider the following information regarding a VicHealth project.

Victorian workplace mental wellbeing collaboration

VicHealth, SuperFriend and WorkSafe Victoria have formed a collaboration to help workplaces create positive and supportive cultures and environments that enable workers to be more engaged, positive and effective at work.

Victorian workers spend around one-third of their time in the workplace and the work environment can provide a positive sense of community and connection with others, as well as build self-esteem and provide recognition and rewards for individual workers and teams.

Approaches such as developing a positive leadership style, designing jobs for mental wellbeing, communicating effectively, recruitment and selection of employees, work-life demands, and supporting and developing employees are all important components of workplace mental wellbeing.

Source: © Victorian Health Promotion Foundation (VicHealth); source material available at <www.vichealth.vic.gov.au>

- a. Identify one of the commitments in VicHealth’s mission. Outline one way in which the project described above supports this. 2 marks

Commitment _____

How the project supports this _____

- b. Outline **one** potential social health outcome of the project described above. 1 mark

- c. Identify one principle of the social model of health and explain how it is reflected in the project described above. 3 marks

Principle _____

How it is reflected in the project _____

Question 5 (7 marks)

Oliver is a 51-year-old male. He smokes 10 cigarettes a day and has a minimal alcohol intake. Oliver's body weight is quite high and he has little time to exercise. Oliver has been diagnosed with high cholesterol and he suffers from hypertension, placing him at risk of cardiovascular disease.

- a. Describe cardiovascular disease. 2 marks

- b. Select one biological determinant evident in the information provided above. Explain how this biological determinant could increase the risk of cardiovascular disease. 3 marks

Biological determinant _____

Explanation _____

- c. Oliver has been advised by his doctor to make changes to his diet to reduce his sodium intake. Identify one major food source of sodium. Outline the role sodium plays in increasing the risk of cardiovascular disease. 2 marks

Major food source of sodium	
Role in increasing the risk of cardiovascular disease	

Question 6 (10 marks)

In 2014–2015, the Australian Bureau of Statistics conducted the National Health Survey. The survey was designed to collect information about the health of Australians.

Some key findings for Australian adults included the following:

- less than half (49.8%) met the *Australian Dietary Guidelines* for the recommended daily serves of fruit
- 7.0% met the *Australian Dietary Guidelines* for the recommended daily serves of vegetables
- 5.1% met both guidelines
- 63.4% were overweight or obese

Data: Australian Bureau of Statistics, ‘National Health Survey, First Results, Australia, 2014–15’,
ABS cat. no. 4364.0.55.001; © Commonwealth of Australia 2015

- a. i.** Based on the results of the survey, identify one nutrient that could be deficient in the diet of Australians and outline one possible consequence for health. 2 marks

Deficient nutrient _____

Consequence for health _____

- ii.** Identify one nutrient that could be in excess in the diet of Australians and outline one possible consequence for health. 2 marks

Excess nutrient _____

Consequence for health _____

- b.** Provide two reasons why the *Australian Dietary Guidelines* were introduced. 2 marks

1. _____

2. _____

- c. Explain how the 'Australian Guide to Healthy Eating' reflects the *Australian Dietary Guidelines*.

2 marks

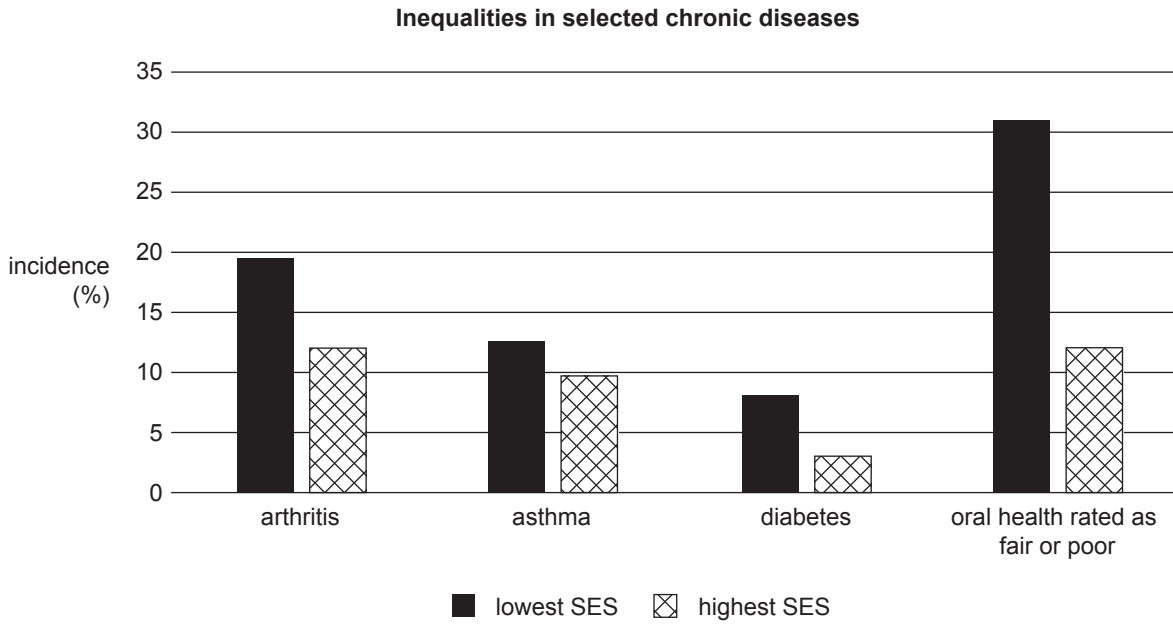
- d. Nutrition Australia is a non-government organisation that promotes healthy eating.

Explain how Nutrition Australia promotes the consumption of fruit and vegetables.

2 marks

Question 7 (8 marks)

The following graph shows the incidence of selected chronic diseases by socio-economic status (SES) in Australia in 2014–2015.



Data: Australian Institute of Health and Welfare (AIHW), *Australia's Health 2016*, 'Australia's Health' series no. 15, cat. no. AUS 199, AIHW, Canberra, 2016, p. 184

- a. Outline the relationship between SES and health status shown in the graph above. 1 mark

- b. Identify one physical environment determinant. Explain how it may contribute to the relationship described in **part a**. 3 marks

Physical environment determinant _____

Contribution to relationship _____

- c. Select one chronic disease from the graph. Explain how two action areas of the Ottawa Charter for Health Promotion could be used to address this chronic disease. 4 marks

Chronic disease _____

Action area 1 _____

Action area 2 _____

Question 8 (7 marks)

Sustainable Development Goal (SDG) 8 is 'Decent work and economic growth'.

- a.** Explain the meaning of SDG 8. 2 marks

- b.** In many developing countries, women are less likely than men to be fully employed.
Identify two reasons why this might occur. 2 marks

1. _____

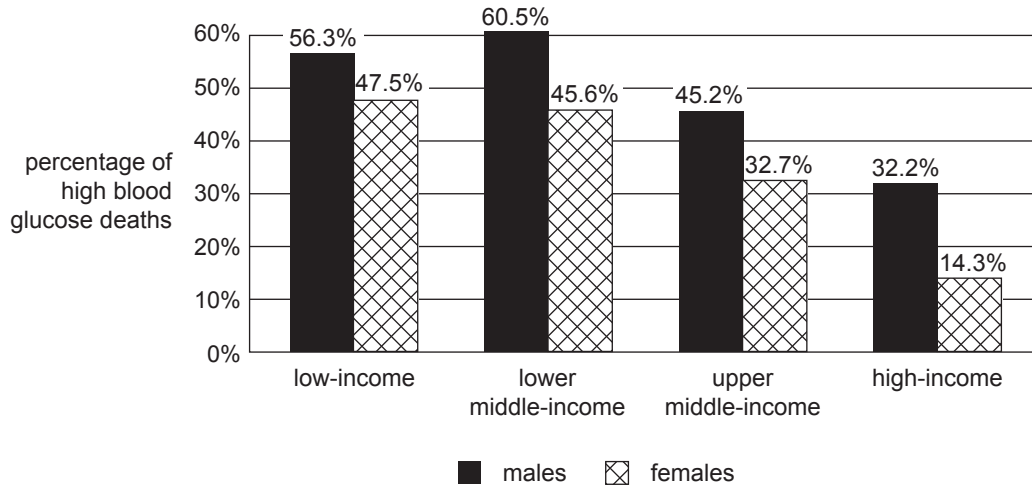
2. _____

- c.** Explain how the achievement of SDG 8 would promote sustainable human development. 3 marks

Question 9 (5 marks)

The graph below groups countries according to their gross national income per capita. Countries in the upper middle-income and high-income groups are more likely to be identified as developed. Countries in the lower middle-income and low-income groups are more likely to be identified as developing.

The graph shows the percentage of deaths that were attributed to high blood glucose levels for males and females aged 20–69 years according to country income group in 2012.



Source: World Health Organization, *Global Report on Diabetes*, Geneva, 2016, p. 23

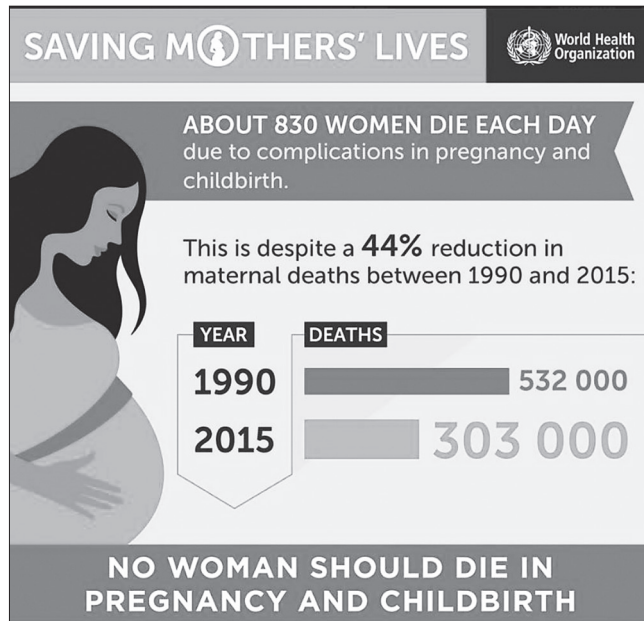
- a. In which country income group is the percentage of high blood glucose deaths the highest for males? 1 mark

- b. The graph shows that there are differences in the percentage of deaths attributed to high blood glucose between high-income and low-income countries. Discuss how global marketing and access to healthcare could have contributed to these differences. 4 marks

Global marketing _____

Access to healthcare _____

Question 10 (7 marks)



Source: © World Health Organization 2015

a. i. Name the SDG represented in the information above. 1 mark

ii. Outline two reasons why the SDG named in **part a.i.** is important. 2 marks

1. _____

2. _____

Question 11 (7 marks)

Medicare is part of Australia's healthcare system.

- a.** One of the values of the healthcare system is 'responsive'.

Explain how Medicare demonstrates this value.

2 marks

Universal health coverage is one of the priorities of the WHO.

- b. i.** Outline what is meant by universal health coverage.

1 mark

- ii.** Explain how achieving universal health coverage can promote global health.

2 marks

- c.** Explain how Medicare provides universal health coverage.

2 marks

Question 12 (6 marks)

Read the following information about Zika virus disease:

- Zika virus disease is caused by a virus transmitted primarily by mosquitoes. Sexual transmission of the Zika virus is also possible.
- Symptoms include mild fever, skin rash, conjunctivitis, muscle and joint pain, and headache. These symptoms normally last for two to seven days.
- A diagnosis of Zika virus infection can be confirmed only through laboratory tests on blood or other body fluids, such as urine, saliva or semen.
- There is currently no vaccine available for Zika virus disease.

Data: World Health Organization, *Fact sheet: Zika virus*; © World Health Organization 2017

Name two WHO priorities (apart from universal health coverage) and explain how each could be used to control the spread of Zika virus disease.

Priority 1 _____

Priority 2 _____

Question 13 (10 marks)

Enhancing the abilities of young people in Afghanistan

Masoma, 17, has ... hearing and speech problems. Because of her disability, she could not go to school and was instead responsible for caring for her sisters and brothers and helping her mother at home. In 2014–15, she participated in embroidery training through World Vision’s Youth Economic Livelihoods and Literacy (YELL) Badghis project, in Afghanistan, supported by the Australian Government, through the Australian NGO Cooperation Program (ANCP). Masoma has now graduated and has many orders from her relatives and neighbours for embroidery ...

Today, Masoma isn’t only responsible for taking care of her sisters and brothers; she is also an independent young woman who can help support her family financially ...

Thanks to the Australian Government, young people in Afghanistan’s Badghis Province are gaining access to vocational training. The skills they are gaining make them more resilient to the impacts of poverty, and help them cope with increasing financial hardship by reducing their dependence on agriculture as a sole source of income.

In Afghanistan, World Vision is working with provincial authorities, training centres and local leaders and businesses to provide literacy and vocational training to young people. The project is also supporting women to become literacy teachers.

Source: Department of Foreign Affairs and Trade website, ‘Enhancing the abilities of young people in Afghanistan’, 14 January 2016, <www.dfat.gov.au>

- a.** Identify **one** of Australia’s aid priorities shown in the program described above. 1 mark

- b.** Explain why Australia’s aid program works with non-government organisations (NGOs) such as World Vision to provide aid to developing countries. 2 marks

- c.** In addition to working with NGOs, Australia also provides bilateral aid. Describe bilateral aid. 1 mark

Question 14 (4 marks)

a. Outline two reasons why the United Nations (UN) provides humanitarian assistance. 2 marks

1. _____

2. _____

b. How could providing humanitarian assistance promote human development? 2 marks

Question 15 (6 marks)

a. Describe what is meant by 'safe water and sanitation'.

2 marks

b. Using two elements of sustainability, describe a program that could improve access to safe water and sanitation in a developing country.

4 marks
