

Chapter 5 – Refer to pages 163 - 195 to help you answer the questions

Summary sheet 1

- List 6 improvements in health status in Australia since 1900.
- Identify the 5 prominent causes of death in Australia today.

Summary sheet 2 & Summary sheet 3

- Define and describe (examples) the 5 prominent causes of mortality within Australia.
- Describe the trends in death rates for all 5 prominent causes of death.

Summary sheet 4

- What is public health?
- Describe old public health?
- Summarise the three policies and practices relating to old public health

Summary sheet 5

- Define the biomedical model of health (glossary)
- List three examples that encompass the biomedical model
- Outline two advantages of the biomedical model
- Outline two disadvantages of the biomedical model

Summary sheet 6

- Define the social model of health (glossary)
- Write the name of each principle out in full (next to the relevant AREAS letter)
 - Explain what the principle means
 - Include an example if you have room

Summary sheet 7

- Define the Ottawa Charter (glossary)
- List the 8 conditions and resources needed for health (see page 182)
- Name and outline the 3 strategies for health promotion

Summary sheet 8

- Write out each Ottawa Charter action area in full (next to the relevant Bad Cats Smell Dead Rats word)
- Explain what each action area means
- Include an example if you have room

Summary sheet 9

- Read the case study and answer the associated questions
- (Q1) What are the aims of the LiveLighter program
- (Q2) Provide a summary of dot points that show how the live lighter program reflects each of the action areas of the Ottawa charter for health promotion

Summary sheet 10

- Complete the diagram outlining the relationship between the models of health (use chapter 5 slides, slide 67)

Improvements in Australia's health since ①
1900's.

①

②

③

④

⑤

⑥

PROMINENT CAUSES OF DEATH:

- 1.
- 2.
- 3.
- 4.
- 5.

PATTERNS OF MORTALITY

②

1. Infectious & Parasitic diseases:

Define -

Describe -

2. Cancer (neoplasms):

Define -

Describe -

3. Cardiovascular diseases:

Define -

Describe -

4. Respiratory diseases:

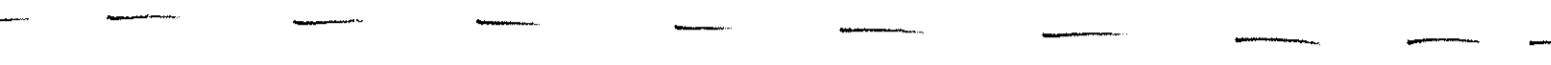
Define -

Describe -

5. Injury and poisoning

DEFINE -

Describe -



1. INF + PAR.

*

*

2. CANCER.

*

*

5. INJ + POIS.

TRENDS

*

3. CVD.

*

*

4. RESPIR. DS

*

*

*

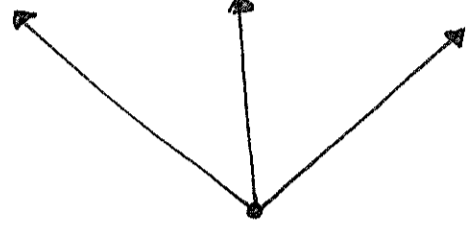
Define PUBLIC HEALTH:

④

What is it?

'Old' PUBLIC HEALTH ??

1. Discovery of Vaccines



S U M M A R I S E

2. Role of Comm. Gov.

3. Shift to HP.

BIOMEDICAL MODEL

Define :

Examples :

+

+

+

Advantages :

✓

✓

Disadvantages :

X

X

SOCIAL MODEL

6

DEFINE

A -

R -

E -

A -

S -

OTTAWA CHARTER



ACTION
AREAS!!!

⑧

BAD

CATS

SMELL

DEAD

RATS

CASE STUDY



The Ottawa Charter in action —

LiveLighter is a program targeted at Australian adults which aims to encourage them to lead healthier lifestyles by making changes to what they eat and drink, be more physically active and maintain a healthy weight.

LiveLighter works to *create supportive environments* by advocating for less promotion of junk food, improving access to healthy food and ensuring that the environments in which people live encourage them to be more active. On their website they provide personal accounts from individuals who have made changes to their food intake and physical activity levels in order to lose weight and improve their health and wellbeing. These stories provide support to others who are wanting to make lifestyle changes. A graphic advertising campaign raises awareness of the link between overweight and chronic disease such as cardiovascular disease and type 2 diabetes and creates a supportive environment where people understand why it's important to make lifestyle changes.

LiveLighter *develops personal skills* by creating meal and activity plans for individuals based on their specific needs. It includes recipes that can assist adults in preparing healthy meals and reduce their body weight. The website also provides access to a range of resources and fact sheets to assist those wanting to lose weight and improve their health and wellbeing.

LiveLighter *strengthens community action* by encouraging public debate about obesity. They engage with the community through social media and with retailers. LiveLighter is a joint initiative between the Heart Foundation, Cancer Council and Department of Health and also partners with a wide range of community groups and organisations.

LiveLighter advocates for changes in policy around the promotion of junk food and improved food labelling and are therefore helping *build healthy public policy*.

The focus of the program is to prevent and reverse the impacts of obesity. Obesity is a growing problem in Australia and is responsible for much of our burden of disease. This program helps *reorient health services* as individuals learn skills to reduce the risk of obesity and its associated conditions and funding has been provided for prevention rather than a curative approach.

Source: Adapted from livelighter.com.au.

1.

2.

IMPROVED
HEALTH &
WELLBEING

