

Chapter 3 – Refer to pages 71 – 104 to help you answer the questions

Summary sheet 8

- List the 4 main factors that influence health status and burden of disease
- Write 3 basic things in the space provided about each of the 4 main factors

Summary sheet 9

- There are five main factors that come under dietary risks – identify these 5 factors
- Write 3 basic things in the space provided about each of the 4 main factors

Summary sheet 10

- Using the information provided on this page, answer the questions on the bottom of the page relating to **tobacco**

Summary sheet 11

- Using the information provided on this page, answer the questions on the bottom of the page relating to **alcohol**

Summary sheet 12

- Using the information provided on this page, answer the questions on the bottom of the page relating to **body mass**

Summary sheet 13

- Using the information provided on this page, answer the questions on the bottom of the page relating to **dietary risks**

Summary sheet 14

- Define the following terms on the page

Summary sheet 15

- Complete the table on this page associated with nutrients

...FACTORS THAT INFLUENCE HEALTHSTATUS ⑧
AND BURDEN OF DISEASE OF AUSTRALIANS...

SMOKING

ALCOHOL

HIGH BODY MASS INDEX

DIETARY RISKS

1. UNDERCONSUMPTION OF VEGETABLES

2. UNDERCONSUMPTION OF FRUITS

3. UNDERCONSUMPTION OF DAIRY

4. HIGH INTAKE OF...

i. FAT

ii. SALT

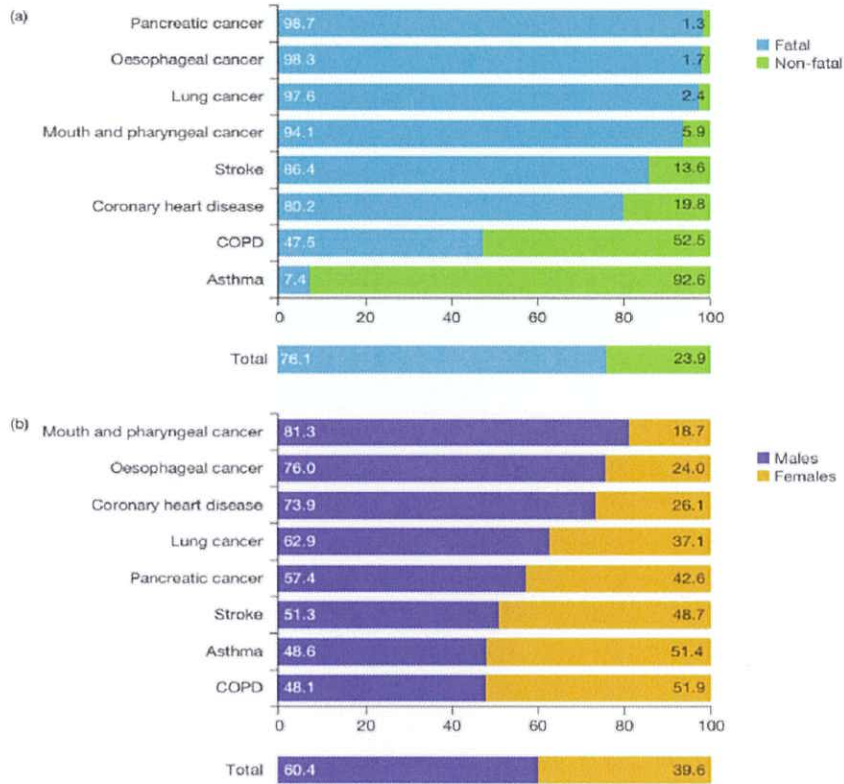
iii. SUGAR

5. LOW INTAKE OF:

i. FIBRE

ii. IRON

FIGURE 3.8 Proportion (%) of burden attributable to tobacco use (top eight diseases), by fatal versus non-fatal burden (a) and sex (b), 2011



Use figure 3.8 to answer the following questions.

Source: AIHW 2016, Australian burden of disease study: impact and causes of illness and death in Australia 2011, page 172.

a. What proportion of the total burden due to tobacco use was the result of fatal outcomes?

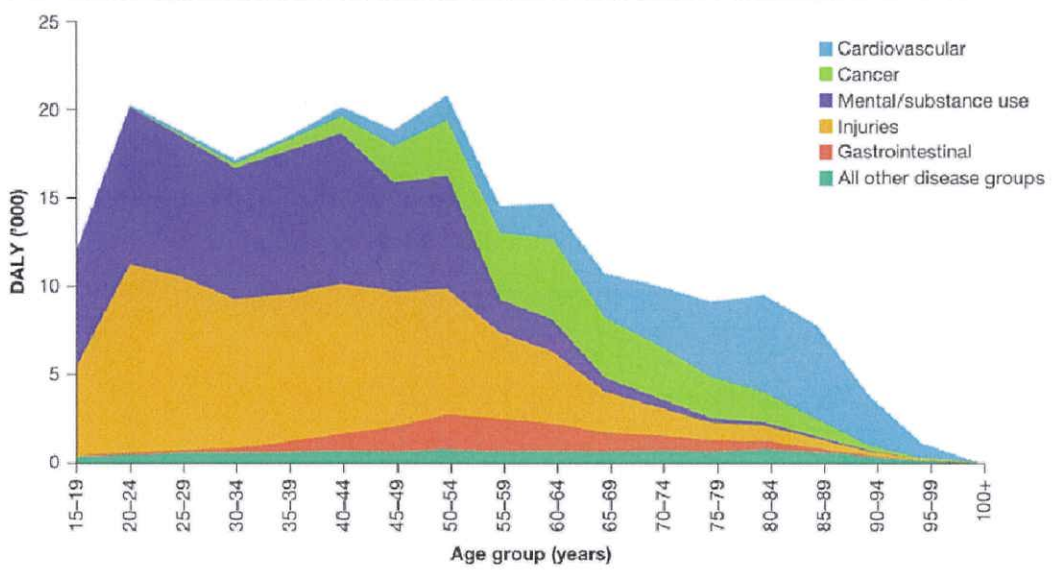
b. For which disease was the fatal proportion of tobacco the greatest?

c. Which disease had an almost equal fatal and non-fatal contribution from tobacco use?

d. What proportion of the total burden of tobacco was experienced by males compared to females?

e. Identify the condition from which males experiences the greatest proportion of total burden due to tobacco compared to females

FIGURE 3.14 Burden (DALY) attributable to alcohol use by age and disease group, 2011



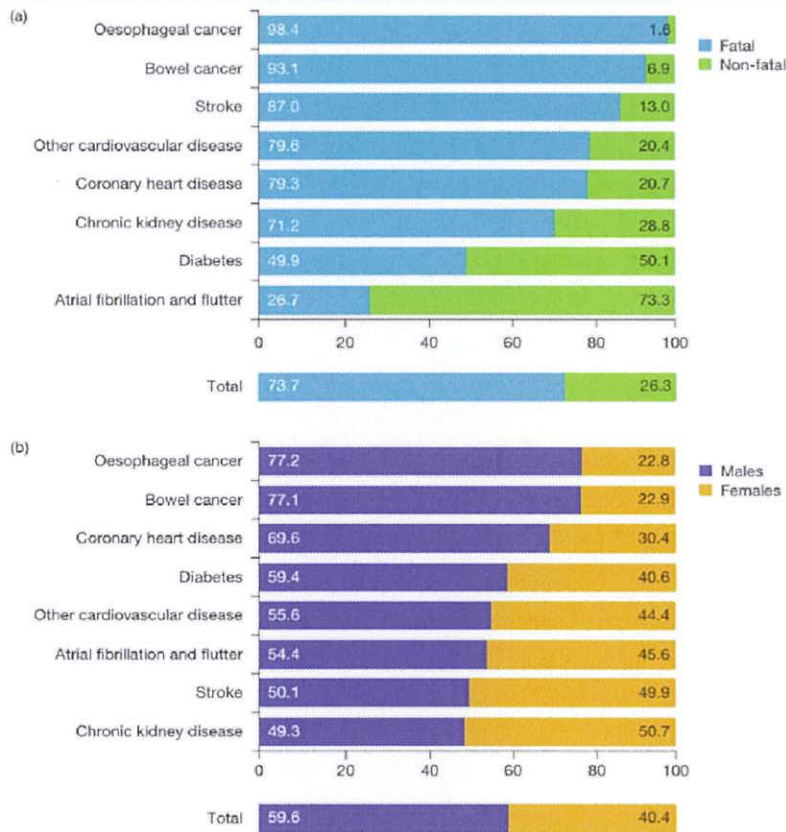
Use figure 3.14 to answer the following questions

Source: AIHW 2016, Australian burden of disease study: impact and causes of illness and death in Australia 2011, page 175.

a. Which age group contributed the most DALY as a result of alcohol? How many DALY were contributed by this age group as a result of alcohol use?

b. Outline the difference in the diseases contributing to alcohol related diseases contributing to alcohol-related DALY for 15-19 year olds compared to 90-94 year olds.

FIGURE 3.18 Proportion (%) of burden attributable to high body mass (top eight diseases), by fatal versus non-fatal burden (a) and sex (b), 2011



Use figure 3.18 to answer the following questions

Source: AIHW 2016, Australian burden of disease study: impact and causes of illness and death in Australia 2011, page 183.

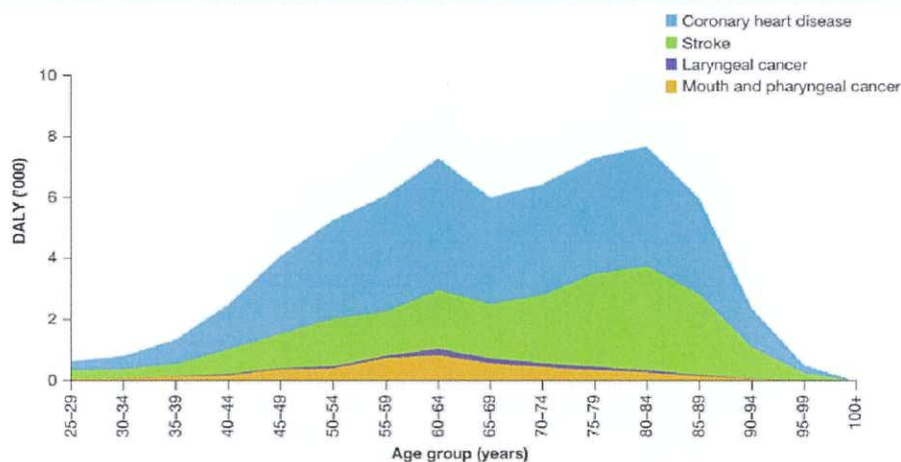
a. What proportion of the total burden due to high body mass was the result of fatal outcomes?

b. For which disease was the fatal proportion of high body mass the greatest?

c. For which disease did females have the greatest proportion of burden of disease due to high body mass compared to males

d. What proportion of the total burden of high BMI was experienced by females compared to males?

FIGURE 3.23 Burden (DALY) attributable to underconsumption of vegetables by age and disease group, 2011



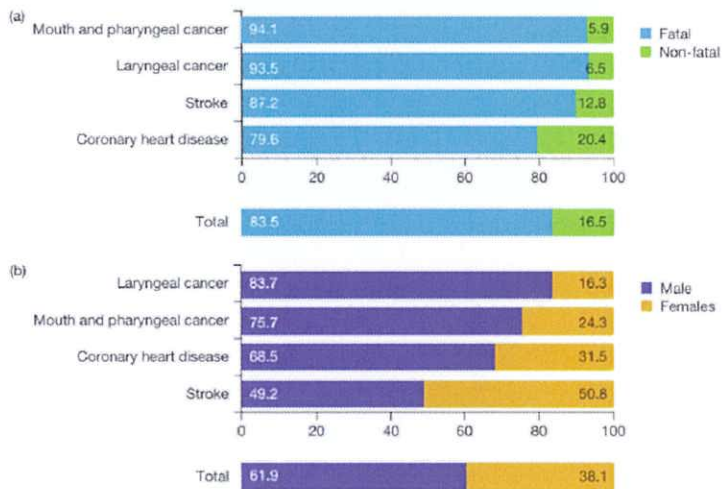
Use figure 3.23 to answer the following questions

Source: AIHW 2016, Australian burden of disease study: impact and causes of illness and death in Australia 2011, page 197.

- a. According to figure 3.23, which disease contributed the most to DALY due to under consumption of vegetables?

- b. Discuss how under consumption of vegetables contributes too the disease identified in part (a)

FIGURE 3.22 Proportion (%) of burden attributable to low vegetable intake (top eight diseases), by fatal versus non-fatal burden (a) and sex (b), 2011



Use figure 3.22 to answer the following questions

- a. What proportion of the total burden due to under consumption of vegetables was the result of fatal outcomes?

Source: AIHW 2016, Australian burden of disease study: impact and causes of illness and death in Australia 2011, page 197.

- b. For which disease was fatal proportion of under consumption of vegetables the greatest?

Define the following:

14

NUTRIENT:

CARDIOVASCULAR
DISEASE:

ENERGY DENSE:

DIABETES:

FREE RADICALS:

CANCER:

FORTIFIED:

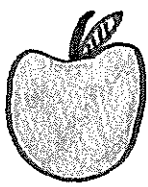
HAEMOGLOBIN:

CHOLESTEROL:

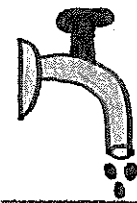
ANAEMIA:

CORONARY HEART
DISEASE:

STROKE:



≈ NUTRIENT SUMMARY ≈



Nutrient	Function	Food Source
Carbohydrate		
Fibre		
Protein		
Fats - - - -		
Water		
Calcium		
Phosphorus		
Sodium		
Vitamin D		