

1 Concepts of health and wellbeing

Unit	3	Australia's health in a globalised world
Area of Study	1	Understanding health and wellbeing
Topic	1	Concepts of health and wellbeing
Subtopic	1.2	Concepts of health and wellbeing and illness

Summary

- **Health and wellbeing** 'relates to the state of a person's physical, social, emotional, mental and spiritual existence and is characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged.'
- Health and wellbeing is:
 - subjective, i.e. people's perception of health and wellbeing will vary
 - dynamic, i.e. our health and wellbeing is constantly changing.
- The five **dimensions of health and wellbeing** are:
 - physical health and wellbeing
 - social health and wellbeing
 - mental health and wellbeing
 - emotional health and wellbeing
 - spiritual health and wellbeing.
- Illness is often defined as a period of sickness affecting the body or mind.

My notes



To answer questions online and to receive **immediate feedback** and **sample responses** for every question, go to your learnON title at **www.jacplus.com.au**.

Past VCAA exam questions

Source: Adapted from VCAA 2013, *Health and Human Development, Section B, Q2a*

Question 1

Men's Shed is an initiative of the Australian Men's Shed Association. It has been developed in many local communities across Australia, and it offers men an opportunity to socialise with other men in their community and learn new skills, such as woodworking and the restoration of old furniture.

The Australian Men's Shed Association is a not-for-profit organisation that is funded by the Federal Government. It is now the largest association in Australia focused on men's health and wellbeing.

Source: adapted from <http://www.mensshed.org>

Outline two ways in which this initiative could improve men's health and wellbeing.

2 marks

Exam practice questions

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 2

List two dimensions of physical health and wellbeing.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 3

Define 'health and wellbeing'.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 4

Explain with an example why health and wellbeing are more than the absence of illness or injury. **2 marks**

Unit	3	Australia's health in a globalised world
Area of Study	1	Understanding health and wellbeing
Topic	1	Concepts of health and wellbeing
Subtopic	1.3	Dimensions of health and wellbeing

Summary



Adequate fitness levels are a characteristic of optimal physical health and wellbeing.

- **Physical health and wellbeing** 'relates to the functioning of the body and its systems, including the physical capacity to perform daily activities or tasks'.
- Examples of the physical dimension of health and wellbeing include:
 - absence/presence of disease and illness
 - energy levels
 - ability to perform daily tasks
 - fitness levels
 - functioning of the body systems and organs, including immunity to disease, sleep and rest.



Interactions with others are a characteristic of social health and wellbeing.

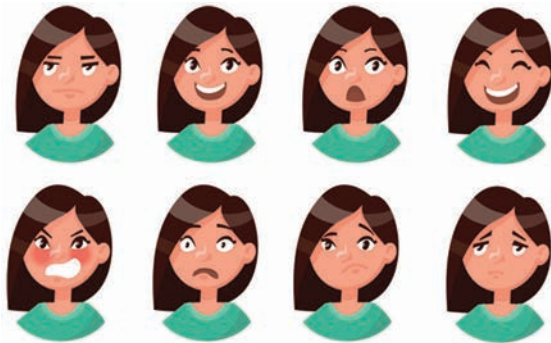
- **Social health and wellbeing** is 'the ability to form meaningful and satisfying relationships with others and the ability to manage or adapt appropriately to different social situations'.
- Examples of the social dimension of health and wellbeing include:
 - interactions with others
 - network of friends
 - communication skills
 - family support.

My notes



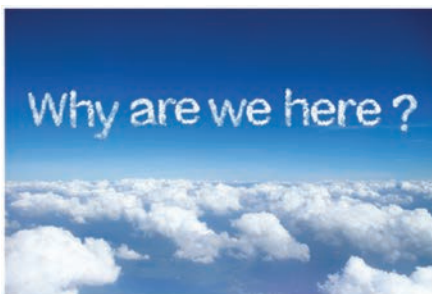
Positive thought patterns are a characteristic of optimal mental health and wellbeing.

- **Mental health and wellbeing** 'relates to the state of a person's mind or brain and relates to the ability to think and process information'.
- Optimal mental health and wellbeing enables an individual to positively form opinions, make decisions and use logic.
- Examples of the mental dimension of health and wellbeing include:
 - self-esteem levels
 - levels of confidence
 - thought patterns
 - anxiety and stress levels.



The ability to recognise and understand emotions is an aspect of emotional health and wellbeing.

- **Emotional health and wellbeing** is 'the ability to recognise, understand and effectively manage and express emotions as well as the ability to display resilience'.
- Examples of the emotional dimension of health and wellbeing include:
 - recognition and understanding of a range of emotions
 - managing and responding to emotions
 - varying levels of resilience.



Developing a sense of meaning and purpose in life are characteristics of optimal spiritual health and wellbeing.

- **Spiritual health and wellbeing** 'relates to ideas, beliefs, values and ethics that arise in the minds and conscience of human beings. It includes the concepts of hope, peace, a guiding sense of meaning or value, and reflection on a person's place in the world'.
- Spiritual health and wellbeing can also relate to organised religion, a higher power and prayer, values, a sense of purpose in life, connection or belonging.
- Examples of the spiritual dimension of health and wellbeing include:
 - meaning and purpose in life
 - peace and harmony
 - a sense of belonging
 - the values and beliefs that you live by.



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Past VCAA exam questions

Source: Adapted from VCAA 2015, *Health and Human Development Exam, Q4a*

Question 1

Outline one possible physical health and wellbeing outcome that may result from the 'No Excuse Needed' project. **1 mark**

Source: VCAA 2017, *Health and Human Development Exam, Q4b*

Question 2

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>

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

Exam practice questions

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 5

Identify two characteristics of physical health and wellbeing.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 6

Which of the following is not a characteristic of physical health and wellbeing?

1 mark

- A. absence of feelings
- B. sleep and rest
- C. ability to perform daily tasks
- D. functioning of body systems

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 7

Which of the following is a characteristic of good physical health and wellbeing?

1 mark

- A. inadequate sleep and rest
- B. poorly functioning immune system
- C. absence of disease and illness
- D. tiredness and lethargy

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 8

In a recent survey of doctors on reasons for not retiring in the near future, it was found that more than a third of doctors over 55 did not intend to retire, due to the following reasons:

- the sense of purpose the job provided
- being free from significant illness or disease
- having fulfilling professional interactions with others
- the cognitive stimulation of being a doctor.

Identify an example of the physical dimension of health and wellbeing from the above survey. Justify your choice. **2 marks**

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 9

Outline what is meant by the term 'physical health and wellbeing'.

1 mark

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 10

List two dimensions of social health and wellbeing.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 11

Describe how relating well with people is a dimension of social health and wellbeing.

1 mark

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 12

Which of the following is not a characteristic of social health and wellbeing?

1 mark

- A. a supportive family
- B. having friends
- C. participating in daily exercise
- D. communicating with others

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 13

Which of the following is a characteristic of poor social health and wellbeing?

1 mark

- A. effective communication skills
- B. low levels of interaction with others
- C. an extensive friendship network
- D. a supportive family

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 14

In a recent survey of doctors on reasons for not retiring in the near future, it was found that more than a third of doctors over 55 did not intend to retire, due to the following reasons: **2 marks**

- the sense of purpose the job provided
- being free from significant illness or disease
- having fulfilling professional interactions with others
- the cognitive stimulation of being a doctor.

Identify an example of the social dimension of health and wellbeing from the above survey. Justify your choice.

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 15

List two dimensions of mental health and wellbeing. **2 marks**

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 16

Which of the following is a characteristic of poor mental health and wellbeing? **1 mark**

- A. high self-esteem
- B. low levels of anxiety
- C. negative thought patterns
- D. low levels of stress

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 17

Which of the following is not a characteristic of mental health and wellbeing?

1 mark

- A. levels of stress and anxiety
- B. managing emotions
- C. positive thought patterns
- D. levels of confidence

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 18

Outline a positive and a negative impact on mental health and wellbeing of being selected for an elite sports team.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 19

Which of the following is a characteristic of emotional health and wellbeing?

1 mark

- A. high self-esteem
- B. being stressed
- C. communicating with others
- D. bouncing back after a traumatic event

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 20

Throwing a temper tantrum is an example of which characteristic of emotional health and wellbeing?

1 mark

- A. recognition of a range of emotions
- B. managing emotions
- C. levels of resilience
- D. understanding a range of emotions

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 21

Identify two characteristics of the emotional dimension of health and wellbeing.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 22

According to the ABS, in 2011 most older people lived with family members in private dwellings, but as people age they are likely to undergo changes in their living arrangements.

Describe the impact on emotional health and wellbeing for an older person whose living arrangements need to change.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 23

Outline what is meant by the term ‘emotional health and wellbeing’.

1 mark

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 24

Which of the following is not a characteristic of spiritual health and wellbeing?

1 mark

- A. having a set of values and beliefs
- B. a sense of belonging
- C. meaning and purpose in life
- D. feeling content and happy

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 25

Volunteering and helping others is an example of

1 mark

- A. spiritual health and wellbeing.
- B. physical health and wellbeing.
- C. mental health and wellbeing.
- D. None of the above

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 26

According to the ABS, in 2011, 20 per cent of older persons spent time doing voluntary work, with older women slightly more likely to be volunteers than older men.

Briefly describe how participating in volunteer work may impact on the spiritual health and wellbeing of an older person. **1 mark**

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 27

In a recent survey of doctors on reasons for not retiring in the near future, it was found that more than a third of doctors over 55 did not intend to retire, due to the following reasons:

- the sense of purpose the job provided
- being free from significant illness or disease
- having fulfilling professional interactions with others
- the cognitive stimulation of being a doctor.

Identify an example of the spiritual dimension of health and wellbeing from the above survey. Justify your choice. **2 marks**

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 28

Identify two characteristics of the spiritual dimension of health and wellbeing. **2 marks**

Unit	3	Australia's health in a globalised world
Area of Study	1	Understanding health and wellbeing
Topic	1	Concepts of health and wellbeing
Subtopic	1.4	Interrelationships between the dimensions of health and wellbeing

Summary

The five dimensions of health and wellbeing are interrelated and therefore affect each other.

- **Interrelationships between the dimensions** of health and wellbeing mean each dimension can influence or be affected by the other dimensions. For example, a person who enjoys walking with a group of friends (emotional health and wellbeing) is likely to increase their physical fitness (physical health and wellbeing) while interacting with others (social health and wellbeing). Walking as a form of exercise helps reduce stress levels (mental health and wellbeing) and walking with friends provides a sense of belonging (spiritual health and wellbeing). The dimensions of health and wellbeing are working together to achieve optimal health and wellbeing.

My notes



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Exam practice questions

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 1

Describe how one dimension of mental health and wellbeing may interrelate with social health and wellbeing. **2 marks**

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 2

Having enough energy every day enables an individual to engage in physical activities with their friends.

This is an example of the interrelationship between

1 mark

- A. physical health and wellbeing and mental health and wellbeing.
- B. social health and wellbeing and spiritual health and wellbeing.
- C. physical health and wellbeing and social health and wellbeing.
- D. mental health and wellbeing and spiritual health and wellbeing.

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 3

Having a high level of self-esteem enables an individual to have the confidence to join a sporting team, which improves their fitness levels. This is an example of the interrelationship between

1 mark

- A. mental health and wellbeing and physical health and wellbeing.
- B. social health and wellbeing and spiritual health and wellbeing.
- C. physical health and wellbeing and social health and wellbeing.
- D. mental health and wellbeing and spiritual health and wellbeing.

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 4
Describe how mental health and wellbeing may interrelate with social health and wellbeing. **2 marks**

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 5
Describe how spiritual health and wellbeing may interrelate with mental health and wellbeing. **1 mark**

Unit	3	Australia's health in a globalised world
Area of Study	1	Understanding health and wellbeing
Topic	1	Concepts of health and wellbeing
Subtopic	1.5	Optimal health and wellbeing as a resource

Summary

- **Optimal health and wellbeing** is achieved when all dimensions of health are considered to be the best they can be.
- **As a resource**, optimal health and wellbeing has positive impacts at an individual, national and global level.

Individual	National	Global
<ul style="list-style-type: none"> • learn new skills and knowledge • earn an income and be productive in the workforce • enjoy the company of family and friends • look after and care for family members 	<ul style="list-style-type: none"> • higher economic growth through greater worker participation and productivity • less reliance on social security benefits • lower health care costs 	<ul style="list-style-type: none"> • promote peace and stability • reduce transmission of diseases between countries • promote economic, social and environmental sustainability

My notes



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Exam practice questions

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 1

Optimal health and wellbeing that enables higher economic growth through greater worker participation is an example of a positive impact at the **1 mark**

- A. individual level.
- B. national level.
- C. global level.
- D. None of the above

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 2

Optimal health and wellbeing that promotes economic, social and environmental sustainability is an example of a positive impact at the **1 mark**

- A. individual level.
- B. national level.
- C. global level.
- D. None of the above

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 3

Describe how optimal health and wellbeing acts as a resource for the individual.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 4

Describe how optimal health and wellbeing acts as a resource nationally.

2 marks

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 5

Describe how optimal health and wellbeing acts as a resource globally.

2 marks

Unit	3	Australia's health in a globalised world
Area of Study	1	Understanding health and wellbeing
Topic	1	Concepts of health and wellbeing
Subtopic	1.6 & 1.7	Prerequisites for health

Summary

- If gains in health and wellbeing are to occur, the following **prerequisites for health and wellbeing** need to be considered:

Peace	being free from conflict and war
Shelter	structures that provide protection from the weather
Education	access to knowledge and health promotion behaviours
Food	access to adequate and sufficient nutritious food
Income	having sufficient income that increases access to resources such as food, health care and education
A stable ecosystem	a balance between the environment and the species that live in that environment
Social justice	equal rights for all, regardless of sex, class and income
Sustainable resources	resources available for the current and future generations
Equity	fairness for all

My notes



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Past VCAA exam questions

Source: VCAA 2018, *Health and Human Development Exam*, Q13

Question 1

Peace is a WHO prerequisite for health.

Explain how peace can lead to improved health outcomes.

2 marks

Source: Adapted from VCAA 2004 *Health and Human Development Exam*, Q3

Question 2

Infectious and parasitic diseases in the World Health Organization Africa Region (which includes Zimbabwe) contribute 56% of the DALYs. In the World Health Organization Western Pacific Region (which includes Australia) the relevant figure is 1.9%.

Source: Adapted from Annex Table 3, Burden of Disease in DALYs by cause, sex and mortality stratum in WHO regions, estimates for 2002 in WHO, World Health Report 2003, WHO, Geneva

Explain how conflict may influence the differences in the contribution of infectious and parasitic diseases to total DALYs in Zimbabwe and Australia.

2 marks

Exam practice questions

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 3

Which of the following is not a prerequisite of health and wellbeing? **1 mark**

- A. peace
- B. adequate food
- C. equality
- D. education

Source: *Jacaranda (John Wiley & Sons Australia, Ltd), Practice VCE Question*

Question 4

Reducing deforestation is an example of which prerequisite of health and wellbeing? **1 mark**

- A. peace
- B. adequate food
- C. education
- D. stable ecosystem

Answers and marking guide

1.2 Concepts of health and wellbeing and illness

Question 1

The Men's Shed provides opportunities for men to socialise with other men in their community thus improving their social health and wellbeing.

The Men's Shed teaches men new skills such as restoring old furniture. This will improve their self-esteem, improving their mental health and wellbeing.

Award 1 mark for outlining each of two ways the initiative improves men's health and wellbeing.

VCAA Assessment Report note:

The majority of students were able to outline two ways in which the Men's Shed initiative could improve men's health.

Question 2

Dimensions of good physical health and wellbeing may include:

- absence of disease and illness
- adequate energy levels to perform daily tasks
- adequate fitness levels
- fitness levels
- adequate functioning of the body systems and organs, including immunity to disease
- adequate sleep and rest.

Question 3

Definition of health and wellbeing should include:

- relates to the overall state of a person's physical, social, emotional, mental and spiritual being [**1 mark**]
- how the individual feels about their life [**1 mark**].

Question 4

Explanation should state that physical health and wellbeing are only a part of health and wellbeing; social, mental, emotional and spiritual health and wellbeing dimensions are also important in overall health [**1 mark**].

An example should be included. For example, a person with a physical disability (e.g. paraplegia) may still feel happy with what they can do (mental health and wellbeing) and enjoy activities with other people (social health and wellbeing) [**1 mark**].

1.3 Dimensions of health and wellbeing

Question 1

The project has a series of television commercials challenging the social norm of feeling obligated to drink. If fewer young people drink, their physical health and wellbeing outcomes should improve as there would be fewer injuries as a result of drunk behaviour.

Award 1 mark for a physical health and wellbeing link to the project.

VCAA Assessment Report high-scoring response:

Reduced alcohol consumption allows people to have more ability to maintain a recommended body weight as alcohol is energy dense. This therefore improves physical health and wellbeing outcomes.

Question 2

A social health and wellbeing outcome of the Victorian workplace mental wellbeing collaboration project would be increasing positive interaction with work colleagues, as one of the project approaches includes communicating effectively.

Note: In the current study design dimensions of 'health and wellbeing' are the focus, rather than just 'health'. Award 1 mark for an example of a social health and wellbeing outcome from the project.

Question 3

Note: In the current study design dimensions of 'health and wellbeing' are the focus, rather than just 'health'.

Mental health and wellbeing relates to the state of a person's mind or brain and relates to the ability to think and process information. **[1 mark]**

Optimal mental health and wellbeing enables an individual to positively form opinions, make decisions and use logic. **[1 mark]**

Question 4

Relates to the efficient functioning of the body and its systems, and includes the physical capacity to perform tasks and physical fitness.

Award 1 mark for a correct definition.

Question 5

Characteristics of physical health and wellbeing may include:

- absence/presence of disease and illness
- energy levels
- ability to perform daily tasks
- fitness levels
- functioning of the body systems and organs, including immunity to disease
- sleep and rest.

Award 1 mark for each of two valid characteristics.

Question 6**Correct Answer is A**

Absence of feelings is not a characteristic of physical health and wellbeing. Absence of feelings would be a characteristic of emotional health and wellbeing.

Question 7**Correct Answer is C**

Absence of disease and illness is a characteristic of good physical health and wellbeing.

Inadequate sleep and rest, poorly functioning immune system, and tiredness and lethargy are all characteristics of poor physical health and wellbeing.

Question 8

Being free from significant illness or disease is an example of the physical dimension of health and wellbeing.

Presence or absence from illness and disease is a characteristic of physical health and wellbeing; being free from significant illness or disease reflects this.

Award 1 mark for identifying an accurate example of the physical dimension of health and wellbeing.

Award 1 mark for justifying your choice of example.

Question 9

Physical health and wellbeing relates to the functioning of the body and its systems. It includes the physical capacity to perform daily activities or tasks. **[1 mark]**

Question 10

Dimensions of social health and wellbeing may include:

- relating well with people
- participating with people in interdependent social relationships
- respectful interactions with people, being able to live in a community in a cooperative way
- positively interacting with family, friends and other people
- being accepted by other people and having feelings of belonging
- ability to adapt to a range of social situations.

Award 1 mark for each of two valid dimensions of social health and wellbeing.

Question 11

Relating well with people can lead to being accepted by other people, and to having a positive relationship, which enables a feeling of belonging to a community. Being able to relate to others is a key dimension of social health and wellbeing.

Question 12

Correct Answer is C

Participating in daily exercise is a characteristic of physical health and wellbeing, not a characteristic of social health and wellbeing.

Question 13

Correct Answer is B

Low levels of interaction with others is a characteristic of poor social health and wellbeing.

Question 14

Having fulfilling professional interactions with others is an example of the social dimension of health and wellbeing.

Interaction with others is a characteristic of social health and wellbeing; fulfilling professional interactions with others reflects this.

Award 1 mark for identifying an accurate example of the social dimension of health and wellbeing.

Award 1 mark for justifying your choice of example.

Question 15

Dimensions of mental health and wellbeing may include:

- self-esteem levels
- levels of confidence
- thought patterns
- anxiety and stress levels.

Award 1 mark for each of two valid dimensions of mental health and wellbeing.

Question 16

Correct Answer is C

Negative thought patterns are a characteristic of poor mental health and wellbeing.

High self-esteem, low levels of anxiety and low levels of stress are all characteristics of positive mental health.

Question 17

Correct Answer is B

Managing emotions is a characteristic of emotional health and wellbeing, not a characteristic of mental health and wellbeing.

Question 18

Being selected for an elite sports team could impact positively on mental health as it would be something that the individual has aspired to, improving their self-esteem.

Being a member of an elite sports team requires lots of training and an expectation that you need to perform at your best at each competition — this could increase stress and anxiety levels, impacting negatively on mental health and wellbeing.

Award 1 mark for an example of a positive impact on mental health and wellbeing.

Award 1 mark for an example of a negative impact on mental health and wellbeing.

Question 19

Correct Answer is D

Bouncing back after a traumatic event is a characteristic of emotional health and wellbeing, as it is an example of being resilient.

Question 20

Correct Answer is B

Having a temper tantrum illustrates that the individual is struggling to manage or control their emotions.

Question 21

Characteristics of emotional health and wellbeing may include:

- recognition and understanding of a range of emotions
- managing and responding to emotions
- levels of resilience.

Award 1 mark for each of two valid characteristics.

Question 22

An older person who needs to move out of their own home and into a nursing home will need to cope with feelings of sadness at leaving their family home and deal with the changes that living in a nursing home will provide (management of emotions).

Award 1 mark for an example of changed living conditions.

Award 1 mark for an impact on emotional health and wellbeing.

Question 23

Emotional health and wellbeing is the ability to recognise, understand and effectively manage and express emotions, as well as the ability to display resilience. [1 mark]

Question 24

Correct Answer is D

Feeling content and happy is an example of the emotional dimension of health and wellbeing, not spiritual health and wellbeing.

Question 25

Correct Answer is A

Volunteering and helping others is an example of spiritual health and wellbeing.

Question 26

Volunteering and helping others would provide a sense of purpose and meaning to one's life, which is a characteristic of spiritual health and wellbeing. [1 mark]

Question 27

The sense of purpose the job provided is an example of the spiritual dimension of health and wellbeing.

A sense of purpose and meaning to life is a characteristic of spiritual health and wellbeing.

Award 1 mark for identifying an accurate example of the spiritual dimension of health and wellbeing.

Award 1 mark for justifying your choice of example.

Question 28

Characteristics of spiritual health and wellbeing may include:

- meaning and purpose in life
- peace and harmony
- a sense of belonging
- having a set of values and beliefs that you live by.

Award 1 mark for each of two valid characteristics.

1.4 Interrelationships between the dimensions of health and wellbeing

Question 1

Dimensions of mental health may include one of:

- self-esteem levels
- levels of confidence
- thought patterns
- anxiety and stress levels.

Sample response:

Having high self-esteem levels and feeling good about yourself (mental health and wellbeing) makes a person more likely to participate and interact with people in social situations (social health and wellbeing) as they have the confidence to do so.

Award 1 mark for naming a dimension of mental health.

Award 1 mark for describing its interrelationship with social health.

Question 2

Correct Answer is C

This is an example of the interrelationship between physical health and wellbeing and social health and wellbeing.

Question 3

Correct Answer is A

This is an example of the interrelationship between mental health and wellbeing and physical health and wellbeing.

Question 4

Having positive thought patterns about life is an important characteristic of mental health and wellbeing. Feeling positive increases the likelihood of an individual interacting with and enjoying the company of others, a characteristic of social health and wellbeing.

Characteristics of mental health and wellbeing may include:

- self-esteem levels
- levels of confidence
- thought patterns
- anxiety and stress levels.

Award 1 mark for naming a characteristic of mental health and wellbeing.

Award 1 mark for describing its interrelationship with social health and wellbeing.

Question 5

Having a sense of peace and harmony is an important characteristic of spiritual health and wellbeing. This may improve mental health and wellbeing, as feelings of peace and harmony may help reduce stress and anxiety levels.

Characteristics of spiritual health and wellbeing may include:

- meaning and purpose in life
- peace and harmony

- a sense of belonging
- having a set of values and beliefs that you live by.

Award 1 mark for naming a characteristic of spiritual health and wellbeing.

Award 1 mark for describing its interrelationship with mental health and wellbeing.

1.5 Optimal health and wellbeing as a resource

Question 1

Correct Answer is B

Optimal health and wellbeing that enables higher economic growth through greater worker participation is an example of a positive impact at the national level.

Question 2

Correct Answer is C

Optimal health and wellbeing that promotes economic, social and environmental sustainability is an example of a positive impact at the global level.

Question 3

If an individual has optimal physical health and wellbeing, they are free from illness and disease and have sufficient energy to perform daily tasks. This acts as a resource for the individual as they have sufficient energy and motivation to work and earn an income, interact with family and friends, and enjoy life to the fullest.

Award 1 mark for an example of optimal health and wellbeing.

Award 1 mark for explaining how it acts as a resource for the individual.

Question 4

If residents of a country enjoy optimal physical health and wellbeing and are free from chronic illness and disease, they have the ability to work, earn an income and pay taxes to their country. This acts as a resource nationally as less money needs to be allocated to sickness pensions and more can be spent on low-cost education and public housing.

Award 1 mark for an example of optimal health and wellbeing.

Award 1 mark for explaining how it acts as a resource nationally.

Question 5

If diseases such as HIV/AIDS and malaria are reduced globally, more people will have optimal physical health and wellbeing. This acts as a resource globally as it enables more people in the world to be well and have the energy to work and participate in their communities, promoting economic and social sustainability.

Award 1 mark for an example of optimal health and wellbeing.

Award 1 mark for explaining how it acts as a resource globally.

1.6 & 1.7 Prerequisites for health

Question 1

In times of peace people can move freely around their environment without fear of capture, torture or injury. This reduces feelings of anxiety and stress improving mental health and wellbeing.

Award 1 mark for an example of peace.

Award 1 mark for showing how chosen example improves health outcomes (links can be made to health status or health and wellbeing here).

VCAA Examination Report note:

This question was generally well answered, with most students understanding the concept of peace.

A common error was not expanding the relationship of peace to either health status or a dimension of health.

There were many possible responses. Examples included:

- When people live in a peaceful environment, without the threat of war or violence, there is less chance of being injured and suffering premature death, promoting physical health and wellbeing.
- Without the threat of war or violence, there is a greater opportunity for food security. Water sources used for drinking and farming can be maintained, which allows crops to be grown and clean water to be available, reducing communicable diseases and improves physical health and wellbeing.
- When a country experiences peace, infrastructure such as healthcare facilities are more likely to be available, which enables people to seek diagnosis and treatment if they become ill or to access health promotion information, all of which assists in promoting physical health and wellbeing.

Question 2

Countries such as Zimbabwe are often involved in civil unrest. During these times, infrastructure, such as water supplies, may be destroyed, and supplies, such as vaccines, may not reach those in need.

Australia has not experienced significant conflict and is in a state of peace and stability; therefore, the government can allocate more funds to the upkeep of water supplies and the supply of immunisations to reduce infectious and parasitic diseases rather than diverting funds to defence. This may explain higher rates of infectious and parasitic disease in Zimbabwe at 56% of DALYs, compared to only 1.9% DALYs in Australia.

Award 1 mark for an example of how conflict causes higher rates of infectious and parasitic disease in Zimbabwe.

Award 1 mark for a comparison with Australia, including data.

Question 3

Correct Answer is C

Equality is not a prerequisite for health and wellbeing; equity is a prerequisite for health and wellbeing.

Question 4

Correct Answer is D

Reducing deforestation is an example of the stable ecosystem prerequisite of health and wellbeing.

Question 5

Shelter in the form of secure housing with adequate heating, cooling and ventilation is a prerequisite for health and wellbeing, as adequate ventilation will reduce incidence of illness such as asthma and other respiratory diseases caused by indoor air pollution. Having secure housing provides a sense of safety and helps protect individuals from extreme weather conditions.

Award 1 mark for an example of shelter.

Award 1 mark for an explanation of why shelter is a prerequisite for health and wellbeing.

Question 6

Other prerequisites of health and wellbeing could include:

- equity
- a stable ecosystem
- sustainable resources
- social justice
- food
- education
- income.

Award 1 mark for each of three correct prerequisites of health and wellbeing.