

# 10 Global trends and health and wellbeing

Unit	4	Health and human development in a global context
Area of Study	1	Health and wellbeing in a global context
Topic	10	Global trends and health and wellbeing
Subtopic	10.2	The implications for health and wellbeing of climate change

## Summary

- **Climate change** impacts people and communities in all countries; however the greatest impact is felt in low-income countries.

Rising sea levels	<ul style="list-style-type: none"> <li>• Reduces available land for farming, which may cause food shortages and increase rates of undernutrition</li> <li>• May force people to relocate, which increases stress and anxiety levels</li> <li>• Reduces availability of fresh water, which can lead to water-borne diseases such as diarrhoea</li> </ul>
Changing weather patterns and extreme weather conditions	<ul style="list-style-type: none"> <li>• Changing rainfall patterns may impact on the type of foods grown and the availability of fresh water</li> <li>• Floods can increase incidence of diseases such as malaria and dengue fever</li> <li>• Heatwaves can increase incidence of asthma and heat stress</li> </ul>

## My notes

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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](http://www.jacplus.com.au).

## Exam practice questions

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

### Question 1

Describe how climate change can affect the health and wellbeing of people living in a low-income country.

**2 marks**

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

### Question 2

Climate change impacts on people in low-, middle- and high-income countries, however the impact is greatest in

**1 mark**

- A. high-income countries.
- B. upper middle-income countries.
- C. lower middle-income countries.
- D. low-income countries.

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

### Question 3

Which of the following is not an example of climate change?

**1 mark**

- A. rising sea levels
- B. famine
- C. heatwaves
- D. severe storms

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

#### Question 4

Describe how extreme weather events impact on the health and wellbeing of people.

**2 marks**

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

#### Question 5

According to the World Health Organization:

“Although global warming may bring some localised benefits, such as fewer winter deaths in temperate climates and increased food production in certain areas, the overall health effects of a changing climate are likely to be overwhelmingly negative.”

Outline three negative impacts on health and wellbeing that result from climate change.

**3 marks**

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Unit	4	Health and human development in a global context
Area of Study	1	Health and wellbeing in a global context
Topic	10	Global trends and health and wellbeing
Subtopic	10.3	The implications for health and wellbeing of conflict and mass migration

## Summary

- **Conflict**, including wars and acts of terrorism, has increased worldwide in the past 20 years.
- The **effects of conflict** include:
  - physical injuries due to gunshots, bomb blasts
  - loss of livelihoods and homes
  - food supplies and infrastructure are destroyed
  - interrupted schooling.
- **Mass migration** is the movement of large groups of people from one geographical area to another. Since 2011, the number of displaced persons worldwide has increased.
- The **effects of mass migration** include:
  - pressure on existing resources in cities/countries where people are relocating
  - increases the spread of infectious diseases due to overcrowding.

## My notes

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## Past VCAA exam questions

**Source:** VCAA 2007 Health and Human Development Exam, Q7c

### Question 1

The *World Food Programme* (WFP) is the food aid part of the United Nations. Food aid is one way to promote food security, which is defined as access of all people at all times to the food needed for an active and healthy life. One of the core policies for the *World Food Programme* is

- to improve the nutrition and quality of life of the most vulnerable people at critical times in their lives.

In January 2002, the *World Food Programme* and the government of Sudan launched a five-year program to improve maternal and child nutrition. The *World Food Programme* recognises that women are the first and fastest solution to reducing poor nutrition. Experience shows that in the hands of women, food aid is far more likely to reach children. Seven out of ten of the world's hungry are women and girls. The *World Food Programme* seeks to give over half its food aid to females.

Source: Adapted from: World Health Organization, *World Food Programme*  
<http://www.wfp.org/english>. Accessed March 2007

Describe **two** ways in which ongoing conflict in countries like Sudan would impact on the availability of food for women and children.

**4 marks**

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**Source:** Adapted from VCAA 2011, *Health and Human Development Exam, Section B, Q4a*

### Question 2

Since 1980, almost half of the world's poorest countries have experienced conflict. More than 90 per cent of wars now take place within countries rather than between them.

The main causes of conflict within countries include:

- political instability
- economic and social inequalities
- extreme poverty
- lack of economic growth
- poor government services
- high unemployment
- environmental degradation.

During the 1990s alone, war claimed more than five million lives. The cost, in terms of human suffering, economic loss and wasted development opportunities, has been enormous.

Source: Focus, magazine published by AusAID

Explain how conflict may influence health status in low-income countries.

**2 marks**

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**Source:** Adapted from VCAA 2011, *Health and Human Development Exam, Section B, Q4b*

### Question 3

Since 1980, almost half of the world's poorest countries have experienced conflict. More than 90 per cent of wars now take place within countries rather than between them.

The main causes of conflict within countries include:

- political instability
- economic and social inequalities
- extreme poverty
- lack of economic growth
- poor government services
- high unemployment
- environmental degradation.

Explain how conflict may influence human development in low-income countries.

**2 marks**

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## Exam practice questions

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

### Question 4

Outline two ways in which military conflict can impact on the food supply of people living in a low-income country. **2 marks**

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

### Question 5

Describe how conflict can impact on the health status of people living in a low-income country. **2 marks**

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

### Question 6

#### Political stability and relationship to life expectancy and under-5 mortality

Country	Stability	Life expectancy	Under-5 mortality
Australia	At peace, politically stable	82.0	6.0/1000 births
Zimbabwe	Internal conflict, politically unstable	43.0	85/1000 births

Use the table above to explain the relationship between political stability and health status. **2 marks**

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

### Question 7

The United Nations Security Council's peacekeeping division helps countries resolve conflict peacefully through negotiation and mediation.

Outline three ways in which resolving conflict will improve the overall health of people in countries torn apart by war. **3 marks**

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<b>Unit</b>	<b>4</b>	<b>Health and human development in a global context</b>
<b>Area of Study</b>	<b>1</b>	<b>Health and wellbeing in a global context</b>
<b>Topic</b>	<b>10</b>	<b>Global trends and health and wellbeing</b>
<b>Subtopic</b>	<b>10.4</b>	<b>The implications for health and wellbeing of world trade and tourism</b>

## Summary

<b>Factor</b>	<b>Positives for low- and middle-income countries</b>	<b>Challenges for low- and middle-income countries</b>
<b>World trade</b> is the exchange of goods and services between countries.	<ul style="list-style-type: none"> <li>Increases employment, which can lead to improved living conditions</li> </ul>	<ul style="list-style-type: none"> <li>Possible exploitation of workers, especially women and children</li> <li>Environmental degradation due to over-farming and use of pesticides</li> </ul>
<b>Tourism</b> , travel for work or leisure, is the world's fastest growing industry.	<ul style="list-style-type: none"> <li>Encourages governments to improve local infrastructure, e.g. roads and water supplies</li> </ul>	<ul style="list-style-type: none"> <li>Environmental threats to waterways due to overuse and inadequate waste disposal</li> <li>Increased risk of epidemics due to international travel</li> </ul>

## My notes

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## Exam practice questions

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

### Question 1

Exploitation of workers, especially women and children, is a negative consequence of which global trend?

**1 mark**

- A. climate change
- B. world trade and tourism
- C. digital technologies
- D. conflict and mass migration

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

### Question 2

Increased employment, which leads to improvements in living conditions of people in low-income countries, is a positive outcome of

**1 mark**

- A. world trade.
- B. tourism.
- C. world trade and tourism.
- D. None of the above

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

### Question 3

Using examples, describe one positive and one negative impact world trade may have on the health and wellbeing of people living in a low-income country. **4 marks**

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

### Question 4

Tourism presents both positive outcomes and challenges to low-income countries. Outline both a positive outcome and a challenge of tourism for low-income countries. **2 marks**

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

### Question 5

Describe how tourism and world trade may improve education levels in low-income countries. **2 marks**

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Unit	4	Health and human development in a global context
Area of Study	1	Health and wellbeing in a global context
Topic	10	Global trends and health and wellbeing
Subtopic	10.5	The implications for health and wellbeing of digital technologies

## Summary



*Use of digital technologies such as mobile phones can improve health and wellbeing.*

- **Digital technologies** that enable knowledge sharing, such as mobile phones, computers and the internet, can be used to improve health and wellbeing by:
  - assisting in the collection and sharing of health information
  - issuing warnings of impending emergencies, such as severe weather warnings
  - allowing access to health information at home, e.g. eHealth
  - enabling people who share similar health conditions to access online networks.

## My notes

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## Exam practice questions

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

### Question 1

Digital technologies that promote health and wellbeing include

**1 mark**

- A. mobile phone apps that gather statistics on infectious disease outbreaks.
- B. online support networks for people with unique or rare illnesses and diseases.
- C. SMS alerts for extreme weather conditions.
- D. All of the above

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

### Question 2

eHealth is an example of which global trend?

**1 mark**

- A. climate change
- B. world trade and tourism
- C. digital technologies
- D. conflict and mass migration

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

### Question 3

An example of digital technologies that enable knowledge sharing is eHealth.

Outline what eHealth is.

**2 marks**

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

#### Question 4

“A new study for Janssen by Galaxy Research found patients and carers commonly turn to their peers online for support, information and inspiration. Three-quarters of Australians have researched or discussed health issues on social media or in an online community; for 77 per cent of those with a chronic illness, the most valuable content is advice on living with their condition.”

*Source:* <http://www.smh.com.au/national/education/australians-turn-to-online-health-communities-for-information-inspiration-20170310-guvoot.html>

Outline two positive health and wellbeing outcomes of digital technologies outlined above. **2 marks**

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

#### Question 5

**New Zealand Red Cross has teamed up with Civil Defence, GNS and MetService to help Kiwis make it safely through disasters.**

The Red Cross Hazard App sends you official warnings and alerts, tailored to your current and chosen locations, and contains step-by-step guides to help your household create an emergency plan and prepare getaway kits.

Information and disaster guides are also pre-loaded in the app so you have instant access, even without cell phone reception or an internet connection!

Designed to operate in large scale emergencies when communication networks are under pressure, the app also allows you to send an ‘I am safe’ message to family, friends and social media following an emergency. Hazard App was developed for New Zealand Red Cross as part of a global project by the Red Cross’ Global Disaster Preparedness Centre.

*Source:* <http://about.metservice.com/our-company/ways-to-get-the-weather/weather-on-your-mobile/red-cross-hazard-app/>

Using examples from the article above, explain how the Red Cross Hazard App could promote two dimensions of health and wellbeing. **4 marks**

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## Answers and marking guide

### 10.2 The implications for health and wellbeing of climate change

#### Question 1

Climate change has led to rising sea levels. This reduces available land for farming, which may cause food shortages. This could decrease physical health and wellbeing as a lack of food could lead to undernutrition, which increases the risk of infections due to reduced resistance to disease.

Award 1 mark for an example of climate change.

Award 1 mark for how this example affects health and wellbeing.

#### Question 2

##### Correct Answer is D

Climate change's impact is greatest in low-income countries.

#### Question 3

##### Correct Answer is B

Famine is not an example of climate change. Although famine can be an outcome of climate change, it is not an example of climate change.

#### Question 4

Extreme weather events, such as thunderstorms and windstorms, can trigger asthma attacks in some people. This impacts on the physical health and wellbeing of individuals, as they are not free from illness and disease.

Award 1 mark for an example of an extreme weather event.

Award 1 mark for how this example impacts on a dimension of health and wellbeing.

#### Question 5

Examples of the negative impacts on health and wellbeing that result from climate change could include:

##### Mental health and wellbeing

- Rising sea levels may mean people have to leave their homes and livelihoods, increasing stress and anxiety levels.

##### Physical health and wellbeing

- Rising sea levels can contaminate water supplies, increasing risk of dehydration and diarrhoeal disease.
- Rising sea levels can reduce land for farming, impacting on food supplies and increasing risk of malnutrition and related immune functioning.
- Extreme weather events, such as heatwaves, can increase heat stress and may cause death in vulnerable population groups.

##### Spiritual health and wellbeing

- Rising sea levels may see some people become disconnected from their communities and lose a sense of purpose because they are forced to relocate.

### 10.3 The implications for health and wellbeing of conflict and mass migration

#### Question 1

Crops may be destroyed in the conflict or women may be forced to flee their homes, abandoning crops, gardens or vegetable patches that they rely on to feed their families.

Women are often responsible for the upkeep and working of land and crops and feeding children. If they are prevented access to their lands/crops, their access to food is limited.

Award 1 mark for each of two links between conflict and the food supply.

Award 1 mark for linking each of these to the capacity of women and children to access food.

**VCAA Assessment Report note:**

- Ongoing conflict can lead to the government spending all their money and resources on military purpose and the high expenditure that comes with weapons and military aid. Therefore there is less money for the country to provide adequate food supply hence the availability of food for women and children may become scarce as the armies of soldiers will receive the food as they are given higher priority.

Students had to relate their description to the capacity of women and children, not just the population in general, to access food to get full marks. Possible answers included:

- most casualties of war are women and children who are often killed or permanently disabled or injured, making it difficult for women to care for their families and work to earn an income to buy food or work in the fields
- fields are bombed or landmines are laid, making the land unavailable for farming for food
- available food is often allocated to the soldiers, usually men, leaving little or none for women and children.

**Question 2**

Low-income countries that are experiencing conflict may allocate the limited funding they have towards defence rather than health expenditure.

This impacts on health status as, if funds are unavailable for immunisation against diseases such as measles, more children may suffer from measles, and if left untreated they may die, lowering life expectancy in the low-income country experiencing conflict.

Award 1 mark for an example of conflict.

Award 1 mark for showing how this example impacts on health status.

**Question 3**

Conflict may destroy schools and work places.

This creates an environment where people within this low-income country are unable to live productive and creative lives as their livelihoods may have been destroyed. It limits their choices and capabilities and affects their ability to make decisions that affect their lives, as conflict often causes displacement and insecurity.

Award 1 mark for an example of conflict.

Award 1 mark for showing how this example impacts on human development.

**Question 4**

- In conflict, people are often injured or permanently disabled. This makes it difficult for them to earn an income to buy food or to work in the fields to produce food.
- Fields may be bombed or land-mines laid, making the land unavailable for farming. Available food is often allocated to soldiers, usually men, leaving little for other civilians.

Award 1 mark for each of two ways in which conflict has an impact on food supply.

**Question 5**

During times of conflict, civilians are often exposed to gunfire and bombings. This can lead to increased mortality and morbidity from injuries and burns.

Award 1 mark for an example of the effects of conflict.

Award 1 mark for a link to health status.

**Question 6**

Countries, such as Australia, that are politically stable have a higher health status than countries, such as Zimbabwe, that are not politically stable.

Australia's life expectancy is 40 years higher than that in Zimbabwe.

Award 1 mark for stating that health status improves with political stability.

Award 1 mark for using examples from table to support this.

### Question 7

Improvement in health may come from:

- less death and injury due to conflict, thus improving physical health
- people being able to return to their everyday lives without threat of harm, thus improving their social health
- reduced fear and intimidation, thus improving emotional health.

Award 1 mark for each of three valid examples.

## 10.4 The implications for health and wellbeing of world trade and tourism

### Question 1

Exploitation of workers, especially women and children, is a negative consequence of world trade and tourism.

### Question 2

Both world trade and tourism increase employment prospects.

### Question 3

Through world trade, many multinational companies have established businesses in low-income countries, creating job opportunities in local economies. This may have a positive impact on mental health and wellbeing, as people will have less anxiety and stress because they have a job to help support their families. Some multinational companies may expose local workers to poor and unsafe work conditions. This may have a negative impact on physical health and wellbeing, as the risk of injury and death is higher in unsafe work conditions.

Award 1 mark for an example of world trade.

Award 1 mark for how this example has a positive impact on a dimension of health and wellbeing.

Award 1 mark for another example of world trade.

Award 1 mark for how this example has a negative impact on a dimension of health and wellbeing.

### Question 4

A positive outcome of tourism for low-income countries would be employment, especially for women.

A challenge that tourism brings to low-income countries could be the impact on infrastructure, such as local water supplies and waste removal systems.

Award 1 mark for a positive outcome of tourism for low-income countries.

Award 1 mark for a challenge of tourism for low-income countries.

### Question 5

Both tourism and world trade increase job opportunities and employment in low-income countries. This creates economic growth for low-income countries, enabling governments to allocate more money to building schools and subsidising the cost of education. Increasing the number of schools, and subsidising the cost of attending school, improves school availability for all children and should improve education levels within low-income countries.

Award 1 mark for an example of tourism and world trade.

Award 1 mark for how this example improves education levels in low-income countries.



## 10.5 The implications for health and wellbeing of digital technologies

### Question 1

#### Correct Answer is D

Mobile phone apps that gather statistics on infectious disease outbreaks, online support networks for people with unique or rare illnesses and diseases, and SMS alerts for extreme weather conditions are all digital technologies that promote health and wellbeing.

### Question 2

#### Correct Answer is C

eHealth is an example of digital technologies.

### Question 3

eHealth is the use of information and communication technologies for health. It refers to health services and information delivered or enhanced through the internet and related technologies such as Skype, Facetime and mobile apps.

Award 1 mark for recognising that eHealth uses information and communication technology.

Award 1 mark for providing examples such as Skype, Facetime and mobile apps.

### Question 4

Positive health and wellbeing outcomes include:

- Social health and wellbeing — Communication and interaction skills may improve through talking to others online about their health condition.
- Emotional health and wellbeing — Online support groups help people manage and cope with their illness better, as they can talk to others who share similar experiences to their own.
- Mental health and wellbeing — Online support groups may reduce stress and anxiety levels if individuals can share their experiences with others who are familiar with their illness.
- Spiritual health and wellbeing — Online support groups may develop a sense of connectedness and belonging. They may also provide a sense of purpose for individuals if they can help others who are living through the same condition as themselves.

Award 1 mark for each of two positive health and wellbeing outcomes.

### Question 5

The Red Cross Hazard App sends alerts to individuals and families warning them of impending emergencies. This could warn someone in an earthquake-prone area to put earthquake protection measures into place to reduce injury and death, promoting physical health and wellbeing. The app allows individuals and families to send 'I am safe' messages to family and friends, which should help alleviate anxiety and stress levels, promoting mental health and wellbeing.

Award 1 mark for an example from the Red Cross Hazard App.

Award 1 mark for how this example promotes a dimension of health and wellbeing.

Award 1 mark for a different example from the Red Cross Hazard App.

Award 1 mark for how the Red Cross Hazard App promotes a different dimension of health and wellbeing.