

Victorian Certificate of Education
2021

SUPERVISOR TO ATTACH PROCESSING LABEL HERE

STUDENT NUMBER Letter

HEALTH AND HUMAN DEVELOPMENT

Written examination

Tuesday 9 November 2021

Reading time: 2.00 pm to 2.15 pm (15 minutes)

Writing time: 2.15 pm to 4.15 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>
14	14	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 28 pages
- Additional space is available at the end of the book if you need extra space 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 (5 marks)

Lucy is 17 years old and lives with her parents, her two younger brothers and her grandmother. Lucy also has a large extended family of aunts, uncles and cousins who get together regularly. Lucy trains with her netball team twice a week and plays in competitions every Saturday.

- a. i.** Apart from physical activity, identify **one** factor that has an impact on physical health and wellbeing. 1 mark

- ii.** Describe how the factor identified in **part a.i.** supports optimal health and wellbeing. 2 marks

- b.** Using an example from the information above, describe the relationship between Lucy's social health and wellbeing and her spiritual health and wellbeing. 2 marks

Question 2 (4 marks)

Explain why sustainable resources are a prerequisite for health at an individual level and at a global level.

Individual level _____

Global level _____

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Question 3 (8 marks)

Around 4 in 10 people aged 65 and over say they are in excellent or very good health.

...

It is estimated that 400 000 to 459 000 Australians are living with dementia. This number is expected to increase to between 550 000 and 590 000 by 2030, in line with the continued growth and ageing of Australia’s population.

Source: Australian Institute of Health and Welfare (AIHW), *Australia’s Health 2020: In Brief*, ‘Australia’s Health’ series no. 17, cat. no. AUS 232, AIHW, Canberra, pp. 3 and 15

- a. What is the difference between self-assessed health status and morbidity? 2 marks

- b. Using the information above, discuss the implications of increasing life expectancy for Australia’s health system. 6 marks

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Question 4 (6 marks)

‘The harmful use of alcohol is one of the leading risk factors for population health worldwide ...’

Source: World Health Organization, *Global Status Report on Alcohol and Health 2018*, Geneva, 2018, p. xii, licence: CC BY-NC-SA 3.0 IGO

Discuss two action areas of the Ottawa Charter for Health Promotion that could be used to address increased rates of alcohol consumption.

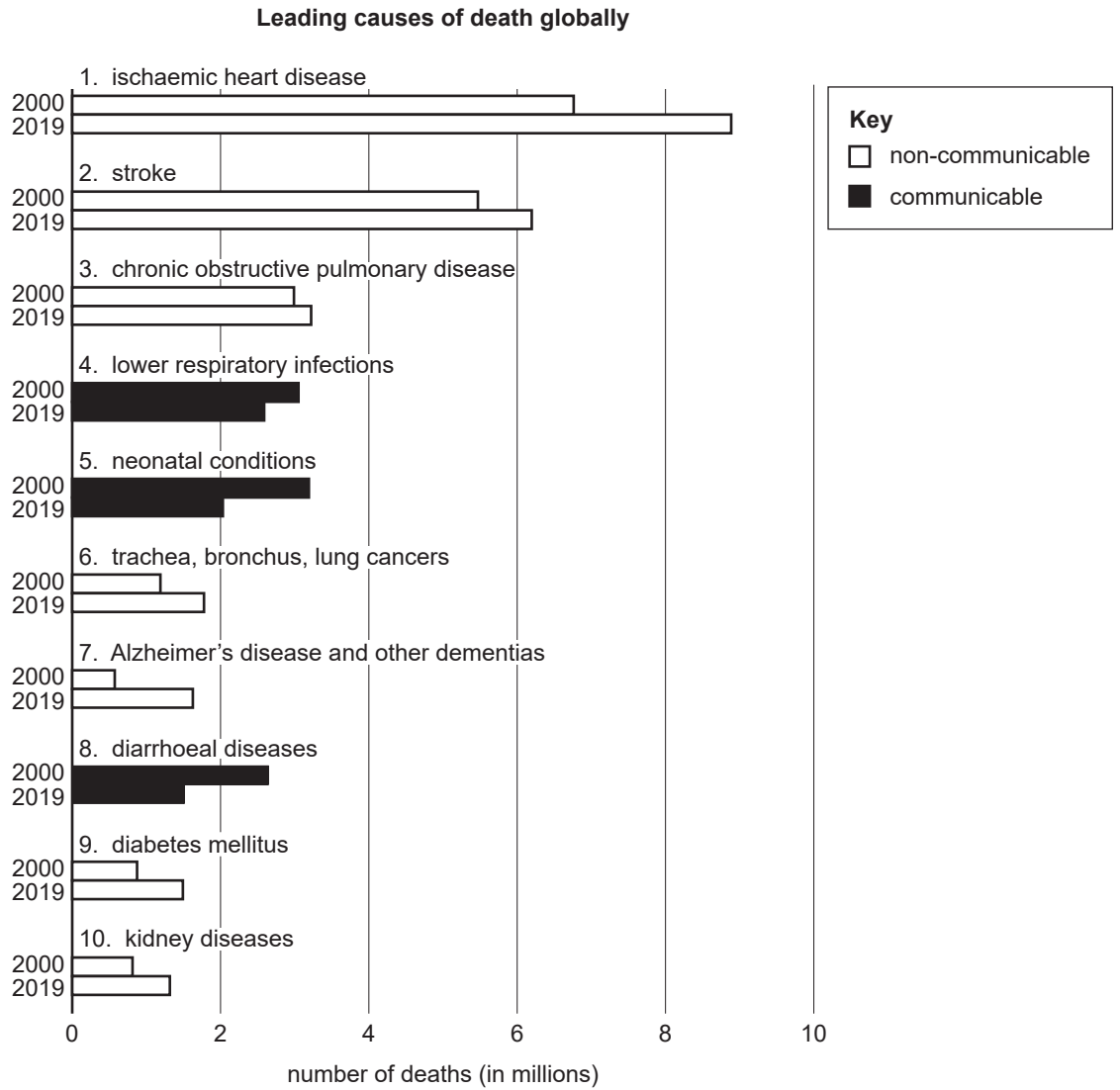
Action area 1 _____

Action area 2 _____

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Question 5 (8 marks)



Source: World Health Organization, 'The top 10 causes of death', fact sheet, 9 December 2020, <www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>; WHO Global Health Estimates

a. Describe 'old' public health.

2 marks

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DO NOT WRITE IN THIS AREA

- b. Select one of the leading causes of death from the graph on page 6 and describe how actions undertaken as part of 'old' public health could be used to reduce global deaths. 2 marks

Leading cause of death _____

- c. Select **another** leading cause of death from the graph on page 6 and explain how the biomedical and social models of health could be used to reduce global deaths from this leading cause of death. 4 marks

Leading cause of death _____

Biomedical model of health _____

Social model of health _____

Question 6 (6 marks)

a. Select two guidelines from the *Australian Dietary Guidelines* and describe how each is reflected in the Healthy Eating Pyramid. 4 marks

1. _____

2. _____

b. Other than the Healthy Eating Pyramid, describe **one** way that Nutrition Australia promotes healthy eating. 2 marks

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Question 7 (5 marks)

The leading causes of burden of disease in Australia in 2015 were cancer (18%) and cardiovascular disease (14%).

Data: Australian Institute of Health and Welfare (AIHW), *Australia's Health 2020: In Brief*, 'Australia's Health' series no. 17, cat. no. AUS 232, AIHW, Canberra, p. 7

a. Describe burden of disease as a measure of health status. 2 marks

b. Select **either** cancer **or** cardiovascular disease by ticking (✓) the appropriate box:

- cancer
- cardiovascular disease

Identify and describe one factor that contributes to the burden of disease for your selected condition. 3 marks

Factor _____

Description _____

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Question 8 (10 marks)

Country	Human Development Index (HDI) (2019)*	Life expectancy at birth (years) (2019)*	Under-five mortality rate (per 1000 live births) [†] (2019)	Maternal mortality ratio (per 100 000 live births) (2015) [‡]	Deaths due to ischaemic heart disease (% of total deaths) (2019) [§]
Australia	0.944	83.4	3.6	6	15.59
Sierra Leone	0.452	54.7	109.2	1360	5.6

Source: *United Nations Development Programme (UNDP), *Human Development Report 2020: The Next Frontier: Human Development and the Anthropocene*, UNDP, 2020, New York, pp. 343 and 345;

[†]United Nations Children’s Fund (UNICEF), UNICEF Data,

<<https://data.unicef.org/country/aus/>> and <<https://data.unicef.org/country/sle/>>;

[‡]M Roser and H Ritchie, ‘Maternal Mortality’, 2013, published online at OurWorldInData.org,

<<https://ourworldindata.org/maternal-mortality>>;

[§]Institute for Health Metrics and Evaluation, GBD Compare, Viz Hub, <<https://vizhub.healthdata.org/gbd-compare/>>

- a. Other than the Human Development Index (HDI), identify **two** characteristics of a low-income country. 2 marks

- b. Describe the HDI with reference to each dimension and indicator. 4 marks

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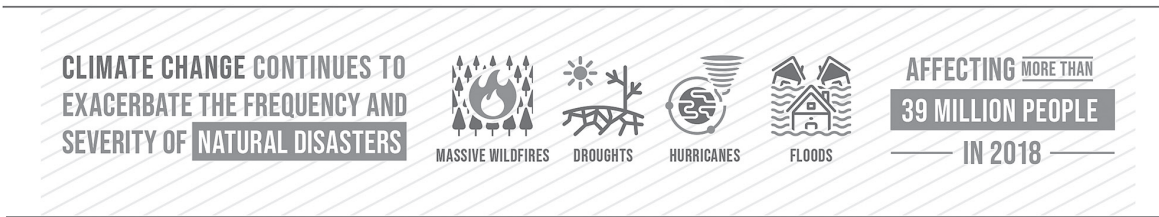
- c. From the table on page 10, select **one** difference in health status that is evident between Sierra Leone and Australia, and analyse the reasons for this difference.

4 marks

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Question 9 (6 marks)



Source: United Nations, *The Sustainable Development Goals Report 2020*, United Nations, New York, p. 18; © 2020 United Nations

a. Climate change has an impact on environmental sustainability.

Describe environmental sustainability.

2 marks

b. Using the information above, analyse the impact of climate change on **two** dimensions of health and wellbeing.

4 marks

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Question 10 (6 marks)

... 96% of the world has access to mobile phone networks.

The Be He@lthy, Be Mobile initiative uses mobile phone technology to deliver disease prevention and management information direct to mobile phone users, and strengthens health systems by providing training to health workers.

Source: World Health Organization, *Be He@lthy Be Mobile Report: January 2013 to December 2014*, p. 5

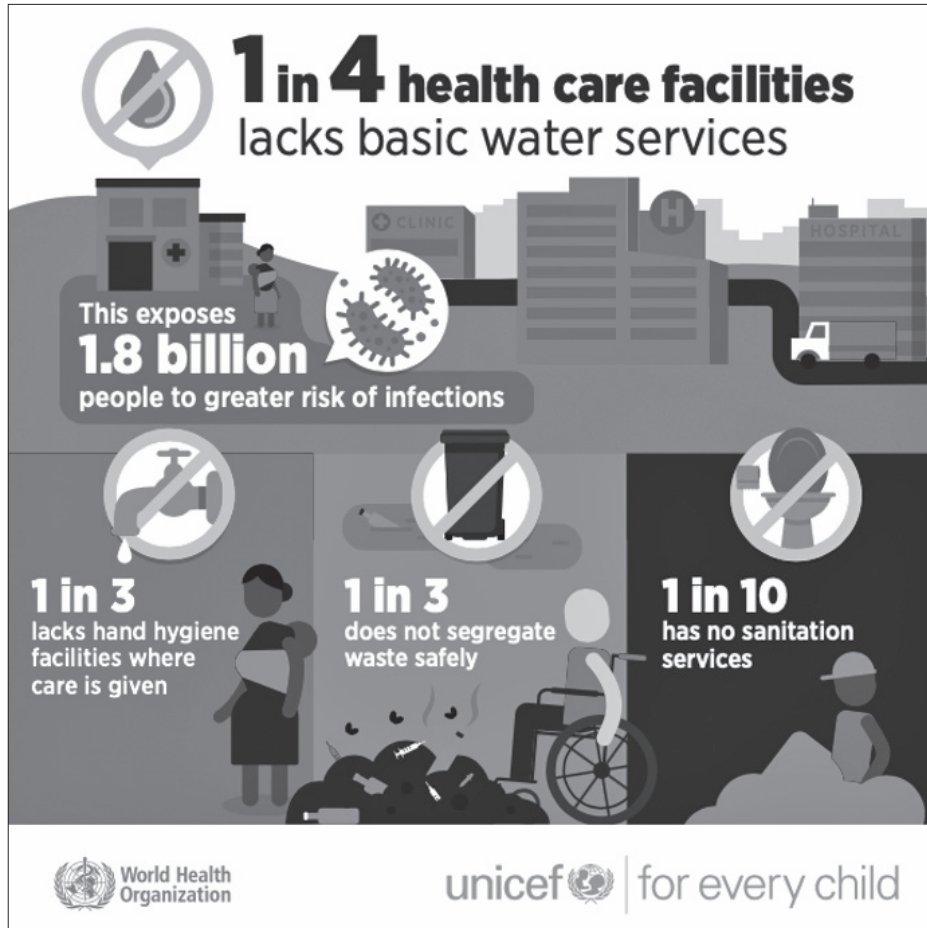
The ‘Be He@lthy, Be Mobile’ initiative, implemented by the World Health Organization (WHO), was introduced to address the incidence of non-communicable diseases.

Analyse the implications of the ‘Be He@lthy, Be Mobile’ initiative for health and wellbeing.

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Question 11 (8 marks)



Source: World Health Organization, '1 in 4 health care facilities lacks basic water services', graphics (poster), 14 December 2020, <www.who.int/multi-media/details/1-in-4-health-care-facilities-lacks-basic-water-services>

- a. Identify and describe the WHO priority represented in the information above. 4 marks

WHO priority _____

Description _____

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- b. Explain how a lack of basic water services in healthcare facilities could have an impact on human development.

4 marks

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Question 12 (8 marks)

Neglected tropical diseases (NTDs) are part of a key feature of Sustainable Development Goal (SDG) 3. To end the epidemic of NTDs, the World Health Organization has released a new global strategy that aims to achieve a 90 per cent reduction by 2030 in people requiring interventions against NTDs. To achieve this, action within and beyond the health sector will be needed.

Data: World Health Organization, *Ending the Neglect to Attain the Sustainable Development Goals: A Road Map for Neglected Tropical Diseases 2021–2030, Overview*,
licence: CC BY-NC-SA 3.0 IGO; © World Health Organization 2021

a. What are NTDs?

2 marks

b. Other than SDG 3, identify two SDGs that interrelate with NTDs.

2 marks

1. _____

2. _____

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- c. Using the SDGs identified in **part b.**, explain why collaborative action is necessary to achieve the global target of a 90 per cent reduction in NTDs by 2030 and to assist with achieving SDG 3, 'Good health and wellbeing'.

4 marks

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Question 13 (10 marks)

Through its aid program, the Australian Government works with organisations such as the World Food Programme, which is a branch of the United Nations, to ensure food security in countries across the Pacific region. The aid program involves working with farmers and small businesses to improve agricultural techniques and increase food production and availability.

- a. Identify **one** priority of Australia’s aid program that is represented in the information above. 1 mark

- b. Identify and describe the type of aid represented in the information above. 3 marks

Type of aid _____

Description _____

- c. Describe why Australia would provide aid to countries across the Pacific region. 2 marks

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d. What are two features that would make an aid program implemented in low-income or middle-income countries effective? Explain your response.

4 marks

1. _____

2. _____

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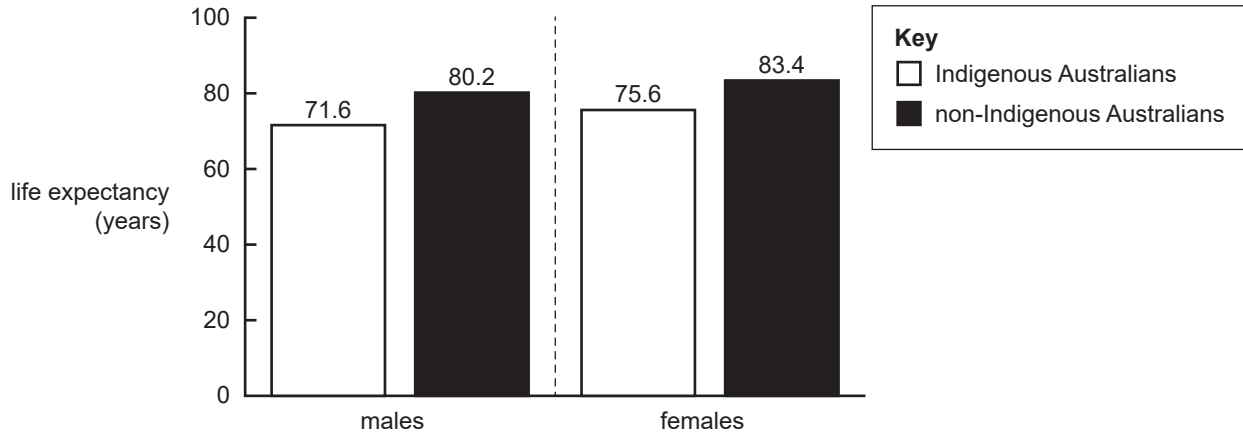
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Question 14 (10 marks)

Consider the following three sources relating to the health of Indigenous Australians.

Source 1

Life expectancy at birth, by Indigenous status and sex, 2015–2017



Source: Australian Bureau of Statistics, *Life Tables for Aboriginal and Torres Strait Islander Australians, 2015–2017*, ABS cat. no. 3302.0.55.003, ABS, Canberra, 2018

Source 2

“A lettuce in Halls Creek can cost \$6 and be inedible.”
(Broome forum)

“Hot chips are cheap and they go further.”
(Dubbo forum)

Many of the principle causes of poor health such as:

HEART DISEASE

TYPE 2 DIABETES

RENAL DISEASE

are nutrition related¹

Aboriginal and Torres Strait Islander people experience **more than twice the burden of disease and injury** of non-Indigenous Australians.

This burden of disease is highest in the most socioeconomically disadvantaged areas²

Source: Commonwealth of Australia, Department of Health, *My Life My Lead – Opportunities for Strengthening Approaches to the Social Determinants and Cultural Determinants of Indigenous Health: Report on the National Consultations*, December 2017, p. 22; © 2017 Commonwealth of Australia as represented by the Department of Health

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Source 3

Between March and May 2017, the Australian Government Department of Health ... led an extensive consultation process (*My Life My Lead*) across Australia to listen to [Indigenous] people share their stories and experiences.

The following quotes are from this consultation.

- ‘Connection with culture, language and country ... are protective factors ... against the impacts of racism and discrimination, and provide a foundation for stronger communities and healthier lives.’
- ‘Cultural practices, languages and communication styles of Aboriginal and Torres Strait Islander peoples are often not understood by health professionals ... there are difficulties in establishing positive patient–health professional relationships.’
- ‘Young people are the future and their biggest hurdle is opportunity to be the best they can be in today’s society ... It is the full integration of states of physical, mental, and spiritual well-being through up-skilling and full time employment.’
- ‘Having a safe home is the keystone to health, employment and education.’
- ‘To promote good hygiene and clean faces we need working taps and running water.’

Source: adapted from Commonwealth of Australia, Department of Health, *My Life My Lead – Opportunities for Strengthening Approaches to the Social Determinants and Cultural Determinants of Indigenous Health: Report on the National Consultations*, December 2017, pp. 4, 10, 13, 19 and 25;
© 2017 Commonwealth of Australia as represented by the Department of Health

Using information from all three sources and your own knowledge, discuss:

- the sociocultural and environmental factors that contribute to variations in health status between Indigenous and non-Indigenous Australians
- the importance of Indigenous health and wellbeing as a resource individually and nationally
- how social action could be an effective way to bring about change in Indigenous health and wellbeing.

Question 14 – continued
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Extra space for responses

Clearly number all responses in this space.

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