ACHPER Australia Victorian Branch Inc.

Trial Examination 2010

STUDENT NUMBER   Letter

Figures

Words

HEALTH AND HUMAN DEVELOPMENT

Written examination

Reading time: 15 minutes
Total writing time: 2 hours

QUESTION AND ANSWER BOOK

Structure of book

Section	Number of questions	Number of questions to be answered	Number of marks
A	12	12	34
B	9	9	65
			Total 99

- 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 white out liquid/tape.
- No calculator is allowed in this examination.

Materials supplied
- Question and answer book of 19 pages.

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.

SECTION A

Question 1

Health can be defined as 'a state of complete physical, social and mental wellbeing, and not merely the absence of disease or infirmity' (WHO, 1946).

a. Define social health

_____

_____

_____

1 mark

b. Explain what the term 'health status' means

_____

_____

_____

1 mark

Question 2

Differences in health status can be attributed to three categories of factors known as the determinants of health.

Biological determinants are one of the three determinants. Identify and explain the other two categories of determinants of health.

Determinant	Explanation
1.	
2.	

4 marks

Question 3

When compared to the wider Australian community, there are many population groups within Australia who experience variations in health status. One such group is those who live in rural and remote areas.

a. Identify **two** differences in the health status of those living in rural and remote areas compared to the wider Australian population.

Difference 1 _____

_____

Difference 2 _____

_____

2 marks

Question 4

One of the macronutrients required by the body is carbohydrates.

a. Outline the major function of carbohydrates in the body.

_____

_____

_____

_____

1 mark

b. Carbohydrates directly relate to the Glycaemic Index of different foods. Briefly describe the Glycaemic Index.

_____

_____

_____

_____

2 marks

SECTION A – continued
TURN OVER

Question 5

Food Standards Australia and New Zealand (FSANZ) develop legislation to promote the safety and quality of the Australian food supply.

Identify one piece of legislation developed by Food Standards Australia and New Zealand (FSANZ).

_____

_____

1 mark

Question 6

a. Australia's healthcare system is thought to be one of the best in the world. Two components of this system include Medicare and Private Health Insurance. Compare Medicare to Private Health Insurance.

_____

_____

_____

_____

2 marks

b. Private health insurance companies provide an important source of funding for the health care system. As a result, the Federal Government has implemented a range of incentives to encourage people to take out private health insurance. Identify and briefly explain one Federal Government incentive that aims to encourage people to purchase private health insurance.

_____

_____

_____

_____

2 marks

Question 7

VicHealth is the Victorian Government's health promotion organisation. Originally established to combat tobacco use, VicHealth now focuses on a number of health issues within the state.

List two values of VicHealth:

1. _____

2. _____

2 marks

Question 8

Explain what is meant by 'human development'.

_____

_____

_____

_____

2 marks

Question 9

Briefly describe the 'mortality strata' method of classifying countries.

_____

_____

_____

_____

2 marks

SECTION A – continued
TURN OVER

Question 10

The Human Development Index in Australia in 2007 was .970 whilst at the same time in Afghanistan was .352.

a. Describe the Human Development Index.

_____

_____

_____

_____

2 marks

b. Suggest two likely differences in health status between Australia and Afghanistan based on their respective Human Development Indices.

1. _____

_____

_____

_____

2. _____

_____

_____

_____

2 marks

SECTION A – continued

Question 11

The World Health Organisation is a United Nations body that promotes health globally.

List two core functions of the World Health Organisation and explain how each can promote health and/or human development globally.

Core function 1: _____

_____

Explanation: _____

_____

_____

_____

_____

Core function 2: _____

_____

Explanation: _____

_____

_____

_____

_____

6 marks

Question 12

Identify two Australian-based, non-government organisations that promote health and human development globally.

1. _____

2. _____

2 marks

END OF SECTION A

SECTION B

Question 1

Australia's level of health has continued to improve over time. Some indicators of health include Life Expectancy and Health-Adjusted Life Expectancy (HALE).

	Life Expectancy		HALE	
	Males	Females	Males	Females
Australia	79	84	71	74
Japan	79	86	72	78
Sweden	79	83	72	75
UK	77	81	69	72
USA	75	80	67	71

Source: Adapted from the WHO country fact sheets, 2008

a. Explain the difference between Life Expectancy and HALE.

_____

_____

_____

_____

2 marks

b. Compare Australia to the other developed countries identified in the table above in relation to Life Expectancy and HALE.

_____

_____

_____

_____

2 marks

c. Another method of comparing the health status between countries is to compare the burden of disease using Disability Adjusted Life Years (DALYs). Explain what is meant by 'Disability Adjusted Life Years (DALYs)'.

_____

_____

_____

_____

2 marks

d. Identify two leading causes of burden of disease in Australia.

1. _____

2. _____

2 marks

SECTION B – continued

Question 2

Arthritis and musculoskeletal conditions have been identified as one of Australia's National Health Priority Areas (NHPAs).

a. Identify one reason for Arthritis and Musculoskeletal conditions being selected as an NHPA.

_____

_____

1 mark

b. Outline one direct and one indirect cost to the **community** as a result of an individual having arthritis or a musculoskeletal condition.

Direct cost: _____

Indirect cost: _____

2 marks

c. Explain one example of a biological determinant of health that acts as a risk factor for Arthritis/Musculoskeletal conditions.

_____

_____

1 mark

d. Briefly describe how nutrition can act as a protective factor for Osteoporosis.

_____

_____

_____

_____

1 mark

e. Name and describe one health promotion campaign that has been designed to address Arthritis/Musculoskeletal conditions.

Name: _____

Description: _____

_____

_____

_____

_____

_____

4 marks
SECTION B – continued
TURN OVER

Question 3

Read the following information regarding the 'Walking School Bus'. This was a project funded by VicHealth.

Today in Victoria nearly one-third of all children spend less than 5 minutes walking per day. Inactive children are more likely to be overweight – with the proportion of Australian children who are in this category now reaching 25%. Walking to and from school gives children an opportunity to engage in regular physical activity; yet 70% of children are driven to school even though 80% live within 3km of their school.

Since 2001, many councils and supporting agencies have implemented Walking School Bus programs with the support of VicHealth. Many 'buses' have become a very positive part of school and community life and offer numerous health, environmental and safety benefits. But there are also many challenges.

A Walking School Bus Program doesn't just benefit children or schools. It has benefits for the wider community as well. The Walking School Bus offers positive and healthy travel choices to our children, and builds the skills, health and experiences of people in our community.

Adapted from: http://www.vichealth.vic.gov.au

a. List one principle of the social model of health and explain how it is evident in this example of a VicHealth funded project.

Principle: _____

How it is evident in the project:

_____

_____

_____

_____

_____

3 marks

b. Explain how the walking school bus project could improve the mental health of the children involved.

_____

_____

_____

_____

_____

1 mark

SECTION B – Question 3 – continued

c. List one priority / action area of the Ottawa Charter and discuss how it could be used to develop another project or strategy to promote physical activity in children.

Priority / action area: _____
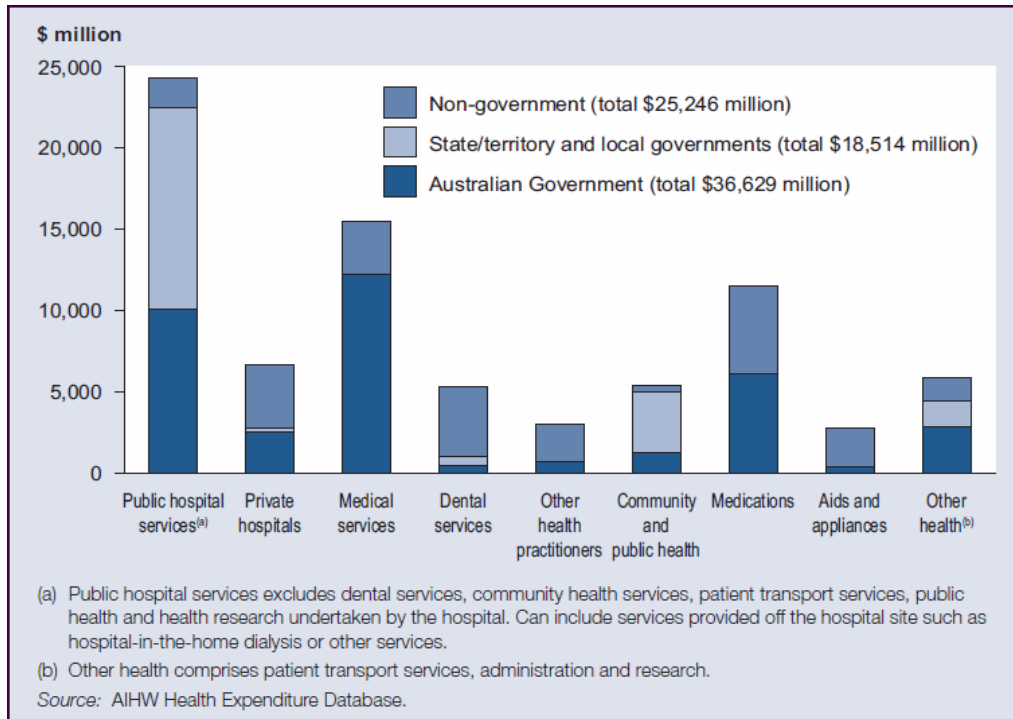
How it could be used in another project: _____

_____

_____

_____

_____

_____

<div align="right">3 marks</div>

Question 4

The graph below shows health expenditure through non-government organisations, state/territory and local governments and the Australian government.

Source: http://www.aihw.gov.au/publications/aus/ah08/ah08.pdf

a. i. What area of health expenditure does the Sate/territory and local governments contribute most of its funding?

_____

1 mark

ii. Approximately how much did the Federal Government spend on medications according to the graph?

_____

1 mark

b. One of the considerations of the government when spending on health is to maintain the values that underpin the health system. Identify and briefly describe two values that underpin the Australian healthcare system.

Value 1: _____

Description: _____

_____

_____

Value 2: _____

Description: _____

_____

_____

2 + 2 = 4 marks

SECTION B – continued

Question 5

A number of non-government agencies are involved in promoting healthy eating and improving the health status of Australians. Nutrition Australia and the Heart Foundation are two very good examples of these agencies.

Identify one initiative introduced by the Heart Foundation and explain how this initiative promotes healthy eating within the Australian population.

Initiative: _____

How healthy eating is promoted: _____

_____

_____

_____

_____

4 marks

Question 6

	Prevalence of overweight/ obesity*	Life Expectancy from birth*	Mortality rate under-5 (per 1000 live births)*	GDP per capita (PPP International $)*	Adult mortality rate (probability of dying between the ages of 15 and 60) per 1,000)^
Year	2010	2006	2006	2006	2008
Australia	75.7	81	6	33,940	68
Mexico	73.6	74.5	35	11,990	121
Finland	67.1	79.5	3	33,170	94
Niger	17.2	42.5	253	630	359
Argentina	77.7	75	17	11,670	123
Italy	55.0	81	4	28,970	61
Ghana	35.6	57	120	1,240	273

Source: * www.who.int^ http://www.who.int/whosis/whostat/EN_WHS10_Part2.pdf

Using the above data, select one country that may be classified as a 'developing' country. Justify your choice.

Country: _____

Justification: _____

_____

_____

_____

2 marks

SECTION B – continued
TURN OVER

Question 7

The Millennium Development Goals were established in 2000 in order to reduce poverty on a global scale by 2015. Eight goals were listed. All eight goals are interrelated, meaning that a change in one goal will have an impact on the other goals. One Millennium Development Goal is to eradicate extreme poverty and hunger.

a. Identify two other Millennium Development Goals that may be affected by eradication of extreme poverty and hunger and justify your choice.

Example 1: _____

Justification 1: _____

_____

_____

_____

Example 2: _____

Justification 2: _____

_____

_____

_____

6 marks

**b.** Briefly explain one way that the eradication of extreme poverty and hunger could contribute to sustainable human development.

_____

_____

_____

_____

2 marks

SECTION B – Question 7 – continued

c. One target associated with this goal is to halve, between 1990 and 2015, the proportion of people whose income is less than $1.25 a day. Progress towards this target is shown for various global regions in graph below.

Proportion of people living on less than $1.25 a day, 1990 and 2005 (Percentage)
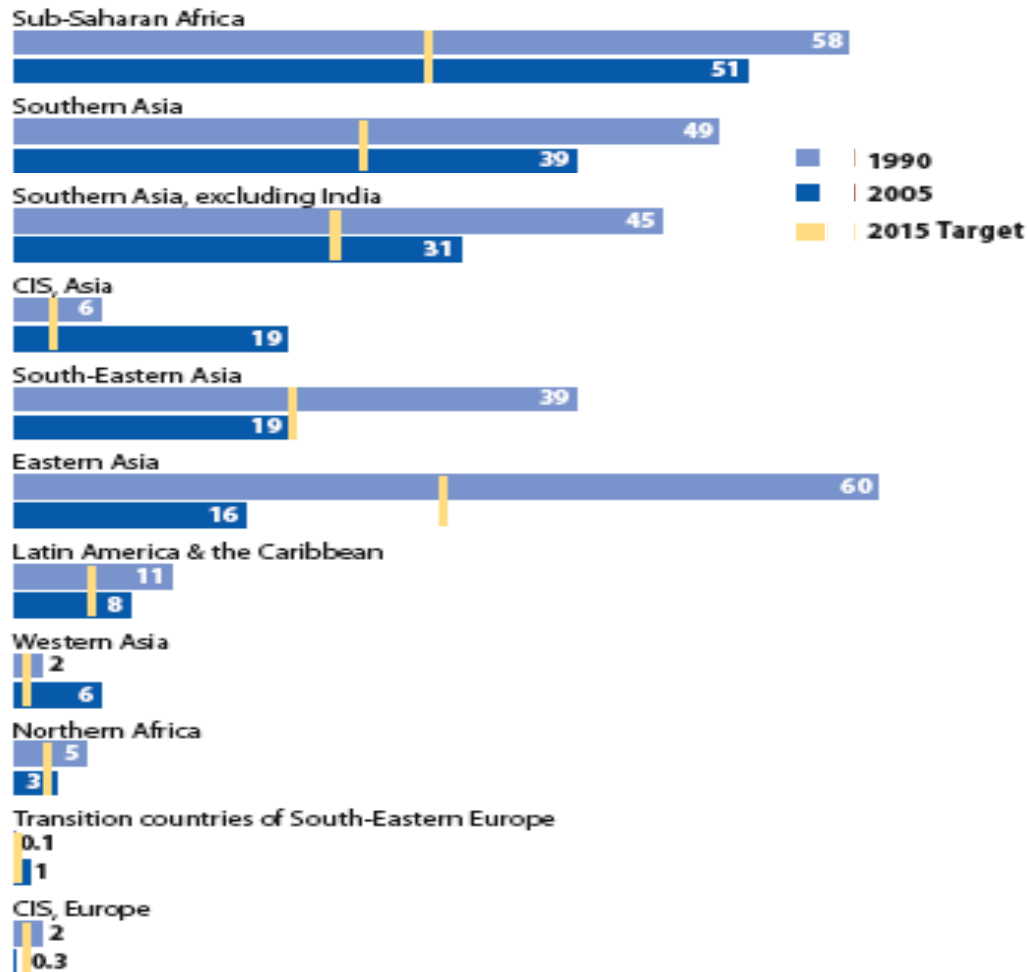
Source: *The Millennium Development Goals Report,* United Nations, New York, 2010.

Eastern Asia, Southeast Asia, and CIS / Europe are three regions who have already reached this target whilst the others are achieving mixed results.

Select one region that is unlikely to reach this target and justify your choice by using data from the graph.

Region: _____

Justification: _____

_____

_____

_____

2 marks

SECTION B – continued
TURN OVER

Question 8

Read the following case study and answer the questions that follow.

Dadaab, 100 km from the border with Somalia in the North of Kenya, is one of the oldest and most overcrowded refugee sites in the world.

Around 270,000 refugees, most of whom have fled the conflict in Somalia, are registered at Dadaab's three camps: Hagadera, Ifo and Dagahaley. Others are in the North West of Kenya in the Kakuma refugee camp. The camps are managed by the United Nations refugee agency, UNHCR, in partnership with the Government of Kenya.

The United Nations World Food Programme (WFP), whose operations in Kenya are supported by the Australian Government, has several major programs under way to provide food to people living in the camps in Dadaab.

One program, a school feeding project at the Friends Primary School in the Ifo camp, gives each child who attends the school a meal. Adam, a teacher at the school and also a former student, has spent 20 years in Dadaab.

'I fled from Somalia and came here as a refugee. Since then I've lived in the camp. I went to Friends Primary School and for the last four years I've taught in the school.'

Adam said enrolments had increased since the school feeding program started and, not surprisingly, that children were better able to learn when they were not hungry.

The WFP also provides take–home rations for girls to make sure they get enough food to eat and provide an incentive for them to keep coming back to school. To address the needs of younger children, WFP has supplementary feeding programs that target moderately malnourished children under five, caretakers with severely malnourished children under five, and women in the late stages of pregnancy and during the first six months of breast feeding.

http://www.ausaid.gov.au/publications/focus/june10/focus-final.pdf

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a. i. Identify the organisation responsible for administering the Australian Government's overseas aid program.

_____

1 mark

a. ii. Identify two reasons why the Australian Government gives aid.

_____

_____

_____

_____

2 marks

b. Identify the type of aid evident in the food projects in Kenya.

_____

1 mark

c. List two of the elements that ensure sustainability of programs and discuss the likely success of the school feeding project in relation to each one.

Element of sustainability 1: _____

Discussion: _____

_____

_____

_____

_____

Element of sustainability 1: _____
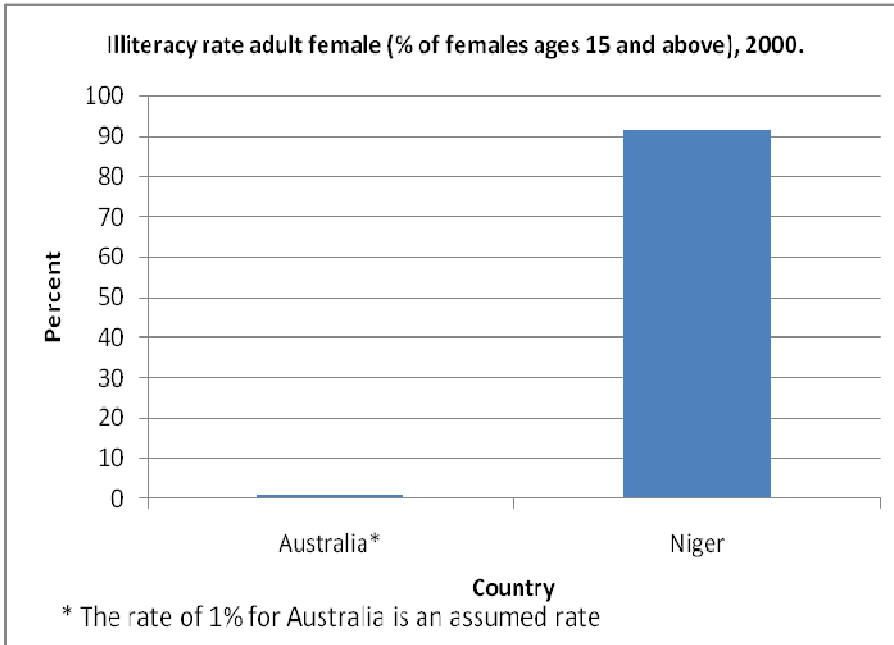
Discussion: _____

_____

_____

_____

_____

4 marks

SECTION B – continued
TURN OVER

Question 9

The graph below shows illiteracy rates in Australia and Niger (a developing country).

Illiteracy rate adult female (% of females ages 15 and above), 2000.

Australia*   Niger

Country

* The rate of 1% for Australia is an assumed rate

Source: Adapted from UC Atlas of Global Inequality, accessed 05th July 2010.

a. Briefly explain the difference in rates of illiteracy as experienced by women in Niger compared to those in Australia as shown in the above graph.

_____

_____

1 mark

b. Peace/conflict and income are two factors that may contribute to the difference in illiteracy rates among women in developing countries such as Niger compared to Australia.

Explain how each of these factors may contribute to the differences in illiteracy rates in Niger compared to Australia.

Peace/conflict: _____

_____

_____

_____

Income: _____

_____

_____

_____

4 marks

SECTION B – Question 9 – continued

c . i. Outline one program that focuses on illiteracy that has been implemented in a developing country including the type of aid it represents.

_____

_____

_____

_____

3 marks

c. ii. Briefly explain how this program may promote sustainable human development in a developing country.

_____

_____

_____

_____

3 marks

END OF QUESTION AND ANSWER BOOK