



Units 3 and 4 Health and Human Development

Practice Exam Solutions

Stop!

Don't look at these solutions until you have attempted the exam.

Any questions?

Check the Engage website for updated solutions, then email practiceexams@ee.org.au.

Short-answer questions

Note: Some of the solutions below are only possible examples. In some instances a range of responses is acceptable. Please consult with your teacher or tutor if unsure.

Question 1

Private health insurance involves members paying a premium to an insurance company in return for payment towards health-related costs not covered by Medicare. Individuals have choices in regards to the sort of care they wish to access including hospital cover, ambulance fees and the option for extras such as physiotherapy

Question 2a

The strategic priorities of VicHealth are (not including prevent tobacco use participation which is part of the question):

- promote healthy eating
- encourage regular physical activity
- prevent harm from alcohol
- improve mental wellbeing.

Question 2b

VicHealth's mission is

- in partnership with others promote good health
- recognise that the social and economic conditions for all people influence their health
- promote fairness and opportunity for better health
- support initiatives that assist individuals, communities, workplaces and broader society to improve wellbeing
- seek to prevent chronic conditions for all Victorians.

Question 3

The three dimensions of the Human Development Index are:

- Health – measured using life expectancy at birth
- Education – mean years of schooling and expected years of schooling
- Living Standards – measured using the gross national income per capita

Question 4a

The aim of the Australian government's aid initiatives is to help developing nations reduce poverty and achieve sustainable development, in line with Australia's national interest.

Question 4b

Students must discuss how the Australian Government delivery of emergency, bilateral or multilateral aid could contribute to positive health outcomes for those in developing countries.

Many answers are acceptable, one possible answer is:

The Australian government is involved in the delivery of emergency aid to developing countries during times of natural disaster or in an emergency situation. This involves providing staff to affected areas including medical personnel. Medical staff may be able to provide crucial medical care to those in refugee camps or displaced people to reduce morbidity and mortality from communicable diseases such as typhoid.

Question 5a

Answers must include statistics and figures from the graph.

A possible answer is:

The number of low-birth weight babies is twice as high in low socio-economic status groups compared to high income groups with over 2000 low-birth weight babies born in 2012 in the lowest socio-economic group to under 1000 in the highest socio-economic group.

Question 5b

Many answers are acceptable, one possible answer is:

Those of a lower socio-economic status are more likely to smoke than those of a higher socio-economic advantage. Tobacco smoke is a teratogen and poses serious risks to foetal growth which may account for those of a lower socio-economic status having a higher rate of low-birth weight babies.

Food insecurity is more prevalent among socio-economically disadvantaged groups than for those of a higher socio-economic status. Individuals may not have access to fresh fruit and vegetables high in the essential nutrients like folate for adequate foetal development. As a result, woman relying on cheaper, processed foods may be deficient in these nutrients, increasing their risk of having a low-birth weight baby.

Question 6a

Any two of the following:

- health professionals
- policy makers, educators
- food manufacturers
- food retailers
- consumers

Question 6b

Many answers are acceptable, one possible answer is

The Australian Dietary Guidelines advocate the consumption of a wide variety of foods from the five groups. This guideline promotes a balanced diet providing adequate consumption of the required nutrients for optimal health and wellbeing. The Dietary Guidelines also recommend combining a healthy diet with exercise which may protect against chronic illness such as diabetes mellitus and cardiovascular disease.

Question 7a

Being able to interact with others and participate in the community in both an independent and cooperative way.

Question 7b

A developing country is a country that has not progressed adequately with regard to economic, mortality and demographic indicators. For example, Rwanda and Cambodia are considered developing nations.

Question 8

Many answers are acceptable, one possible answer is:

Saturated fats tend to increase the level of LDL cholesterol in the blood which can increase the risk of cardiovascular disease. Furthermore, a high intake of fat can lead to excess weight gain, contributing to obesity. Carbohydrates tend to increase blood glucose levels rapidly, causing a spike in insulin levels. This, over time, can lead to impaired glucose regulation which is a risk factor for diabetes mellitus.

Question 9

Emergency aid involves providing immediate assistance to a country during times of conflict or natural disaster which may be in the form of food, medicines or shelter. On the other hand, bilateral aid is the provision of aid from the government of one country to the government of another country. Bilateral aid often involves implementing sustainable programs addressing the specific needs of a country whereas emergency aid is designed to provide short-term relief and does not address the underlying causes of poverty.

Question 10

Students must explain one of the ways Medicare is funded which must include one of the following:

- The Medicare Levy – part of the taxable income of most taxpayers.
- The Medicare Levy Surcharge – those who earn over a certain amount without private health insurance receive an additional tax.
- Some additional funds are collected through general income tax.

Question 11a

Students must identify two of the following:

- World peace and security
- Human rights
- Humanitarian assistance
- Social and economic development

One possible description is:

The United Nations are actively involved in the maintenance of international peace and security. They create foundations for lasting peace globally and work to support and assist countries to rebuild health and educational facilities disrupted by war.

Question 11b

Many answers are acceptable, one possible answer is:

The United Nations work to promote social and economic development globally. They promote a higher standard of living and food and political security alongside assisting developing countries to achieve the Millennium Development Goals. Political security can ensure funds are used appropriately to develop education and health care facilities which can equip individuals with access to health, knowledge and a decent standard of living. By improving economic conditions and ensuring a country's progression and development, the current population's needs are being met whilst ensuring sustainable economic growth for future benefit. A higher standard of living established gives both current and future generations the ability to thrive and enjoy improved employment opportunities and education.

Question 12a

Many possible answers are acceptable, one possible answer is:

The Heart Foundation is a charitable non-government organization that aims to improve the knowledge of the Australian public on matters regarding heart health. They support and inform people with or at risk of cardiovascular disease and also build partnerships with all levels of government, other health organisations and the media to implement policies and programs.

Question 12b

Many answers are acceptable, one possible answer is:

The Heart Foundation's 'Pick the Tick' program is an innovative guide to help people make healthy food choices. Foods that meet the required guidelines receive a 'tick of approval' that means they are relatively low in saturated fats, salt and high in fibre.

Question 12c

Many answers are acceptable, one possible answer is:

The 'Pick the Tick' program encourages healthy eating as consumers are able to make healthy food choices by choosing products with the tick that are low in risk nutrients and in turn, reduce their risk of cardiovascular disease. Furthermore, consumers with little knowledge of nutrition can easily find healthier alternatives with the tick and make changes to their diet to promote a healthier intake.

Question 13a

The program addresses MDG 6: Combat HIV/AIDS, Malaria and other diseases.

Question 13b

Many answers are acceptable, one possible answer is:

Combatting HIV/AIDS, malaria and other diseases such as tuberculosis is vital for improving the overall health in developing countries. Rates of HIV infection can be significantly reduced through education and behaviour change and both malaria and tuberculosis are preventable. Such diseases contribute significantly to disease burden yet can be prevented through cost effective methods (including education, provision of condoms). When people are well and not sick due to Malaria they can attend school and work, and therefore contribute to their community and develop to their full potential.

Question 13c

Many answers are acceptable, possible points to cover include:

- By introducing the use of bed nets into the community, individuals can drastically reduce their risk of malaria to prevent ill health.
- Early detection and referrals of serious malaria cases to major hospitals ensures that those who are infected are able to access health care to get treatment and restore their health.
- Bed nets can provide individuals with peace of mind and reduce the stress and anxiety surrounding the possibility of infection from mosquito bites.
- By reducing the malaria risk posed to individuals, children are more able to attend school in good health to develop to their full potential and enhance their capabilities.
- The program is directly increasing access to health care in disadvantaged Bangladeshi communities to improve the health and capacities for human development.

Question 13d

The elements of sustainability are:

- Affordability
- Equity
- Appropriateness

One possible answer is:

This UNDP program is equitable as it targets disadvantaged communities with poor access to health care. In doing so, the program is reducing the social inequalities that may exist in regards to health care access to ensure all communities can receive treatment when needed. The program is also appropriate as it involves the local people and trains over 1000 community health workers in remote areas. By doing so, the program is likely to be successful by instilling a sense of ownership within the community and to ensure its continuation. It empowers local community members by providing them with the knowledge of how to protect themselves from malaria through utilizing bed nets.

Question 14a

Many answers are acceptable, one possible answer is:

Arthritis and musculoskeletal conditions contribute significantly to burden of disease in Australia, particularly to morbidity.

Question 14b

Many answers are acceptable, one possible answer is:

One direct cost to the community of arthritis and musculoskeletal conditions is the cost of pharmaceuticals (such as pain relief) as covered by the government's pharmaceuticals benefit scheme. One indirect community cost may be the welfare and disability payments for the ill individual (due to arthritis and musculoskeletal conditions) delivered by the government.

Question 14c

Biological Determinants that could be discussed include:

- Age
- Sex
- Body weight
- Genetics

One possible answer is:

Increasing age is a risk factor for osteoporosis. Bone mass decreases as individuals grow older which is a primary risk factor for osteoporosis.

Question 14d

Nutrients that act as protective factors of osteoporosis are those involved in bone mineralisation including calcium, phosphorus and vitamin D.

An appropriate intake of calcium strengthens bones and assists in the prevention of osteoporosis by promoting the mineralization of bone. Furthermore, vitamin D stimulates the absorption of both calcium and phosphorus from the digestive tract which increases deposits of calcium phosphate into the bone protecting against osteoporosis.

Question 15a

Many answers are acceptable, one possible answer is:

Conflict can contribute to the poverty cycle and worsen the conditions of those already in poverty. As a result of conflict, whole communities can be displaced as violent outbreaks of war can cause individuals to flee. Refugee camps that take in victims of conflict often have poor health, housing, water and sanitation facilities. People may be unable to continue their employment, affecting their access to a stable income which can lead them into the poverty cycle. Furthermore, during times of conflict, the male breadwinner may be forced to fight leaving families with less contributing income. High rates of mortality and morbidity can leave children orphaned and impoverished.

Question 15b

Many answers are acceptable, one possible answer is:

Australia experiences a high degree of peace throughout the country. At present, involvement in war is abroad which allows the continuous and efficient functioning of Australian health and educational systems. Individuals have access to health care when needed and individuals have a peaceful environment in which to obtain optimal health and wellbeing. Without conflict, individuals are able to reach their full potential and participate in decisions affecting their lives. In contrast, conflict is often a recurring issue in developing countries. Conflict is associated with food shortages contributing to increased malnutrition. Children may witness abuse or be orphaned which directly impacts on their level of mental health, increasing the risk of depression or anxiety. Furthermore, children may be involved in the war effort, keeping them away from school which directly affects their capacity to enhance their capabilities and access to a decent standard of living in the future.

Question 15c

Many answers are acceptable, one possible answer is:

Sustainable development involves meeting today's needs and planning a country's growth without depleting resources or creating problems for future generations. A country that is experiencing peace and political stability are more likely to contribute funds towards health, educational and housing infrastructure. Improvements in such areas are not only going to benefit the current population but are likely to benefit future generations also. In a peaceful environment, governments are able to focus and be responsive to the needs of the people at present and in the future. Long-lasting peace is imperative for sustainable development to ensure the delivery of educational and health services are not disrupted for the benefit of current and future populations.

Question 16a

Burden of disease measures the impact of diseases and injuries; specifically it measures the gap between current health status and an ideal situation where everyone lives to an old age free of disease and disability. It is measured using a unit called a DALY (disability adjusted life year).

Question 16b

Burden of disease takes into account both years of life lost due to premature death (YLL) and years of life lost due to disability (YLD). Cancer contributes more to years of life lost due to mortality than any other cause. In contrast, the nature of mental illness means it contributes more significantly to morbidity (as individuals often live a long time with their mental illness) and contributes more to years of life lost due to disability. Cancer adds more to the fatal component of burden of disease (YLL) compared to mental illness which contributes more to the non-fatal component (YLD).

Question 16c

Many answers are acceptable, one possible answer is:

The pain and suffering (for example, from undergoing rigorous chemotherapy and operations) is an intangible cost of cancer to the individual.

Question 16d

There are many possible answers to this question. Students must identify and describe a program that specifically addresses cancer (any type).

Some programs (other programs could also be used) students could discuss include:

- SunSmart (addresses skin cancer)
- Quit campaign (addresses lung, mouth and throat cancer)
- Breast Screen Australia (addresses breast cancer)

Question 16e

This answer will depend on the program described in question 6d. You must discuss how two of the social model of health's principles are reflected in your chosen program. You must get the name of the principles correct to receive marks and describe how they are reflected using specific examples from your program or campaign.

The 5 principles of the social model of health are:

- Addresses the broader determinants of health
- Acts to reduce social inequities
- Empowers individuals and communities
- Acts to enable access to health care
- Involves intersectoral collaboration

One possible answer is:

The SunSmart schools program empowers individuals and communities by providing children with the knowledge and skill base to participate in decisions about their health. The school curriculum includes a skin prevention program that is likely to empower both families and students to make informed and healthy decisions in regards to personal sun protection.

SunSmart schools involves intersectoral collaboration as its work within schools is supported by the local community, council, VicHealth and the Cancer Council of Victoria. Integrated action between key stakeholders ensures that the program is able to reach many Victorians to increase the visibility of their sun safety message.

Question 17a

One of the following:

- Administration of Medicare
- Quarantine
- Regulates the private health insurance industry
- Establishes and funds strategies such as the National Health Priority Areas.

Question 17b

Many answers are acceptable, one possible answer is:

Accessible: All Australians have access to Medicare, regardless of income, gender or ethnicity. Public hospitals are situated in major cities which increases access for densely populated areas.

Continuous: Medicare is continuous as public hospitals ensure medical records are documents and forwarded to any necessary health care provider. There is good communication between doctors and health professionals to ensure patients receive on-going care.

Question 17c

Many answers are acceptable, one possible answer is:

Australians enjoy equal access to affordable health care that is subsidised by the government. Australians who are ill and require treatment are able to access it which leads to improved physical health outcomes, contributing to the high life expectancy in Australia. With access to affordable health care, individuals are more likely to early detect potentially life threatening illness which increases the success of treatment outcomes, lowering mortality rates.