



## *Units 3 and 4 Health and Human Development*

### *Practice Exam Question and Answer Booklet*

Duration: 15 minutes reading time, 2 hours writing time

Structure of book:

Number of questions	Number of questions to be answered	Number of marks
17	17	100

- Students are permitted to bring into the examination room: pens, pencils, highlighters, erasers 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:

- This question and answer booklet of 20 pages.

Instructions:

- You must complete all questions of the examination.
- Write all your answers in the spaces provided in this booklet.

*Instructions*

Answer all questions in the spaces provided.

*Questions*

**Question 1**

Describe Private Health Insurance.

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2 marks

**Question 2**

- a. VicHealth has identified a number of strategic priorities, one of which is prevent tobacco use. List two other strategic priorities of VicHealth.

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2 marks

- b. Explain VicHealth’s mission.

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3 marks

**Total: 5 marks**

**Question 3**

The Human Development Index attempts to reflect the level of human development being experienced in different countries. Identify the three dimensions of the Human Development Index and outline how each is measured.

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3 marks

**Question 4**

a. What is the aim of the Australian government's aid initiatives?

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2 marks

b. Briefly describe one type of aid that the Australian government delivers and describe how it could influence health outcomes in developing countries.

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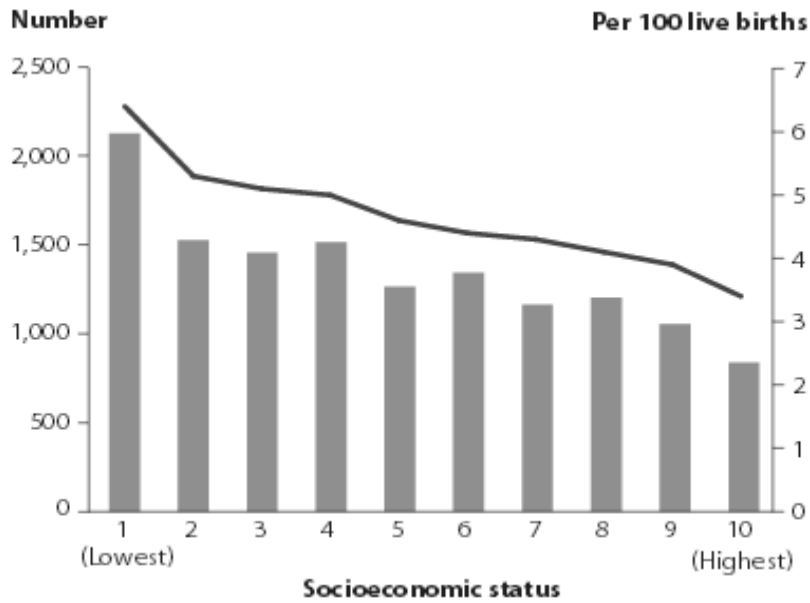
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4 marks

**Total: 6 marks**

**Question 5**

The graph below shows the number of babies born with a low birth weight of less than 2500 grams according to socio-economic status in 2011.



Source: Australian Institute of Health & Welfare, Australia’s Health, 2012

a. Describe one trend evident in the graph above.

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1 mark

b. Using the determinants of health, explain two reasons for the trend described in Question 5a.

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4 marks

**Total: 5 marks**

**Question 6**

The Australian Dietary Guidelines aim to:

- Promote health and wellbeing
- Reduce the risk of lifestyle-related conditions
- Reduce the risk of chronic disease

a. Who are the Australian Dietary Guidelines intended to be used by?

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2 marks

b. Describe two ways the Australian Dietary Guidelines meet their aims.

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2 marks

**Total: 4 marks**

**Question 7**

Define the following:

- a. Social health

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1 mark

- b. Developing country

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1 mark

**Total: 2 marks**

**Question 8**

Describe how a high intake of saturated fats and carbohydrates could impact on the health of an individual.

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2 marks



**Question 9**

Describe the difference between emergency aid and bilateral aid.

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2 marks

**Question 10**

Medicare is Australia's universal health insurance scheme that provides subsidised health care to all Australian citizens. Identify one way in which Medicare is funded.

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1 mark

**Question 11**

- a. The United Nations are an international organisation established in 1945 that work to solve global problems in four key action areas. Identify two, and describe one, of these action areas.

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4 marks

- b. Using one other key action area not mentioned in Question 11a, explain how achievements and work in this area could promote sustainable human development in developing nations.

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3 marks

**Total: 7 marks**

**Question 12**

- a. Non-government organisations play an imperative role in promoting a balanced and healthy dietary intake in the Australian population. Identify one Australian non-government agency, other than Nutrition Australia, and briefly describe their objectives.

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3 marks

- b. Describe a program or strategy implemented by the agency identified in Question 12a.

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2 marks

- c. Explain how the program or strategy described in Question 12b could promote healthy eating in Australia.

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2 marks

**Total: 7 marks**

**Question 13**

The following information is about the UNDP’s Chittagong Hill Tracts Development Facility In Bangladesh.

According to the World Health Organization, 80 percent of Bangladesh’s malaria cases occur in the three hill districts. And yet roughly half of the medical positions at government healthcare facilities in these districts remain vacant due to a lack of skilled personnel.

UNDP’s Chittagong Hill Tracts Development Facility (CHTDF) started its health interventions in 2006 and has since rolled out 80 weekly satellite clinics and trained more than 1,000 community health workers in this remote region.

“Our vision with CHTDF has been to work with the government in providing basic services for underserved communities, while building local capacity who can take over the role in the long run,” said Robert Juhkam, Deputy Country Director at UNDP Bangladesh.

“No one dies of malaria anymore, after we started using rapid detection field tests, advising everyone to use bed nets and referring the serious cases to the hospitals,” says a community health service worker trained by UNDP. Source: United Nations Development Programme, 2013

- a. Identify the Millennium Development Goal this program most directly addresses.

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1 mark

- b. Identify and describe two reasons why the goal identified in Question 13a. is important.

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2 marks

- c. Describe the potential impacts on the health and human development of the Bangladeshi population as a result of the success of this program.

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4 marks

- d. Using two of the three elements of sustainability, discuss whether this UNDP program would be sustainable.

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4 marks

**Total: 11 marks**

**Question 14**

Arthritis and musculoskeletal conditions was included as a National Health Priority Area in 2002.

- a. Describe one reason why arthritis and musculoskeletal conditions was chosen as a National Health Priority Area.

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1 mark

- b. Briefly describe one direct and one indirect cost to the community as a result of arthritis and musculoskeletal conditions.

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2 marks

- c. Identify and explain one biological determinant that acts as a risk factor for arthritis and musculoskeletal conditions.

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2 marks

- d. One condition that is the focus of arthritis and musculoskeletal conditions is osteoporosis. Identify and describe how **two** nutrients act as a protective factor for osteoporosis.

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4 marks

Total: 9 marks



**Question 15**

The World Bank's World Development Report of 2011 found that:

- 1.5 billion people live in countries affected by current violence or recurring cycles of political and criminal violence
- No low-income fragile or conflict-affected country has yet to achieve a single Millennium Development Goal
- People in war-torn countries are more than twice as likely to be malnourished and almost twice as likely to die in infancy as people in other developing countries.

Source: World Development Report (2011), The World Bank Group.

a. Discuss the relationship between conflict and poverty.

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3 marks

b. Explain how peace affects the health status and human development of Australians compared to those living in developing countries.

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6 marks

c. Suggest two reasons why peace and political stability are important for sustainable development.

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3 marks

**Total: 12 marks**

**Question 16**

Cancer and mental illness are both leading causes of burden of disease in Australia. Cancer is one of the leading cause of death among Australians. Mental Illness is a leading cause of disability burden of Australia, accounting for a large number of years of life lost due to disability.

a. Define burden of disease.

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2 marks

b. Discuss how cancer and mental illness contribute differently to burden of disease in Australia. In your answer, you must refer to the components of disability adjusted life years.

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4 marks

c. Identify one intangible cost of having cancer to an individual.

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1 mark

d. Describe one health promotion program that addresses cancer.

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2 marks

e. Identify and describe how two principles of the social model of health are reflected in the program described in Question 16d.

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4 marks

**Total: 14 marks**

**Question 17**

Australia's health care system is funded and administered by several levels of government (national, state/territory and local), contributing over 10% of Australia's total GDP towards the health care system.

- a. The administration of the Pharmaceutical Benefits Scheme is one of the federal government's responsibilities. Identify one other responsibility of the federal government.

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1 mark

- b. Identify two values that underpin the health care system and how they are reflected in the responsibility outlined in question 17a.

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4 marks

- c. Explain how access to health care influences the health status of Australians.

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3 marks

**Total: 8 marks**

End of Booklet

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