



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
10	10	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 19 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

Juliana is in her final year of school. In the lead-up to exams, she has found that she has been suffering from high levels of stress. As a result, she has started smoking and has trouble getting to sleep at night. She has become irritable and distant toward her friends and family.

a. Define health

1 mark

b. In regard to the case study above, explain how stress can affect all dimensions of health.

6 marks

Total: 7 marks

Question 2

Figure 1.1

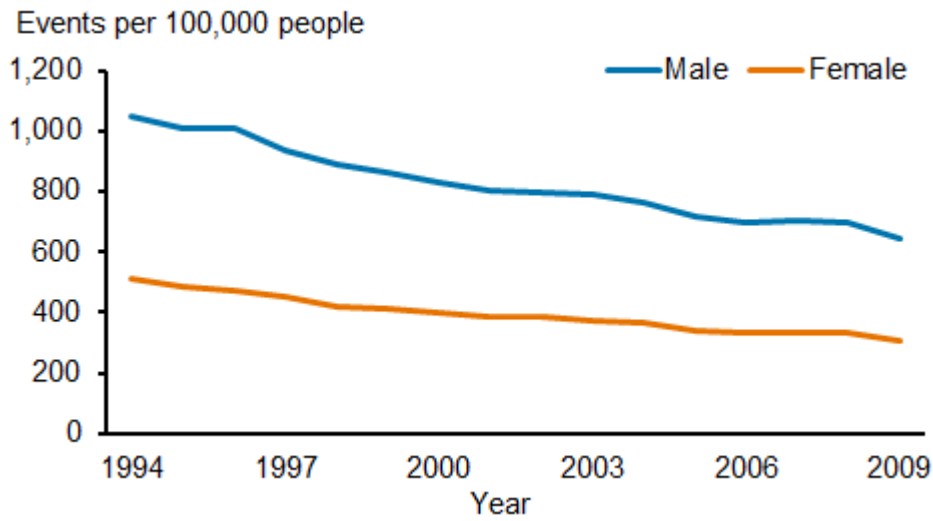


Figure 1.1 shows the incidence of cardiovascular disease-related events for Australian males and females between 1994 and 2009.

Source: AIHW National Hospital Morbidity Database and AIHW National Mortality Database.

a. Identify two trends from Figure 1.1.

2 marks

b. Cardiovascular health is one of the nine National Health Priority Areas. What is the National Health Priority Area initiative?

1 mark

- c. Explain how a behavioural determinant of health can be both a risk and protective factor for cardiovascular health.

4 mark

Total: 7 marks

Question 3

- a. Apart from cardiovascular health, name one NHPA and explain why it has been selected as an NHPA.

2 marks

- b. Explain how nutrition can be both a risk and protective factor in regard to the NHPA selected in part a.

4 marks

c. In regard to the NHPA chosen in part a., name and explain a health promotion program.

3 marks

Total: 9 marks

Question 4

Matilda is a sixteen-year-old who attends a local secondary school in a rural part of Australia. She works part-time at a local restaurant and volunteers as a junior coach at her local netball club. One day, Matilda breaks her leg at school whilst playing football with friends during lunch. She has to be rushed to hospital, and misses the next week of school. As a result of the injury, Matilda has to quit her job at the local restaurant and is also unable to continue her coaching endeavours.

- a. Injuries have a high incidence in Australian teenagers. Explain the difference between incidence and prevalence.

2 marks

- b. How might have her injury resulted in direct, indirect and intangible costs to Matilda?

3 marks

- c. Explain the likely variation in health status between individuals living in Matilda's area, and those living in metropolitan areas. In your answer, refer to two determinants of health.

5 marks

Total: 10 marks

Question 5

A primary school in rural Victoria – Mount Eddington Primary School – has started an initiative called the ‘*Fun of Sun Protection Program*.’ The program is backed and co-founded by VicHealth, and aims to provide primary school children with new skills and techniques to protect themselves from the harm of U.V. rays.

As part of the program, an employee from the local pharmacy was brought in to run a ‘workshop’ on how to make sunscreen fun, using coloured zinc to make bright and visually appealing designs on the skin.

Having such a focus on the program has also led to Mount Eddington Primary School making sunscreen application compulsory before sport days where U.V. exposure will be high.

- a. Define health promotion.

1 mark

- b. Outline two negative aspects of the biomedical model of health.

2 marks

- c. What is the social model of health?

1 mark

- d. Explain how the program above reflects the social model of health. Include reference to two of the guiding principles of the social model of health in your answer.

4 marks

Total: 8 marks

Question 6

To address the National Health Priority Area ‘Mental health,’ the local government of a town in rural Victoria – Gehani - has opened a new support centre for teenagers. It offers encouragement, information and a place to stay for struggling individuals, 24 hours per day.

As a united group, individuals, families, businesses and the local government of Gehani have pledged to address mental health in order to improve health outcomes for all.

In particular, the program focuses on Indigenous teenagers who, statistically, have a higher rate of mental illness in Gehani.

- a. What is the Ottawa Charter for Health Promotion?

1 mark

- b. Show that the case study above reflects at least two of the priority actions of the Ottawa Charter.

4 marks

e. Explain how the program above reflects the mission of VicHealth.

2 marks

Total: 15 marks

Question 7

a. Which level of government is responsible for Medicare in Australia?

1 mark

b. What are the objectives of Medicare?

2 marks

c. Outline three health services *not* covered by Medicare.

3 marks

d. How is Medicare funded?

2 marks

e. Name and explain one incentive scheme used in private health insurance in Australia.

2 marks

f. Explain two benefits of private health insurance

2 marks

Total: 12 marks

Question 8

a. Name and discuss one way in which the Australian Government promotes healthy eating.

4 marks

b. What is the role of Nutrition Australia in promoting healthy eating?

2 marks

Total: 6 marks

Question 9

In 2012, Australia – a developed country - had a Human Development Index (HDI) of 0.938 and a life expectancy of 81.9 years. Japan – another developed country – had a HDI of 0.912 and a life expectancy of 83.4 years. Comparatively, Sierra Leone – a developing country – had a Human Development Index of 0.359 and a life expectancy of 47.8. The World had an average HDI of 0.694.

Source: United Nations, as of May 2014.

- a. What is the Human Development Index?

1 mark

- b. Japan has a higher life expectancy but lower HDI than Australia. Explain why a higher Human Development Index does not necessarily mean a greater life expectancy.

2 marks

- c. Explain how gender equality and education may explain the differences in health status between Australia and Sierra Leone.

4 marks

d. Explain how global marketing may affect the health status of Sierra Leone.

2 marks

e. The United Nations has four main areas of action. Explain how one of these priorities could lead to greater health outcomes in Sierra Leone.

3 marks

Total: 12 marks

Question 10

Phueng, a mother of three from a rural region of Northern Thailand, is at great risk of contracting malaria. She sleeps on the floor of her house with no protection from mosquitos, and is concerned that she and her three children may get infected in the near future. Phueng husband and the father of her three children has recently died. Phueng's husband was the primary income earner of the family, leaving Phueng and her children extremely vulnerable to poor health in the immediate term. In the long-term, Phueng's children are unlikely to gain a formal education.

- a. Name the Millennium Development Goal that specifically refers to malaria, and provide one reason as to why this goal is important.

2 marks

- b. Devise a program that addresses the risk of malaria in Phueng's region. In your answer, explicitly show how your program is sustainable.

6 marks

c. Define sustainable human development.

1 mark

d. Explain how the Australian Government could provide one of the four types of aid and encourage sustainable human development in Phueng’s region of Northern Thailand.

3 marks

e. Name two reasons why Australia provides aid

2 marks

Total: 14 marks

End of Booklet

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