

STUDENT NUMBER           Letter

# HEALTH AND HUMAN DEVELOPMENT

## Written examination

Wednesday 5 November 2014

Reading time: 3.00 pm to 3.15 pm (15 minutes)

Writing time: 3.15 pm to 5.15 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>
16	16	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 white out liquid/tape.
- No calculator is allowed in this examination.

#### Materials supplied

- Question and answer book of 20 pages.
- Additional space is available at the end of the book if you need extra paper 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** (3 marks)

a. Define ‘disability adjusted life year (DALY)’.

2 marks

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b. Define ‘physical dimension of health’.

1 mark

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**Question 2** (2 marks)

Consider the following information about key health indicators for three developed countries.

	Life expectancy at birth (both sexes)	Under-five mortality rate (per 1000 live births)	Adult mortality rate (per 1000 population)		Mortality rate (per 100 000 population)
			Male	Female	Communicable diseases
<b>Australia</b>	82	5	80	46	18
<b>Denmark</b>	79	4	103	62	27
<b>New Zealand</b>	81	6	85	55	15

Data: World Health Organization, *World Health Statistics 2013: Part III: Global health indicators*;  
© World Health Organization 2013

Using data from the table, describe the health status of Australia compared to Denmark and New Zealand.

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**Question 3** (5 marks)

Dental services are generally not covered by Medicare. However, in January 2014 the Child Dental Benefits Schedule was introduced. It provides financial support for basic dental services for children. To be eligible for these benefits:

- the child must be aged 2–17 years
- the child’s family must receive certain government benefits, such as Family Tax Benefit Part A, for at least part of the calendar year
- the child must be eligible for Medicare.

- a. State **one** value that underpins the Australian health system and explain how it is evident in the Child Dental Benefits Schedule.

3 marks

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- b. List two other health services not covered by Medicare.

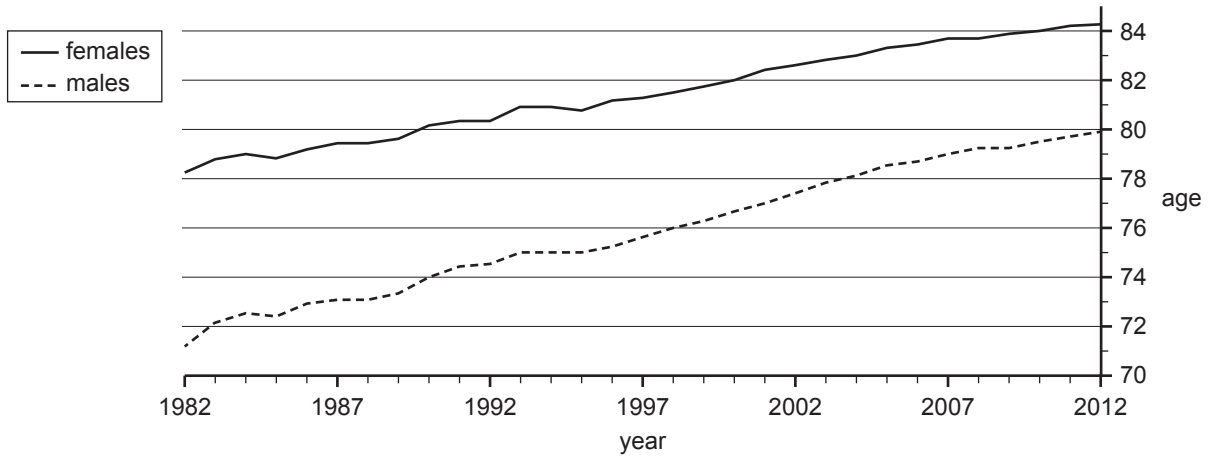
2 marks

1. \_\_\_\_\_

2. \_\_\_\_\_

**Question 4** (5 marks)

**Australian life expectancy at birth – 1982 to 2010–2012**



Source: Australian Bureau of Statistics, 'Life expectancy at birth', in *3302.0 – Deaths, Australia, 2012*

- a. Compare the life expectancy of males to females evident in the graph. 1 mark

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- b. Explain how one biological determinant and one social determinant could contribute to the variations in life expectancy between males and females. 4 marks

Biological determinant \_\_\_\_\_

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Social determinant \_\_\_\_\_

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**Question 5** (14 marks)

- a.** Provide two reasons why the Australian Dietary Guidelines have been developed by the Australian Government. 2 marks

1. \_\_\_\_\_

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2. \_\_\_\_\_

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- b.** Explain the relationship between the Australian Guide to Healthy Eating and the Australian Dietary Guidelines. 2 marks

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- c.** Dietary Guideline 3 states that an individual should 'limit intake of foods containing saturated fat, added salt, added sugars and alcohol'.

Explain two ways in which this guideline may help reduce the incidence of diabetes mellitus. 4 marks

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

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d. Saturated fat and trans fat are two types of fat.

i. Explain the difference between saturated fat and trans fat.

2 marks

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ii. List two food sources of saturated fat.

2 marks

1. \_\_\_\_\_

2. \_\_\_\_\_

e. The Australian Dietary Guidelines encourage individuals to consume breads and cereals.

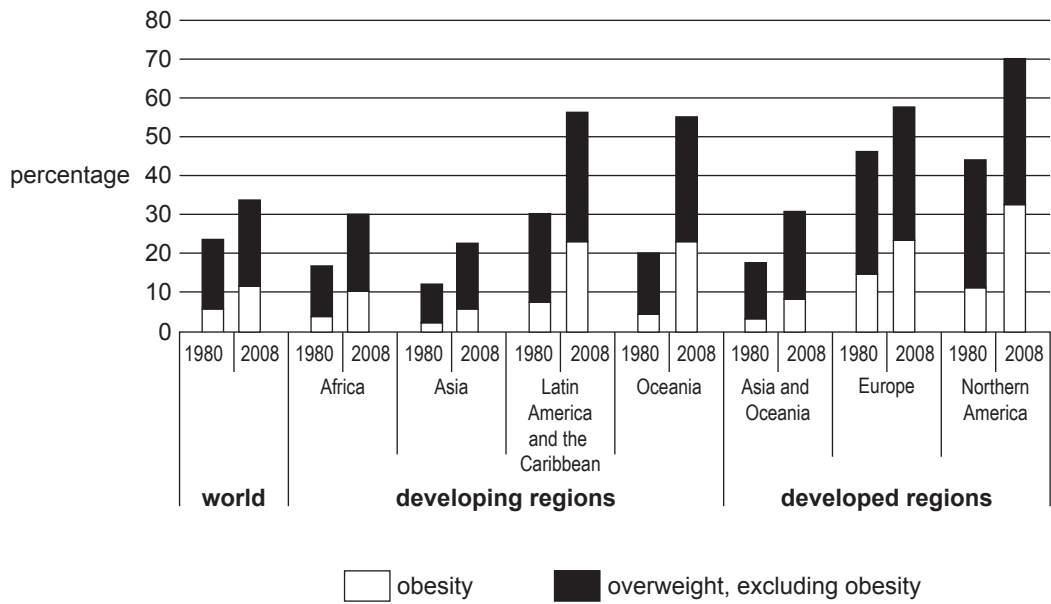
Identify one major nutrient in breads and cereals, and the function of this nutrient as a determinant of health.

2 marks

<b>Food source</b>	<b>Major nutrient</b>	<b>Function as a determinant of health</b>
breads and cereals		

**Question 6 (5 marks)**

**Prevalence of overweight and obesity among adults, by region**



Source: Food and Agriculture Organization (FAO) of the United Nations, *The State of Food and Agriculture, 2013*, p. 17

- a. Identify the developing region that has shown the greatest increase in the prevalence of overweight and obesity between 1980 and 2008. 1 mark

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- b. i. Give **one** example of global marketing that could explain the increase in the percentage of overweight and obesity in developing regions. 2 marks

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- ii. The increasing percentage of overweight and obesity is a worldwide concern. In relation to this increase, explain **one** challenge faced by developing countries that is not faced by developed countries. 2 marks

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**Question 7** (5 marks)

- a. Give **one** example of how dietary advice is provided by Nutrition Australia. Describe how this example may help reduce the levels of obesity in Australia. 3 marks

Example \_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- b. Outline one direct cost and one indirect cost of obesity to the community. 2 marks

Direct cost \_\_\_\_\_

\_\_\_\_\_

Indirect cost \_\_\_\_\_

\_\_\_\_\_

**Question 8** (4 marks)

- a. The World Health Organization (WHO) classifies countries into five mortality strata.

On what basis are these classifications made? 2 marks

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- b. Developing countries often share a number of social, environmental and economic characteristics.

Identify any two examples of characteristics common to developing countries. 2 marks

1. \_\_\_\_\_

2. \_\_\_\_\_



**Question 9** (7 marks)

- a.** Provide two reasons why dementia is identified as a National Health Priority Area (NHPA). 2 marks

1. \_\_\_\_\_

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2. \_\_\_\_\_

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- b.** Outline one biological determinant and one behavioural determinant that may act as a risk factor for dementia. 2 marks

Biological determinant \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Behavioural determinant \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- c.** Describe **one** health promotion program that has been introduced to reduce the burden of disease associated with dementia. 3 marks

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**Question 10** (8 marks)

Local primary schools will receive support to participate in ‘walk to school’ opportunities ... Monash Council has received \$10,000 from VicHealth to implement the Walk to School program ... The program is designed to raise awareness of the physical, environmental and social benefits of active transport, and to encourage school children to walk to and from school more often. Aside from supporting schools, Council will use the funding to develop a Monash walking map and online portal.

Source: *Act!ve Monash*, issue 69, October 2013

- a.** Identify the strategic priority of VicHealth that is addressed by funding the Walk to School program. 1 mark

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- b.** Outline how the Walk to School program supports VicHealth’s mission. 2 marks

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- c. i.** Identify two priority action areas of the Ottawa Charter for Health Promotion. 2 marks

1. \_\_\_\_\_

2. \_\_\_\_\_

- ii.** Select one of the above priority action areas and briefly outline how it is reflected in the Walk to School program. 1 mark

Priority action area \_\_\_\_\_

Outline \_\_\_\_\_

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- d.** Local governments are often responsible for health promotion programs.

List two other responsibilities of local governments with regard to health and/or health funding. 2 marks

1. \_\_\_\_\_

2. \_\_\_\_\_

**Question 11** (7 marks)

South Sudan, a country in Africa, is increasingly reliant on emergency aid, with the number of people in need of food aid increasing significantly. It is a country in conflict and needs urgent support to be able to provide enough food, water and essential services to its people.

Oxfam is a non-government organisation working in South Sudan to provide people with safe drinking water and toilets/latrines. It runs hygiene promotion activities to prevent the outbreak of disease and to educate people about safe hygiene practices. It also works with the World Food Programme to help distribute food supplies.

Source: adapted from [www.oxfam.org.au](http://www.oxfam.org.au)

**a.** What is emergency aid?

1 mark

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**b.** Use the Oxfam aid program provided to explain the interrelationships between health, human development and sustainability.

6 marks

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**Question 12** (8 marks)

- a. Many AIDS-related deaths occur in developing countries. Through Australia’s overseas aid program, a range of HIV/AIDS programs have been implemented.

Outline two reasons why the Department of Foreign Affairs and Trade (DFAT) would support the implementation of an HIV/AIDS program in a developing country to reduce the burden of disease.

2 marks

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

- b. Describe **one** HIV/AIDS program that has been implemented in a developing country.

3 marks

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- c. DFAT works with a range of multilateral agencies, including WHO. WHO has developed a six-point agenda for action to improve global health.

Identify and explain **one** point from WHO’s six-point agenda for action.

3 marks

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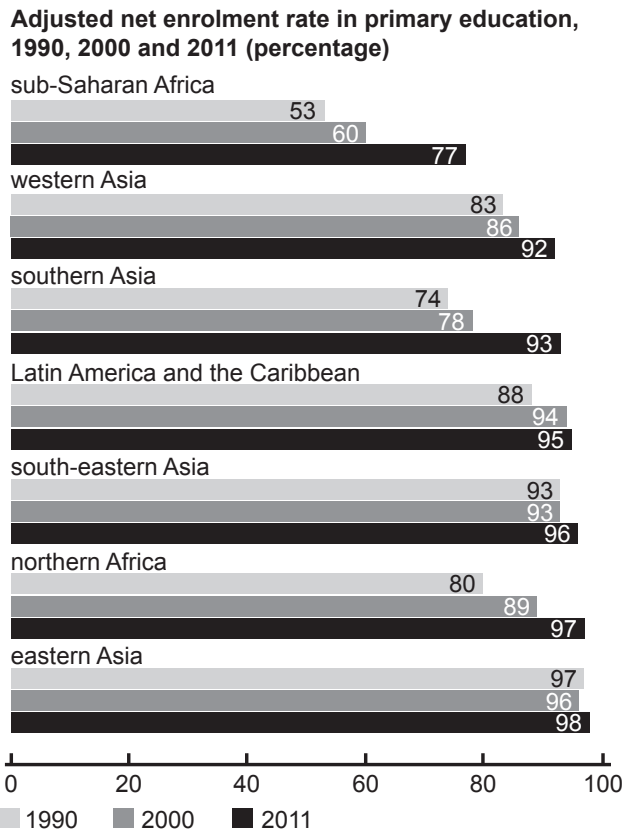
**Question 13** (4 marks)

Complete the following table by outlining one advantage and one disadvantage of the biomedical model of health and the social model of health.

	<b>Biomedical model of health</b>	<b>Social model of health</b>
<b>Advantage</b>		
<b>Disadvantage</b>		

**Question 14** (7 marks)

Millennium Development Goal 2 is to ‘achieve universal primary education’.



Source: *The Millennium Development Goals Report 2013*, United Nations, New York, 2013, p. 14

- a. Using information from the graph, evaluate the progress made towards achieving universal primary education.

3 marks

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- b. i.** Describe the purpose of Millennium Development Goal 2. 2 marks

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- ii.** State two reasons why it is important to achieve this goal. 2 marks

1. \_\_\_\_\_

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2. \_\_\_\_\_

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**Question 15** (11 marks)

Consider the following data about the Human Development Index (HDI) and measles vaccination.

Country	Human Development Index (HDI) 2012	Measles vaccination (% of one-year-olds) 2010
Australia	0.938	94
Trinidad and Tobago	0.760	92
Benin	0.436	69
Central African Republic	0.352	62

Data: *Human Development Report 2013*, United Nations Development Programme (UNDP), New York, 2013, pp. 144–146 (Table 1) and pp. 166–169 (Table 7)

a. Describe the HDI.

3 marks

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b. Using the data provided, describe the relationship between measles vaccination rates and the HDI.

1 mark

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- c. i.** Describe an immunisation program that could be implemented that takes into consideration two elements of sustainability.

4 marks

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- ii.** Explain how the program could improve human development.

3 marks

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**Question 16** (5 marks)

International Human Rights Day is observed on 10 December each year. Events are held on this day to educate people on the importance of human rights.

In 2013, as part of an artwork by Mona Nicole Sfeir, WHO headquarters staff were invited to pour water into 365 glasses, each representing a day of the year. Each glass contained different words representing a human rights issue that affects global health. The words were written in ink that would dissolve in water. The aim of this event was to represent visually the disappearance of human rights.

- a.** Provide **one** example of a human rights issue that could have been in any of the 365 glasses. 1 mark

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- b. i.** Explain what is meant by ‘global health’. 2 marks

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- ii.** Outline how the example of human rights provided in **part a.** could impact on global health. 2 marks

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