VCE Health and Human Development

Unit 3 – Outcome 2: School Assessed Coursework

Test

Name:

Outcome 1: Students will discuss and analyse approaches to health and health promotion, and describe Australia’s health system and the different roles of government and non-government organisations in promoting health.

Task: Test

• The task will be marked out of 50 and contributes 100% of the marks allocated for this outcome.

• You have 60 minutes to complete the test. No notes or materials may be accessed during this time.

• Answer in the spaces provided.
QUESTION 1 (6 marks)

While the definition of health promotion has been universally adopted, there have been a number of different approaches to promoting health. Over the past 30 years, three key models of health have influenced health promotion.

a. Describe the Social model of health.  

b. Discuss how the Biomedical and Ottawa Charter for health promotion could be used to address Cardiovascular Disease.

Cardiovascular disease (CVD) is the leading cause of death in Australia, with 43,946 deaths attributed to CVD in Australia in 2012 (30% of all deaths). Cardiovascular disease kills one Australian every 12 minutes, with a lot of these deaths being largely preventable.

b. Discuss how the Biomedical and Ottawa Charter for health promotion could be used to address Cardiovascular Disease.
Ottawa Charter for health promotion:

QUESTION 2  (2 marks)

Australia’s health system is made up of numerous government and non-government organisations and initiatives.

a. Name the scheme that provides subsidised high quality public healthcare for all Australians.  

b. Identify the level of government responsible for funding the scheme identified in Question 2a.


In March 2013, VicHealth launched its free digital “TeamUp” app to help Victorians find people in their local area who are looking to get out, get active and have fun. “TeamUp” aims to address some of the key barriers to participation in physical activity – time, transport, social isolation and cost. “TeamUp” links people of all sporting abilities with opportunities across hundreds of sports and activities so that they can choose what suits them best: from formal club membership and competition based activity, to a completely casual kick in the park. It offers all Victorians an easy way to find sport and physical activities or create their own and join in with others, whether they want to get active one afternoon a month, or turn up to play every week. “TeamUp” can be downloaded for iPhone, Android and Facebook. You can like “TeamUp” on Facebook as well as follow “TeamUp” on Twitter and Instagram. To date, thousands of Victorian adults have downloaded the app. Team Up is an initiative of VicHealth and endorsed by its partners including the YMCA, Melbourne Rebels, Melbourne Storm, Melbourne Vixens, Melbourne Heart, Melbourne Tigers and Surfing Victoria.


a. Identify two strategic priorities of VicHealth evident in the ‘TeamUp’ digital initiative.  

2 marks
b. Explain one way that the ‘TeamUp’ initiative reflects VicHealth’s mission.  
2 marks


c. Identify two principles of the social model of health and discuss how they are evident in the ‘TeamUp’ initiative.  
4 marks


d. Discuss how the ‘TeamUp’ initiative program could positively impact on health. 2 marks

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QUESTION 4 (8 marks)

Private Health Insurance (PHI) is a key component of Australia’s health system.

a. Briefly explain Private Health Insurance. 2 marks

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b. Identify two services that could be subsidised if you choose to sign up for Private Health Insurance. 2 marks

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c. Identify and explain one incentive put in place by the Federal Government to encourage individuals to take out Private Health Insurance. 2 marks

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d. Discuss how Private Health Insurance could assist in improving the health of an individual suffering from cancer. 2 marks

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QUESTION 5 (4 marks)

The Australian Government promotes healthy eating by carrying out nutrition surveys. The most recent national data on vegetable and fruit consumption are from the 2007–08 National Health Survey (NHS). The graph below identifies the person’s aged 16 and over who do not usually consumes the recommended serves of fruit and/or vegetables, 2007–08.

![Graph showing per cent of insufficient serves of fruit and vegetables]

Source: AIHW analysis of the 2007–08 NHS.

a. Using data from the graph, identify a trend in relation to insufficient consumption of fruit and/or vegetables. 2 marks
b. Explain how the information collected in the 2007–08 National Health Survey (NHS) could be used to promote healthy eating in Australia.  2 marks

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<tr>
<td>Prevalence (%)</td>
<td>1.5</td>
<td>2.4</td>
<td>3.3</td>
<td>3.7</td>
<td>4.1</td>
<td>4.2</td>
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Source: ABS 2011-12 Australian Health Survey, 2013

QUESTION 6  (12 marks)

The table below identifies the prevalence of diabetes in Australia between 1989 – 2011-12 (percent).

a. Using data from the table on the previous page, explain the change in prevalence of diabetes in Australia between 1989 to 2011-12.  2 marks
b. Identify one value of the health system and explain how it may be impacted by the change in prevalence of diabetes in Australia.  

Approximately 787,500 Australians had been diagnosed with Type 2 diabetes based on self-reports in the 2007–08 National Health Survey (NHS). About 444,300 were males (56%) and 343,200 were females (44%).

c. Explain how the Australian Guide to healthy eating could reduce the rate of Type 2 diabetes in Australia.
Gestational Diabetes Mellitus (GDM) is a form of diabetes that is defined as glucose intolerance in pregnant women not previously diagnosed with diabetes. The Ottawa Charter for health promotion is a framework that can be used to address issues such as GDM.

d. Explain how each of the following priority areas of the Ottawa Charter could be used to address Gestational Diabetes Mellitus. 4 marks

i. Creating a supportive environment:

ii. Developing personal skills:
e. Explain how Medicare could decrease the impact of gestational diabetes in Australia.  

QUESTION 7 (8 marks)

Read the case study and answer the questions that follow.

Mark is 46 years old, and has a BMI of 34. Last year he suffered a major heart attack and was rushed to a public hospital via an ambulance, where he underwent emergency heart surgery. He remained in hospital for a 6 week period. Despite Mark making a solid recovery, he currently is required to have consultations with his GP doctor once a month for general check ups. Mark is now prescribed to take heart medication on a daily basis for the rest of his life to reduce the risk of further heart complications occurring. He has also decided to seek further assistance by gaining advice from a private dietician and nutrition expert who have written up a healthy eating plan and exercise program to give Mark the greatest opportunity to live a long and healthy life.

a. Mark has been prescribed heart medication by his GP doctor. Identify the scheme that provides subsidies for essential prescription medicines.  

1 mark
b. Identify two Services covered by the public health system that are evident in the casestudy.  

i  

ii  

2 marks

c. Explain how the Australian Dietary Guidelines could assist Mark in promoting healthy eating.  

2 marks

There are also many non-government organisations in Australia that promote healthy eating.

d. Identify a non-government agency that promotes healthy eating in Australia.  

1 mark
e. Explain one way that the agency identified in Question 7d could assist an individual such as Mark who is considered to be obese.  

2 marks