VCE Health and Human Development

Unit 3 – Outcome 2: School Assessed Coursework

Test Solutions

Please note that these answers are a guide only and do not represent every possible correct answer.

Question 1

a. Students receive one mark for each characteristic of the social model they outline for a total of two marks.

Examples include:
• The social model focuses on addressing the broader determinants of health (social, cultural, environmental and economic factors) (1 Mark)
• The social model focuses on prevention rather than physical illness and disease itself (1 Mark)
• The social model focuses on a population approach rather than focusing on the individual (1 Mark)
• Policies and education are central to the social model, rather than diagnosing and treating illnesses (1 Mark)

b. Students must explain two ways that cardiovascular disease can be addressed by both the biomedical model and social model of health.

Examples include:

**Biomedical model:**
• Pharmaceuticals may be prescribed e.g. Cholesterol tablets to lower blood cholesterol levels. (1 Mark)
• Open heart surgery to repair or replace heart valves, to allow blood to travel through to the heart. (1 Mark)

**Social model:**
• Campaigns such as the heart foundation tick of approval can be developed to promote healthy eating, maintain weight and reduce the risk of CVD. (1 Mark)
• A tax could be placed on high fat foods or alcohol to reduce their consumption to reduce the risk of obesity and hence lower the risk of cardiovascular disease. (1 Mark)
Question 2

a. Students receive one mark for identifying ‘Medicare’ as the scheme that provides public healthcare for all Australians.

b. One mark is awarded for ‘Commonwealth’, ‘Federal’ or ‘Australian’ Government as the level of government that funds Medicare.

Question 3

a. Students receive two marks for identifying any two of the following:
   - Encourage regular physical activity
   - Improve mental well being

b. Students must link one aspects of the “TeamUp” initiative with one aspect of VicHealth’s mission for two marks.
   Examples include
   - VicHealth has assisted in promoting opportunities to be involved in competitive and recreational physical activities so they can achieve better health (1 Mark). This has been done by providing an app so people can find opportunities in their local area to be physically active (1 Mark).
   - VicHealth provided the physically activity app (1 Mark), which supports an initiative that assists individuals and communities interaction and assist in improving overall wellbeing (1 Mark).
   - By promoting physical activity through social media and the app (1 Mark), VicHealth is assisting in the prevention of chronic conditions such as obesity and cardiovascular disease for those involved (1 Mark).

c. Students receive one mark for identifying a principle of the social model of health and a further mark for linking it to an aspect of the “TeamUp” initiative.
   For example:
   - Involves intersectorial collaboration: VicHealth is working with YMCA, Melbourne Rebels, Melbourne Storm, Melbourne Vixens, Melbourne Heart, Melbourne Tigers and Surfing Victoria to promote health.
   - Empower individuals and communities: Individuals have been empowered by the app providing opportunities across a range of social, competitive and recreational activities to become physically active and engaged in their local communities

Question 3c solutions continued over page.
• **Acts to reduce social inequities:** The initiative caters for all individuals as it assists in removing common barriers (E.g. time, cost) that the general population may have when it comes to becoming involved in physical activity and gives all individuals within Victoria an opportunity to increase their physical activity levels in a competitive or recreation level.

• **Addresses the broader determinants of health:** The initiative encourages individuals to be involved in physical activity and increase their opportunities when it comes to being involved in physical activity. The app hopes to remove barriers people face when it comes to involvement and encourage increased interaction within the community.

d. **Students receive one mark for discussing how the “TeamUp” initiative could positively impact on two aspects of health.**

*Examples include:*

• The program provides increased opportunity for community groups and individuals to be physically active and interact, which increases opportunities for social interaction, hence enhancing social health. (1 Mark)

• Physical activity releases endorphins, providing feelings of wellbeing, promoting mental health. (1 Mark)

• By gaining new knowledge and skills of various sports and recreational activities, the participants may experience increased self-esteem, hence promoting mental health. (1 Mark)

• Individuals who sign up and join a sports team, may have greater opportunity to increase physical fitness, hence promoting physical health (1 Mark)

**Question 4**

a. **Students receive two marks for briefly explaining private health insurance. Marks should not be awarded if students simply state the services that may be covered by private health insurance.**

*An example could be:*

• Private health insurance is a type of health insurance that can be taken out in addition to Medicare to cover services not covered by Medicare (1 Mark).

• People pay a premium that will cover health services not covered by Medicare (1 Mark).

• There are two forms of PHI, Private hospital cover and Ancillary (extras) cover (1 Mark).
b. Students receive two marks for identifying two services that would be covered by an individual signing up for private health insurance.
Possible answers include:
- Access to private hospital care
- Choice of doctor in private hospital
- Elective surgery (E.g. hip replacements)
- Dental/Chiropractic/Physiotherapy services

c. Students receive one mark for correctly identifying a relevant incentive and a second mark for explaining it. Note that students should not receive marks for identifying the '30% rebate' as this was replaced in 2013 with the 'Private health insurance rebate'.
Possible answers are:
- **Lifetime cover** – encourages people to take out hospital insurance earlier in life (Before 31). If you choose to take up PHI after this age, you pay a 2% loading on top of the cost of the health insurance for every year they are aged over 30.
- **Private Health Insurance Rebate** – people with lower incomes may be eligible for a partial refund on their premiums.
- **Medicare Levy Surcharge** – Additional 1 - 1.5% on top of 1.5% levy placed on taxable income for individuals earning above a certain income. Only paid if these individuals DON’T have private health insurance, HENCE encourages these individuals to take out private hospital cover and reduce the demand on the public Medicare system.

d. Students receive two marks for discussing how an aspect of private health insurance could promote the health of an individual with cancer. Links to physical, social or mental health are acceptable answers.
Examples include:
- Those with private health insurance can access private hospitals and may not have to wait for treatment, which could mean that cancer is treated sooner, hence promote physical health (1 Mark).
- Services such as alternative and complementary medicine may be able to be accessed through private health insurance, which could increase the number of treatment options for a person with cancer. This could reduce the stress or anxiety a patient may be feeling about their diagnosis and improve the mental health outcome for the individual (1 Mark).
- Those with private health insurance can choose their own doctor in hospital. This can mean that the person is more comfortable with their treatment, which may reduce stress and enhance mental health (1 Mark).
Question 5

a. Students receive one mark for identifying a trend in relation to fruit and or vegetable consumption. Data should be used to gain a second mark.

For example:

- Males are less likely to meet the recommended number of serves of fruit and/or vegetables (1 Mark). For example 91% males don’t meet fruit and or vegetable recommended serves, compared to approximately 87% females.
- Both males and females are less likely to consume recommended serves of vegetables compared to fruit. For example approximately 85% of people aged over 16 didn’t meet the vegetable recommended servings compared to approximately 50% people don’t that don’t meet the fruit recommendations.

b. Students should discuss how the information in surveys could be used to promote healthy eating for two marks.

Examples include:

- Allows the government to assess food intake against the Australian Dietary Guidelines, which can allow interventions to be put in place and evaluate the effectiveness of current policies and strategies (1 Mark).
- It can be used to assess changes in dietary habits and nutritional status over time to allow comparison with future surveys (1 Mark).
- To guide the development of new nutrition guidelines and promotion strategies (1 Mark).

Question 6

a. Students receive one mark for identifying a trend in relation to change in prevalence of diabetes in Australia. Data should be used to gain a second mark.

For example:

The prevalence of diabetes in Australia has increased between 1989 – 2011-12. For example, in 1989 1.5% of the population was diagnosed with diabetes. This has increased to 4.2% of the population in 2011-12.

b. Students receive one mark for correctly identifying a value of the health system. Students receive a second mark for discussing how increasing rates of diabetes could impact on the value.

Potential values include: Effective, efficient, responsive, accessible, safe, continuous, sustainable.
• **Effective:** If more people require medical treatment due to the increase in prevalence of diabetes, waiting lists may increase which reduces the effectiveness of the health system.

• **Efficient:** treatments and healthcare associated with diabetes can be very expensive. This may decrease the ability of the health system to achieve desired outcomes with the cost effective use of resources.

• **Safe:** If the health system is under more pressure as a result of conditions related to diabetes, funds may not be able to be invested as much in maintaining the safety and quality of health care settings.

• **Sustainable:** If the cost of treating diabetes and other health conditions associated with diabetes increases, funding may not be available to develop other aspects of the health system (E.g. Medical technology)

c. **Students must explain how the Australian Guide to Healthy Eating may assist with reducing the rate of type 2 diabetes. They should link one aspect of the AGHE to a reduction in type 2 diabetes for two marks.**

For example:

• The Australian Guide to Healthy Eating advises to limit the intake of foods containing saturated fat (1 Mark). These foods are often energy dense so limiting their intake can reduce the risk of obesity, and hence decrease the risk of type 2 diabetes (1 Mark).

• The Australian Guide to Healthy Eating demonstrates importance of consuming a variety of foods from the 5 food groups (1 Mark), therefore assisting with weight management and decreasing the risk of type 2 diabetes (1 Mark).

• The Australian Guide to Healthy Eating advises to consume plenty of water and limiting soft drinks (1 Mark), which can assist with weight management and decreasing the risk of type 2 diabetes (1 Mark).

d. **Students receive two marks for briefly explaining how each of the priority areas of the Ottawa Charter could be used to address gestational diabetes. Two examples from each priority area are needed for a total of four marks.**

*Examples include:*

**Creating a supportive environment –**

• Providing a hotline that pregnant women could ring up to assist them with healthy eating during pregnancy (1 Mark).

• Providing a website or app that gives pregnant females healthy eating tips, to assist them reducing their risk of suffering from gestational diabetes (1 Mark).
Develop personal skills –

• Local maternal centres and women’s health clinics could hold workshops that provide pregnant women with information about gestational diabetes and the importance of maintaining a healthy weight to reduce the risk of a pregnant women suffering from gestational diabetes. (1 Mark)

• Attending healthy cooking classes for pregnant women at the local community centre to ensure pregnant women are aware of the importance of a healthy diet during pregnancy. (1 Mark)

e. Students receive two marks for explaining how Medicare could decrease the impact of gestational diabetes.

Examples include:

• By subsidising doctor’s consultations, pregnant women can receive regular checkups to ensure blood glucose levels are in order (1 Mark).

• If severe enough, the pregnant women may require in hospital stay within a public hospital to monitor blood glucose levels and ensure they are at a safe level (1 Mark).

Question 7

a. Students receive one mark for identifying ‘Pharmaceutical Benefits Scheme’. No mark should be awarded if the student writes the acronym only (i.e. PBS).

b. Students receive two marks for stating two services that are covered by Medicare within the casestudy for a total of two marks.

Examples include:

• Public hospital stay
• Emergency heart surgery in the public hospital
• GP consultation

c. Students must explain how the Australian Dietary Guidelines may assist Mark to promote healthy eating for two marks.

For example:

• The Dietary Guidelines advise to limit the intake of energy dense foods containing saturated fat, added salt, added sugars and alcohol (1 Mark), hence limiting these foods may assist Mark with weight management and reduce the risk of Mark suffering further health complications in the future (1 Mark).

• The guidelines suggest to enjoy a wide variety of nutritious foods. The five food groups provide the nutrients required without adding too much energy. This may
promote healthy eating for Mark and reduce the risk of further heart complications and chronic illnesses in the future (1 Mark).

- The guidelines provide serving number and size recommendations for different age groups. Following these suggestions may assist Mark with improving his diet and lifestyle and reduce the risk of future heart complaints (1 Mark).

d. Students receive one mark for identifying a non-government agency that promotes healthy eating in Australia such as Nutrition Australia and the Heart Foundation.

e. Students receive two marks for discussing one way the agency could assist Mark who is considered to be obese.

- Nutrition Australia implements the Health Living Pyramid (1 Mark). This is a food selection model that breaks the diet up into 3 sections (Eat most, eat moderately and eat in small amounts). This model promotes food variety, whilst minimizing fats and foods high in salt and encouraging adequate fibre consumption and sufficient water. (1 Mark).

- The Heart Foundation tick of approval (1 Mark). Food manufacturers can apply to display the Tick if their item meets the requirements for saturated fats etc. This could assist Mark in identifying healthier food options, which could assist with weight management (1 Mark).