



**2018 Trial Examination**

**STUDENT NUMBER**

Figures	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Letter	<input type="text"/>
Words	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		

**HEALTH AND HUMAN DEVELOPMENT**  
**Unit 3 – Written examination**

Reading time: 15 minutes

Writing time: 2 hours

**QUESTION AND ANSWER BOOK**

**Structure of book**

<i>Section</i>	<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
A	6	6	70
B	3	3	30
			Total 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 permitted in this examination.
- Materials supplied**
- Question and answer book of 15 pages.
- Instructions**
- Print your name in the space provided on the top of this page.
  - All written responses must be in English.

**Students are NOT permitted to bring mobile phones and/or any other unauthorised electronic communication devices into the examination room.**

**SECTION A**

**Instructions for Section A**  
Answer all questions in the spaces provided.

**Question 1**

**a.** Identify four of the WHO's prerequisites of health and wellbeing

---

---

---

---

4 marks

**b.** Using an example, explain the interrelationship of the four WHO prerequisites of health and wellbeing identified in part a.

---

---

---

---

4 marks

**Total 8 marks**

**SECTION A - continued**

**Question 2**

a. Explain the interrelationship between emotional and social health and wellbeing.

---

---

---

---

3 marks

b. Describe spiritual health and wellbeing.

---

---

---

2 marks

c. There are many factors that impacts upon a person’s health and wellbeing. Explain how a person’s mental health can impact upon their other dimensions of health and wellbeing.

---

---

---

---

---

---

4 marks

**SECTION A - continued  
TURN OVER**

d. Discuss how health can be subjective.

---

---

---

2 marks

Total 11 marks

**Question 3**

a. Outline the focus of the following models of health.

Social Model of Health:

---

---

---

---

Biomedical Model of Health:

---

---

---

---

“Old” public model of health:

---

---

---

---

6 marks

**SECTION A - continued**

b. Explain how the social model and the biomedical model of health are interrelated.

---

---

---

---

---

---

---

4 marks

c. Discuss the impact of the Ottawa Charter on global health promotion

---

---

---

---

---

3 marks

**SECTION A - continued**  
**TURN OVER**

- d. Complete the following table, by identifying two strengths and two limitations of each model of health.

Model of Health	Strength	Limitation
Social Model		
Biomedical Model		

4 marks

Total 17 marks

**Question 4**

Key health indicators are used to measure health on an individual, national and global scale.

- a. Explain each of the following indicators

i) Disability adjusted life year

---



---

2 marks

ii) Self- assessed health status

---



---

2 marks

**SECTION A - continued**

iii) Burden of disease

---

---

2 marks

iv) Maternal mortality

---

---

2 marks

2 x 4 = 8 marks

**b.** Explain how infant mortality rates may impact spiritual health and wellbeing.

---

---

---

---

3 marks

**c.** Discuss the benefits of using key health indicators to measure global health and wellbeing.

---

---

---

---

3 marks

Total 14 marks

**SECTION A - continued  
TURN OVER**

**Question 5**

BreastScreen Australia is the national breast cancer screening program. It invites women aged between 50 and 74 for a free mammogram every two years. BreastScreen Australia aims to continue to reduce deaths from breast cancer through early detection of the disease.

*Source: <http://www.cancerscreening.gov.au/internet/screening/publishing.nsf/Content/breast-screening-1>*

- a.** Explain how health promotions such as BreastScreen Australia improve the nation's health and wellbeing.

---

---

---

---

3 marks

- b.** Identify and explain three ways a health promotion program can be successful.

---

---

---

---

3 marks

**SECTION A - continued**



c. Explain how the national breast screening program is sustainable.

---

---

---

2 marks

Total 8 marks

**Question 6**

a. Compare Medicare to Private Health Insurance.

---

---

---

2 marks

b. Explain how the National Disability Scheme is improving the social health and wellbeing of those involved.

---

---

---

2 marks

c. Discuss the impact of the Pharmaceutical Benefits Scheme on the health and wellbeing of those living in the low socioeconomic population group.

---

---

---

2 marks

**SECTION A - continued  
TURN OVER**

**d.**

i) Describe how the federal government is using incentives to increase the number of Australians with Private Health Insurance.

---

---

---

2 marks

ii) Explain how increasing the number of Australian's with Private Health Insurance assists to ensure that access to health care services is equitable.

---

---

---

2 marks

**e.** Explain the role of Medicare in relation to accessing health services for all Australians,

---

---

---

2 marks

Total 12 marks

**END OF SECTION A**

**SECTION B**

**Instructions for Section B**

Answer all questions in the spaces provided.

**Question 1**

**Health Promoting environments and healthy food choices**

The Victorian Government is placing good health at the centre of our everyday lives by helping to create health-promoting environments and healthy choices in the places where Victorians spend their time.

The Healthy Eating Advisory Service is available to help childcare centres, schools, workplaces, health services, food outlets, parks and sporting centres to provide healthy foods and drinks to the public in line with Victorian Government policies and guidelines and the healthy eating benchmarks of the Achievement Program.

**Food industry**

The food industry can play a key role in providing and promoting healthy food environments.

The Victorian Government outlines nutrient criteria for food and drinks sold in a variety of settings through *School canteens and other school food services policy* and *Healthy choices: food and drink classification guide*. Both resources use nutrient criteria to categorise foods and drinks as GREEN, AMBER or RED.

The industry can use these guidelines and other resources to drive product innovation, improve their product health position and increase their overall sales.

*Source: <https://www2.health.vic.gov.au/public-health/preventive-health/nutrition/health-promoting-environments>*

- a.** Explain why the traffic light campaign was developed.

---

---

---

2 marks

**SECTION B - continued**  
**TURN OVER**

**b.** Discuss how the success of this campaign could be measured

---

---

---

---

2 marks

**c.** Discuss how this program aligns with the Australian Guide to Healthy Eating.

---

---

---

---

3 marks

**d.** Explain how the promotion campaign reflects one of the action areas of the Ottawa Charter.

---

---

---

---

---

3 marks

Total 10 marks

**SECTION B - continued**

**Question 2**

**a.** Explain how the Australian Guide to Healthy Eating supports healthy eating.

---

---

---

---

2 marks

**b.**

i) Identify the Australian Dietary Guideline that is focused on healthy living lifestyle.

---

1 mark

ii) Explain how the guideline identified above would impact each aspect of health and wellbeing.

---

---

---

---

---

---

---

---

5 marks

**SECTION B - continued  
TURN OVER**

- c. Identify which model of health the Australian Dietary Guidelines are based within and justify your response.

---

---

---

---

---

3 marks  
Total 11 marks

**Question 3**

- a. Explain how biological health factors impact males and females differently.

---

---

---

---

3 marks

- b. Discuss how the sociocultural health status factors impacting those of low socioeconomic status and those living outside major cities are closely aligned.

---

---

---

---

---

3 marks

**SECTION B - continued**

c. Explain and identify three examples of environmental factors that affect health.

---

---

---

---

---

3 marks  
Total 9 marks

**END OF QUESTION AND ANSWER BOOK**