



ATAR course examination, 2017

Question/Answer booklet

HEALTH STUDIES

Please place your student identification label in this box

Student number: In figures

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In words

Time allowed for this paper

Reading time before commencing work: ten minutes

Working time: three hours

Materials required/recommended for this paper

To be provided by the supervisor

This Question/Answer booklet

Multiple-choice answer sheet

Number of additional
answer booklets used
(if applicable):

To be provided by the candidate

Standard items: pens (blue/black preferred), pencils (including coloured), sharpener,
correction fluid/tape, eraser, ruler, highlighters

Special items: nil

Important note to candidates

No other items may be taken into the examination room. It is **your** responsibility to ensure that you do not have any unauthorised material. If you have any unauthorised material with you, hand it to the supervisor **before** reading any further.

Structure of this paper

Section	Number of questions available	Number of questions to be answered	Suggested working time (minutes)	Marks available	Percentage of examination
Section One Multiple-choice	20	20	30	20	20
Section Two Short answer	6	6	90	50	50
Section Three Extended answer	4	2	60	30	30
Total					100

Instructions to candidates

1. The rules for the conduct of the Western Australian external examinations are detailed in the *Year 12 Information Handbook 2017*. Sitting this examination implies that you agree to abide by these rules.

2. Answer the questions according to the following instructions.

Section One: Answer all questions on the separate Multiple-choice answer sheet provided. For each question, shade the box to indicate your answer. Use only a blue or black pen to shade the boxes. If you make a mistake, place a cross through that square, then shade your new answer. Do not erase or use correction fluid/tape. Marks will not be deducted for incorrect answers. No marks will be given if more than one answer is completed for any question.

Section Two: Write your answers in this Question/Answer booklet. Wherever possible, confine your answers to the line spaces provided.

Section Three: Consists of four questions. You must answer two questions. Write your answers in this Question/Answer booklet.

3. You must be careful to confine your answers to the specific questions asked and to follow any instructions that are specific to a particular question.
4. Supplementary pages for the use of planning/continuing your answer to a question have been provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, i.e. give the page number.

Section One: Multiple-choice**20% (20 Marks)**

This section has **20** questions. Answer **all** questions on the separate Multiple-choice answer sheet provided. For each question shade the box to indicate your answer. Use only a blue or black pen to shade the boxes. If you make a mistake, place a cross through that square, then shade your new answer. Do not erase or use correction fluid/tape. Marks will not be deducted for incorrect answers. No marks will be given if more than one answer is completed for any question.

Suggested working time: 30 minutes.

1. The **most** effective way of detecting inequity in a population would be to
 - (a) assess overall population needs.
 - (b) examine life expectancy data.
 - (c) initiate a process of inquiry.
 - (d) measure the usage of screening services.

2. Social determinants of health include
 - (a) housing, access to services and work.
 - (b) food security, addiction and social support.
 - (c) food, transport and culture.
 - (d) education, early life and stress.

3. Australia's overseas aid program provides investment for eligible countries to encourage governments to plan to fund their own economic growth and development. This is because
 - (a) aid is the best means of kick-starting initiatives that promote economic growth.
 - (b) Australia has a responsibility to its neighbouring nations.
 - (c) empowering women will only occur with the support of governments.
 - (d) aid alone cannot solve the problems of poverty and poor economic growth.

4. Which statement provides a rationale for the provision of healthcare system reforms in Australia?
 - (a) Healthcare is a right for all Australians and should be available on the basis of need.
 - (b) Specialist services should be available to Australians who can afford them.
 - (c) Modern healthcare systems need to be able to provide quality care and support.
 - (d) Healthcare system reforms redistribute wealth in communities.

5. A socio-ecological model of health takes into account
 - (a) individual and interpersonal factors that influence health.
 - (b) the range of influences on a person's health.
 - (c) social justice principles.
 - (d) the interaction between individuals and the earth.

See next page

6. What is the term used when agreements or disputes are settled by each party accepting that they can't have everything they want?
- (a) negotiation
 - (b) facilitation
 - (c) compromise
 - (d) arbitration
7. The **main** purpose of a needs assessment is to
- (a) gather information about a population's health.
 - (b) identify how the community can participate actively in decision making.
 - (c) implement strategies to improve a population's health.
 - (d) evaluate the outcome of actions taken to improve a population's health.
8. Social standards that regulate appropriate and inappropriate behaviour are also known as
- (a) government policy.
 - (b) cultural norms.
 - (c) social values.
 - (d) majority norms.
9. Building capacity as it relates to health promotion advocacy means to
- (a) increase the skills of others to address health problems.
 - (b) increase rates of health literacy within communities.
 - (c) identify effective ways of preventing illness and disease.
 - (d) address the social and environmental determinants of health.
10. The basic premise underlying Maslow's Hierarchy of Needs is that people
- (a) must meet higher-level needs before lower-level needs can be achieved.
 - (b) are motivated to achieve certain needs, with some taking priority over others.
 - (c) behave in a way that is consistent with the needs they are trying to achieve.
 - (d) will eventually achieve self-actualisation once lower-level needs are met.
11. Which norms are intended to guide people away from disruptive, harmful or anti-social behaviour?
- (a) social
 - (b) prescriptive
 - (c) cultural
 - (d) proscriptive

12. The Australian Government's private health insurance rebate is
- (a) income tested and dependent on family composition.
 - (b) available to permanent residents and overseas visitors.
 - (c) designed to raise money for public health services.
 - (d) available to all Australians, regardless of age or income.
13. The United Nations Sustainable Development Goal 5 aims to achieve gender equality and empower women and girls. Gender equality is important because
- (a) life expectancies for women lag behind those for men in Western nations.
 - (b) it is a fundamental human right and essential for a prosperous world.
 - (c) overall, women are more likely than men to live and be in paid work longer.
 - (d) overall, women are more likely than men to die prematurely.
14. In some parts of the world, the gap between healthy and unhealthy populations continues to grow. This is **best** explained by
- (a) improvements in healthcare in Western nations.
 - (b) the impact of social determinants of health.
 - (c) minimal improvements in gender equality.
 - (d) the relationship between health and inequity.
15. Which of the following skills can **best** support an individual to control stress and anger and improve their ability to cope with adversity?
- (a) stress management and diffusion
 - (b) self-awareness and assertiveness
 - (c) stress management and emotional intelligence
 - (d) assertiveness and resilience
16. Which of the following has the **greatest** impact on global health inequity?
- (a) poor levels of health literacy
 - (b) barriers to ensuring good health
 - (c) position on the social gradient
 - (d) biomedical determinants
17. Which of the following National Health Priority Areas have preventable risk factors?
- (a) cardiovascular health, dementia and mental illness
 - (b) obesity, high blood pressure and injury
 - (c) cancer, cardiovascular health and asthma
 - (d) cancer, Type 2 diabetes and obesity

18. A strong argument is a view supported by
- (a) reliable evidence and solid reasoning.
 - (b) reputable sources of information.
 - (c) authors with a positive reputation.
 - (d) persuasive reasoning and ethics.
19. Despite having very high organ transplant success rates, Australia has very low rates of organ donation. These data are **best** explained by
- (a) a low demand for donated organs.
 - (b) greater than average life expectancy rates.
 - (c) cultural influences affecting decisions about donation.
 - (d) not enough doctors to perform organ transplants.
20. It is important to have an understanding of culture as it applies to healthcare because
- (a) the provision of healthcare is a fundamental human right.
 - (b) cultural groups may be accepting of traditional forms of healthcare.
 - (c) being culturally aware is essential to developing health literacy skills.
 - (d) beliefs and practices related to healthcare are influenced by culture.

End of Section One

See next page

Section Two: Short answer

50% (50 Marks)

This section has **six (6)** questions. Answer **all** questions. Write your answers in the spaces provided.

Supplementary pages for the use of planning/continuing your answer to a question have been provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, i.e. give the page number.











Suggested working time: 90 minutes.

Question 21

(8 marks)

Infographics are often used by health authorities to present health-related data in pictorial form.

Review the following infographic and answer the question parts that follow.

	 Arthritis	 Diabetes	 Cardiovascular Disease	 Mental health conditions	 Current daily smoker	 No/low levels of exercise	 Lifetime risky drinking
 Major cities	14%	4.7%	4.7%	17%	13%	64%	16%
 Inner regional	20%	6.0%	6.7%	19%	17%	70%	18%
 Outer regional/ Remote	18%	6.7%	5.8%	19%	21%	72%	23%

- (a) What are the **main** messages being conveyed in the infographic? (2 marks)

See next page

Question 21 (continued)

(b) Identify **three** risk factors for disease included in the infographic. (3 marks)

(c) Outline **three** ways in which the data provided in the infographic could be used to improve health outcomes. (3 marks)

Question 22**(5 marks)**

- (a) What are **two** of the primary roles of the World Health Organisation? (2 marks)

One of the areas of work addressed by the World Health Organisation is the promotion of health throughout the life-course. This includes addressing health before birth and throughout the early years, childhood and adolescence.

- (b) Provide **three** reasons why a life-course approach to promote health is important. (3 marks)

Question 23

(8 marks)

Australia's National Health Priority Areas (NHPAs) were first identified in 1996 and are comprised of nine conditions.

(a) Explain why these priorities were chosen.

(2 marks)

Obesity was added to the list of NHPAs in 2008.

- (b) Choose **three** action areas of the Ottawa Charter. For each action area, describe **one** action to address childhood obesity. (6 marks)

Question 24

(10 marks)

- (a) Define resilience and outline **three** reasons why it is an important protective factor for mental health. (4 marks)

- (b) Identify **two** other skills that could be used to support positive mental health. For each one, describe how a young person could apply the skill to prevent problems associated with the pressures of Year 12. (6 marks)

Question 25

(10 marks)

(a) What are **two** aims of health promotion advocacy?

(2 marks)

- (c) Explain the key purpose of collecting data to ascertain needs within a community. (2 marks)

End of Section Two

See next page

Section Three: Extended answer

30% (30 Marks)

This section contains **four (4)** questions. You must answer **two (2)** questions. Write your answers in the spaces provided.

Supplementary pages for the use of planning/continuing your answer to a question have been provided at the end of this Question/Answer booklet. If you use these pages to continue an answer, indicate at the original answer where the answer is continued, i.e. give the page number.

Suggested working time: 60 minutes.

Question 27

(15 marks)

The National Disability Insurance Scheme (NDIS) supports a better life for many Australians who have a significant, permanent disability. This scheme also includes support for their families and carers. The NDIS provides support to all Australians under the age of 65 who are living with a permanent disability that affects their ability to take part in normal, everyday activities.

- (a) Explain the impact of **three** social determinants that contribute to health inequities experienced by people living with a significant, permanent disability. **(6 marks)**

Social justice principles are an essential part of health promotion.

- (b) Identify **three** principles of social justice. Explain how each principle can improve the health of people living with a disability. (9 marks)

Question 28

(15 marks)

The United Nations (UN) Sustainable Development Goals build on the Millennium Development Goals and comprise a plan to stimulate worldwide action toward ending poverty and hunger and improving health.

Choose **three** of the UN Sustainable Development Goals studied in this course. For each goal, describe what it strives to achieve and explain why it is important.

Question 29

(15 marks)

Participating in regular physical activity is one of the most important things a person can do for their health. However, current rates of physical activity in Australia are well below recommended levels. Programs designed to increase physical activity should take into account the reasons why healthy choices may be difficult. A socio-ecological model can be used to inform the design of such programs.

- (a) Describe why the socio-ecological model of health has been useful for addressing public health problems. (3 marks)

- (b) Outline **four** levels within the socio-ecological model of health. For each level, suggest **two** strategies that could be applied to improve levels of physical activity. (12 marks)

- (b) Aside from social and cultural norms, define **three** other types of norms that influence alcohol use among young people under the age of 18 in Australian society. Use examples to explain how each of these norms influences behaviour for this population group. (9 marks)

Lined area for writing the answer to question (b).

ACKNOWLEDGEMENTS

Question 21 Infographic from: Australian Institute of Health and Welfare (AIHW). (2016). *Australia's health 2016: In brief*, p. 32. Retrieved April, 2017, from www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=60129557059 Used under Creative Commons Attribution 3.0 Australia licence.

Question 30 *Daniel Ricciardo performs the 'shoey', [...]* [Image]. (2016). Retrieved April, 2017, from <http://www.essentiallysports.com/daniel-ricciardo-peoples-champion/>

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