



ATAR course examination, 2020

Question/Answer booklet

HEALTH STUDIES

Please place your student identification label in this box

WA 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	60	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 2020: Part II Examinations*. 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. Do not use erasable or gel pens. 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 planning/continuing your answers to questions are 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. Do not use erasable or gel pens. 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. Which of the following is the **most** effective method of determining the prevalence of tobacco consumption among 18–24 year olds in Australia?
 - (a) conduct a survey using a random sample of young people
 - (b) administer an online survey via a range of social media sites
 - (c) interview a sample of young people
 - (d) record tobacco sales and demographics

2. The impact of a biomedical determinant on health inequities could be
 - (a) women experience fewer opportunities compared to men in the workplace.
 - (b) greater disadvantage in early life can cause poorer long-term health outcomes.
 - (c) low health status of family members increases the risk of mental health problems.
 - (d) low birth weight increases the risk of health problems later in life.

3. A strategy to train Indigenous healthcare providers in the south-west of Western Australia, to increase awareness of type 2 diabetes in their communities, is an example of
 - (a) building capacity.
 - (b) raising awareness.
 - (c) mobilising groups.
 - (d) developing partnerships.

4. The socio-ecological model (SEM) can help plan health promotion programs. Which of the following provides an example of a program at an organisational level?
 - (a) doctors placing brochures on healthy eating in their waiting rooms
 - (b) governments implementing a tax on sugary drinks
 - (c) school canteens introducing a traffic light system for their menus
 - (d) people purchasing healthy cookbooks to learn how to cook balanced meals

5. The *Voluntary Assisted Dying Act 2019* of Western Australia influences beliefs, attitudes and values by
 - (a) allowing terminally-ill individuals to decide the timing and manner of their deaths.
 - (b) providing an externally-formed position by authority figures and experts.
 - (c) changing internally-generated beliefs due to policy reform.
 - (d) supporting the wishes of terminally ill patients and their families.

See next page

6. The National Cervical Screening Program introduced in 2017, recommends women aged 25–75 receive a pelvic examination every five years. This is a useful population health program as it
- specifically targets people who are time poor.
 - encourages all population groups to participate.
 - allows early detection for a specific population group.
 - targets women with early symptoms of cervical cancer.
7. Health inequities that arise from the conditions in which people are born, grow, live, work and age are referred to as which type of health determinant?
- social
 - environmental
 - socioeconomic
 - biomedical

Refer to the table below to answer Question 8.

Drinking behaviours of Australians aged 14 years and over, 2013 and 2016

	2013	2016
Drank alcohol daily (14 years and over)	6.5%	5.9%
Drank alcohol weekly (14 years and over)	37.3%	35.8%
Abstained from alcohol (12–17 years)	72.3%	81.5%
Age when had first full serve of alcohol (14–24 years)	15.7 years	16.1 years
Exceeded lifetime risk guidelines (14 years and over)	18.2%	17.1%

8. Which of the statements below, relating to trends in the data between 2013 and 2016, is correct?
- The majority of young people aged 12–17 years had tried alcohol.
 - There had been greater improvements in daily than weekly alcohol consumption.
 - Positive improvements were made in all categories.
 - Over 40% of young people aged 14 years and over drank at least weekly in 2016.
9. For the majority of the Australian population excessive alcohol consumption and driving would be considered which type of norm?
- proscriptive
 - prescriptive
 - popular
 - majority

10. The United Nations Sustainable Development Goal 3 aims to ensure healthy lives and promote wellbeing for all ages. A target of Goal 3 is to
- (a) eradicate extreme poverty for all people everywhere.
 - (b) end hunger and ensure food security for all people.
 - (c) ensure universal access to sexual and reproductive health services.
 - (d) strengthen capacity of all countries to manage global health risks.
11. Geographic location affects the health status of groups and individuals because
- (a) people living in rural and remote areas are more likely to be physically active than those living in urban areas.
 - (b) access to healthcare services can be limited in rural and remote areas, creating a barrier to good health.
 - (c) people living in the city have higher incomes, which increases their access to healthcare services.
 - (d) lack of green space and limited transport creates poorer health outcomes for those living in urban areas.
12. Maslow's hierarchy indicates the need for respect or reputation is important for adolescents. This statement **most** closely aligns with which level of the hierarchy?
- (a) self-actualisation
 - (b) love and belonging
 - (c) esteem
 - (d) psychological
13. An effective strategy to create a supportive environment to improve child dental health is
- (a) subsidised cost of blenders and healthy recipes to encourage new parents to make food instead of purchasing pre-packaged baby food.
 - (b) reduced taxation on dental hygiene products, such as children's toothpaste and dental floss.
 - (c) a media campaign informing children and their parents about how to care for their teeth properly.
 - (d) a ban on all sugary food and drink advertisements during children's peak television viewing hours.

14. The purpose of the Rio Declaration on Social Determinants of Health is to
- (a) coordinate members of the United Nations to improve social determinants globally.
 - (b) gain global political commitment for the implementation of a social determinants approach to reducing health inequities.
 - (c) build on the progress of the Ottawa Charter for Health Promotion by addressing social determinants.
 - (d) achieve global health priorities such as equity for all and improved social and political climates.
15. An example of a qualitative method for exploring workplace mental health problems is
- (a) a survey using questions with Likert scale responses for all staff.
 - (b) analysis of staff leave records.
 - (c) a workplace audit to identify mental health strategies.
 - (d) one-on-one interviews with a sample of staff.
16. The most effective format for presenting findings from an inquiry on mental health to immigrants is
- (a) an oral presentation supported by a visual display using a large font.
 - (b) a research poster using graphs and tables to report statistics.
 - (c) brochures in a range of languages, with pictures to support key messages.
 - (d) a written report using a variety of references from reputable current sources.
17. Communities working together in difficult times, such as during a bushfire or flood, to overcome diversity, is an example of
- (a) empowerment.
 - (b) resilience.
 - (c) community development.
 - (d) mobilisation.
18. Once proposed measures have been accepted in the PABCAR decision-making process, health promoters should
- (a) determine whether the benefits of the interventions outweigh the costs.
 - (b) recommend the most effective actions and monitor their implementation.
 - (c) review all action plans and implement the most effective interventions.
 - (d) evaluate recommendations and analyse the success of the process.
19. The subsidising of medicine costs to provide timely, reliable and affordable access to necessary medicines for Australians describes
- (a) building healthy public policy.
 - (b) social justice.
 - (c) the Pharmaceutical Benefits Scheme.
 - (d) health promotion advocacy.

See next page

20. Mortality data provides information about
- (a) the overall health of population groups.
 - (b) diseases that impact productivity among population groups.
 - (c) types of injuries that impact population groups.
 - (d) patterns of diseases that cause death among population groups.

End of Section One

See next page

Section Two: Short answer

50% (60 Marks)

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

Supplementary pages for planning/continuing your answers to questions are 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

(9 marks)

The *Close the Gap: Indigenous Health Campaign* aims to reduce disadvantage among Aboriginal and Torres Strait Islander Peoples with respect to life expectancy, child mortality, access to early childhood education, educational achievement and employment outcomes. It is a formal commitment made by Australia's peak Indigenous and non-Indigenous health bodies, non-government organisations and human rights organisations to achieve Aboriginal and Torres Strait Islander health equality by 2030.

- (a) Define the **three** principles of social justice as taught in the curriculum. (3 marks)

- (b) Explain how the *Close the Gap: Indigenous Health Campaign* strategy seeks to achieve the **three** principles of social justice defined in part (a). (6 marks)

Question 22

(12 marks)

Several healthcare system reforms have been introduced in Australia since 1948, including the private health insurance rebate.

- (a) Outline the private health insurance rebate and explain how encouraging the uptake of private health insurance can reduce health inequities. (3 marks)

Blood transfusions are used for surgeries, major injuries and for people who suffer some diseases.

- (b) Identify **three** factors that may influence an individual's decision to donate blood. (3 marks)

Australians gave more than 1.5 million blood donations during 2019. However, the Australian Red Cross Lifeblood program, needs more regular donors.

- (c) Describe **one** enabling, **one** advocacy and **one** mediating strategy that could be used to increase the number of regular donors to the Australian Red Cross Lifeblood program. (6 marks)

Question 23

(10 marks)

The National Strategic Framework for Chronic Conditions (NSFCC) provides guidance for the development and implementation of policies, strategies, actions and services to reduce the impact of chronic conditions in Australia. There are three objectives that support the vision of the NSFCC. Objective Three is to 'Target Priority Populations'.

- (a) Identify **one** priority population group stated in the NSFCC and justify the importance of targeting this population. (4 marks)

- (b) Explain the purpose of the other **two** objectives that support the vision of the NSFCC. (6 marks)

Question 24**(13 marks)**

In 2019–20, Australia experienced one of its most severe summer seasons on record, with bushfires, floods, hailstorms and dust tsunamis' ravaging drought-stricken regions. Damage has been extensive and, tragically, many people have died and an estimated 1 billion animals killed.

- (a) Using **two** examples, explain the influence the environmental factor 'social networks' may have on health behaviours of people who have been socially isolated as a result of natural disasters. (4 marks)

Question 24 (continued)

- (b) Explain the impact natural disasters may have on the personal, social and cultural identity of the Australians displaced by them. (9 marks)

Question 25**(6 marks)**

Emily is the practice manager at a medical centre and has recently received several complaints from staff who have witnessed a staff member bullying a transgender woman who has recently been employed as a receptionist. When confronted about the allegations, the staff member denies the accusations and becomes agitated and defensive, causing tension among the staff.

- (a) Identify **two** communication and collaboration skills Emily could use to manage the conflict among staff members. (2 marks)

- (b) Using the **two** communication and collaboration skills identified in part (a), describe how Emily could best apply these skills to reconcile the staff members. (4 marks)

Question 26

(10 marks)

Study the table below, which shows Western Australian immunisation data for children, and use this data to help answer parts (a) and (b) of this question.

Full immunisation coverage* for 5-year-old children by primary health network area in Western Australia (WA) 2015 and 2019

	2015		2019	
	All children	ATSI†	All children	ATSI
Perth North	90.90	90.28	93.17	94.25
Perth South	89.86	92.00	93.40	94.16
Country WA	91.21	95.85	94.39	96.81

* full immunisation coverage relates to recommended vaccines funded by the National Immunisation Program

† ATSI (Aboriginal and Torres Strait Islander)

(a) Outline **two** trends presented in the data. (2 marks)

(b) Using **two** examples, describe how beliefs and attitudes may affect immunisation rates in Western Australia. (4 marks)

- (c) A state of emergency was declared as a result of the 2019 measles outbreak in Samoa. Describe **two** health inequities that may have contributed to the epidemic. (4 marks)

End of Section Two

See next page

Section Three: Extended answer

30% (30 Marks)

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

Supplementary pages for planning/continuing your answers to questions are 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)

In late 2019, the small Victorian coastal community of Mallacoota was hit by a catastrophic bushfire, claiming numerous homes and forcing the evacuation of thousands of residents and tourists. Bushfire recovery experts suggest that the most important need for the community's recovery is ongoing psychological support to encourage residents to remain positive and avoid unhelpful thoughts.

- (a) Outline **three** other types of need that should be considered. (3 marks)

To plan for the recovery of the Mallacoota community, a needs assessment will be carried out.

- (b) Describe the first **six** steps of the needs assessment process that must be completed in the Mallacoota community. (12 marks)

Question 28

(15 marks)

- (a) Provide a rationale justifying when it is best to use health promotion advocacy. (3 marks)

Cardiovascular disease is the leading worldwide cause of death. In Australia in 2017, 27% of all deaths and 11% of all hospitalisations were attributable to cardiovascular disease. It is associated with lifestyle risk factors such as smoking, high cholesterol, high blood pressure, diabetes, being inactive, being overweight, following an unhealthy diet and depression.

- (b) Healthy eating and an active lifestyle can help to prevent cardiovascular disease. Outline **four** advocacy strategies and describe how each could be used to advocate for good nutrition and physical activity in schools. (12 marks)

Question 29

(15 marks)

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(a) Outline how **three** social determinants of health contribute to health inequities. (3 marks)

(b) Identify and describe **four** global or local barriers to addressing social determinants of health in developing countries that suffer from malnutrition. (12 marks)

Question 30

(15 marks)

- (a) Infectious diseases have potential to impact the health of individuals and populations. Provide **three** examples of how an individual’s health literacy around infectious diseases can positively impact the Australian population. (3 marks)

- (b) The World Health Organisation (WHO) plays an important role in responding to health issues. Identify **four** roles of the WHO and explain how each apply to the control of a global health issue. (12 marks)

See next page

ACKNOWLEDGEMENTS

- Question 6** Information from: Department of Health. (2020). *National cervical screening program policies*. Retrieved May, 2020, from <http://www.cancerscreening.gov.au/internet/screening/publishing.nsf/Content/national-cervical-screening-program-policies>
- Question 8** Table adapted from: Australian Institute of Health and Welfare. (2018). *Australia's health 2018*. Retrieved May, 2020, from <https://www.aihw.gov.au/getmedia/8849198b-6b20-4e6e-bb46-c3bb754b8a40/aihw-aus-221-chapter-4-6.pdf.aspx>
- Question 14** Adapted from: World Health Organization (WHO). (n.d.). *Rio political declaration on social determinants of health*. Retrieved May, 2020, from <https://www.who.int/sdhconference/declaration/en/>
Used under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Intergovernmental Organization licence.
- Question 19** Question text adapted from: The... (2020). Retrieved May, 2020, from <http://www...>
- Question 21** Question text adapted from: Australian Indigenous Health/InfoNet. (n.d.). *Closing the gap*. Retrieved May, 2020, from <https://healthinfonet.ecu.edu.au/learn/health-system/closing-the-gap/>
- Question 23** Adapted from: Department of Health. (n.d.). *National strategic framework for chronic conditions*. Retrieved May, 2020, from <https://www.health.gov.au/resources/publications/national-strategic-framework-for-chronic-conditions>
- Question 24** Question text adapted from: Hanrahan, J. (2020). *Welcome to Australia's angriest summer: Bushfires, floods, hail storms and dust tsunamis have ravaged the drought-stricken country over the past few months - but it's not over yet*. Retrieved May, 2020, from <https://www.dailymail.co.uk/news/article-7910141/Australia-battles-angriest-summer-bushfire-floods-hail.html>
- Question 26** Table data from:
Department of Health. (2015). *Australian childhood immunisation register - Coverage report - All children: Primary Health Network (PHN) by age group (Age calculated as at 31MAR15)*. Retrieved May, 2020, from <https://www.health.gov.au/sites/default/files/all-children-phn-dec2015.pdf>
Department of Health. (2019). *Australian immunisation register - Coverage report: All children Primary Health Network (PHN) coverage by age group*. Retrieved May, 2020, from <https://www.health.gov.au/sites/default/files/documents/2020/02/2019-phn-childhood-immunisation-coverage-data-december-2019-annualised-data---all-children.pdf>

Question 28(b) Introductory text adapted from: Australian Bureau of Statistics. (2018). *Heart, stroke and vascular disease*. Retrieved May, 2020, from <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2017-18~Main%20Features~Heart,%20stroke%20and%20vascular%20disease~55>
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Question 29 Introductory text adapted from: Müller, O., & Krawinkel, M. (2005). Malnutrition and health in developing countries. *Canadian Medical Association Journal*, 173 (3), p. 279. doi:10.1503/cmaj.050342

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