

ATAR course examination, 2021

Question/Answer booklet

YEAR 12
HEALTH STUDIES

Student Name: _____

Number of additional answer booklets used (if applicable):	
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Time allowed for this paper

Reading time before commencing work: ten minutes
Working time: three hours

Materials required/recommended for this paper

This Question/Answer booklet
Multiple-choice answer sheet

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 written examination
Section One Multiple-choice	20	20	30	20	20
Section Two Short answer	9	9	90	50	50
Section Three Extended answer	4	2	60	30	30
Total					100

Instructions to candidates

- The rules for the conduct of the Western Australian external examinations are detailed in the *Year 12 Information Handbook 2021*. Sitting this examination implies that you agree to abide by these rules.
- 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.
- 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.
- 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. 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. Select the statement that is most correct about people living in rural and remote locations in comparison to those living in major cities?
 - a) Higher life expectancy due to the lack of pollution
 - b) Have a stronger social group due to the smaller population in many rural areas
 - c) Experience poorer access to health care
 - d) Have a higher food security due to many jobs being in food production

2. Which of the following statements about Maslow's Hierarchy is correct?
 - a) Self-actualisation can never be fully satisfied.
 - b) People must achieve all aspects of each stage before progressing to the next stage.
 - c) Belongingness and love needs are the easiest to attain.
 - d) Physiological needs include job security and emotional wellbeing.

3. Identify the four types of needs:
 - a) Physical, Emotional, Mental, Spiritual
 - b) Normative, Expressed, Comparative, Felt
 - c) Food, Water, Shelter, Safety
 - d) Normal, Excessive, Progressive, Resistant

4. An example of the enabling strategy for the Ottawa Charter is:
 - a) meeting with local council members to plan a community fair to promote healthy lifestyle choices
 - b) meeting with politicians to increase funding for sports grounds
 - c) teaching school students the importance of having a physically active lifestyle
 - d) creating anti-smoking posters to be put up near exercise areas.

5. Select the statement that is not an action area from the *Rio Declaration on Social Determinants of Health*.
 - a) To monitor progress and increase accountability.
 - b) To adopt better governance for health and development.
 - c) To strengthen global governance and collaboration.
 - d) To ensure all determinants of health are improved regardless of social gradient.

6. Which of the following responses about the Pharmaceutical Benefit Scheme is correct?
- Extra concessions are available for those with low income.
 - If a medicine is found to be cost effective, the government negotiates the price with the supplier.
 - Once people with an ongoing illness have paid a certain amount on medication, they can get their PBS medication for free until the end of that year.
 - All of the above.
7. All of the following are ways of developing resilience except:
- using optimism and positive thought
 - developing coping skills through previous experience, observing others and social persuasion
 - avoiding communication with friends and/or relatives
 - using positivity to feel good about yourself.
8. Which of the following focus questions would be most appropriate to use when developing a health inquiry, regarding chronic disease in Australia?
- Which primary prevention strategies have the greatest influence on reducing the prevalence of chronic disease in Australia?
 - Do chronic diseases reduce life expectancy in Australia?
 - How can chronic disease be prevented?
 - What is the chronic disease with the highest mortality rates in Australia?
9. The PABCAR process is being used by a health promoter to assess increasing the legal drinking age from 18 years to 21 years of age in Australia. When researching the problem, what information would be most beneficial during this step?
- A description of the effects of alcohol abuse on 18-year olds.
 - An understanding of the problem finding target groups, epidemiological data, cost to the community and community perceptions.
 - A detailed list compiling all the benefits of completing the intervention against all the costs of the intervention.
 - Understanding how accepted the intervention will be among the wider community.
10. Which of the following best highlights the social determinant of health in relation to work, and their influence on health inequities?
- If a worker is not paid fairly, they will be unable to pay for healthy food and health care.
 - If a worker must face dangerous conditions on the job the increased stress and risk of injury affects their health.
 - The pay a worker receives should not be influenced by their gender or religious/political beliefs.
 - If a person is unable to get a job, they will have increased levels of stress leading to a reduction in their health.
11. The poor diet of an individual based on all local food venues serving unhealthy foods is an example of which environmental determinant of health?
- Housing/neighbourhood
 - Features of the natural environment
 - Food
 - Geographic location

12. Which factors contribute to health inequities for new migrants/refugees?
- Increased levels of drug and alcohol addiction.
 - Discrimination based on language barriers.
 - A lack of support from family.
 - The ability to buy healthy foods at reasonable prices.
13. Global and local barriers to improving the social determinants of health include:
- Availability of clean drinking water, famine and drought
 - Health literacy, access to education and available transport
 - Influence of war, disease and racism
 - High infant mortality rates and increased incidence of disease
14. Which of the following is not one of the six World Health Organisation goals?
- Providing leadership on matters critical to health and engaging in partnerships where joint action is needed.
 - Articulating ethical and evidence-based policy options.
 - Monitoring the health situation and assessing health trends.
 - Raising and distributing finances to countries in greatest need of assistance.
15. Select the Sustainable Development Goal (SDG) that has the following target: *By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births.*
- SDG 2
 - SDG 3
 - SDG 4
 - SDG 5
16. A focused form of advocacy that aims to shape public policy is known as:
- champions
 - framing issues
 - raising awareness
 - lobbying.
17. What is the purpose of the Australia Aid Program?
- Promote Australia's national interests by contributing to economic growth and poverty reduction in the Indo-Pacific region.
 - To provide Australian citizens who live in poverty food, shelter and support.
 - Providing accommodation and support for asylum seekers who have been displaced in the Indo-Pacific region.
 - To subsidise the cost of medication in Australia that has been proven to work and be cost efficient.
18. Teaching school children the importance of a healthy diet and being physically active is an example of which objective from the *National Strategic Framework for Chronic Conditions*?
- Target priority populations.
 - Provide efficient, effective and appropriate care and support for people with chronic conditions to optimise quality of life.
 - Focus on prevention for a healthier Australia.
 - High standard, appropriate support and services are available, accessible, equitable and affordable for all Australians.

19. The life expectancy at birth in Australia in 2020 was 82.7 years. The life expectancy in Afghanistan at birth was 52.8 years. Which of the following points best supports this difference in life expectancy?
- a) Australia has lower levels of child and infant mortality.
 - b) Afghanistan has lower levels of child and infant mortality.
 - c) Australia has a more stable climate resulting in greater food production through farming.
 - d) Afghanistan has a more stable climate resulting in greater food production through farming.
20. Which of the following examples best demonstrates a proscriptive norm?
- a) Encouraging people to slip, slop, slap when being active outdoors.
 - b) A popular celebrity advertising a new healthy energy drink that everyone should try.
 - c) Banning the use of mobile phones while driving.
 - d) Using the SafeWA app to check in at public locations to assist with COVID-19 contact tracing.

End of Section One

Question 31

(15 marks)

'Nearly 40% of all teenagers have posted or sent sexually suggestive messages, but this practice is more common among boys than girls' (DoSomething, 2021).

Design an inquiry to investigate the reasons why young people choose to engage in this risky health behaviour.

- a) State the purpose of the inquiry. (1 mark)

- b) Construct three inquiry questions that could be used to investigate the issue and inform future health promoters regarding this issue. (3 marks)

- c) Describe three steps you would now take in this process of health inquiry. (6 marks)

Question 32

(15 marks)

Governments, at times, can act on behalf of, or make decisions based upon popular beliefs and attitudes towards a particular situation. If they believe something is important enough, to debate and act upon, this can influence the beliefs and attitudes of a population. (Lockhart, 2015)

- a) Outline three positive health behaviours that are influenced by government policy in Australia. (3 marks)

- b) Outline three negative health behaviours that are influenced by government regulation in Australia. (3 marks)

ACKNOWLEDGEMENTS

Question 21

<https://www.who.int/about>

Question 22

<https://www.donatelife.gov.au/about-donation/frequently-asked-questions/facts-and-statistics>

Question 23

<https://www.health.gov.au/sites/default/files/documents/2019/09/national-strategic-framework-for-chronic-conditions.pdf>

Question 25

<https://www.abc.net.au/news/2021-07-20/rise-of-self-harm-mental-health-services-covid-pandemic/100305640>

Question 26

<https://www.dhs.gov/blue-campaign/what-human-trafficking>

<https://www.worldvision.com.au/get-involved/advocacy/australian-aid>

Question 29

<https://www.refugeecouncil.org.au/asylum-community/>

Question 31

<https://www.dosomething.org/us/facts/11-facts-about-sexting>

Question 32

<https://rollup.wa.gov.au/>

Question 33

<https://www.wfpusa.org/articles/10-facts-about-the-syrian-refugee-crisis-in-jordan/>