HEALTH STUDIES

Please place your student identification label in this box

WA student number: In figures

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

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

<table>
<thead>
<tr>
<th>Section</th>
<th>Number of questions available</th>
<th>Number of questions to be answered</th>
<th>Suggested working time (minutes)</th>
<th>Marks available</th>
<th>Percentage of examination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section One Multiple-choice</td>
<td>20</td>
<td>20</td>
<td>30</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Section Two Short answer</td>
<td>6</td>
<td>6</td>
<td>90</td>
<td>62</td>
<td>50</td>
</tr>
<tr>
<td>Section Three Extended answer</td>
<td>4</td>
<td>2</td>
<td>60</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>100</strong></td>
<td></td>
</tr>
</tbody>
</table>

Instructions to candidates

1. The rules for the conduct of the Western Australian external examinations are detailed in the *Year 12 Information Handbook 2019*. 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.
3 HEALTH STUDIES

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. Adapting health care in response to individual needs is reflected in which of the following principles of the National Strategic Framework for Chronic Conditions?
   (a) person-centred approaches
   (b) personalised approaches
   (c) individualised approaches
   (d) culturally-sensitive approaches

2. Which of the following social justice examples reflects the principle of a supportive environment?
   (a) health information in languages that can be understood by the community
   (b) healthy food outlets and vending machines in community facilities
   (c) mobile vaccination clinics in rural and remote areas
   (d) subsidised dental checks in schools to all school-age children

3. Driving under the influence of alcohol and/or other drugs is behaviour that would be in conflict with the
   (a) majority norms of the community.
   (b) cultural norms of specific groups.
   (c) social norms of specific groups.
   (d) popular norms of the community.

4. The Pharmaceutical Benefits Scheme improves equity and access to healthcare by providing
   (a) subsidised medications for all Australians.
   (b) education on the prevention and management of illness.
   (c) timely and affordable medications to those who qualify.
   (d) subsidised access to medications outside of Australia.

5. Controlling anger and minimising conflict in group situations reflects which of the following skills?
   (a) resilience
   (b) assertiveness
   (c) mediation
   (d) conflict resolution
6. The importance of international cooperation between organisations, such as the United Nations and the Red Cross, is expressed in which action of the Rio Declaration on Social Determinants of Health?

(a) redirecting the health sector to reduce health inequity
(b) promoting participation in policy-making and implementation
(c) monitoring progress and increasing accountability
(d) strengthening global governance and collaboration

7. Overcoming language barriers in health settings can be helped by

(a) providing summarised information to patients.
(b) using both verbal and non-verbal cues.
(c) predicting health care needs of patients.
(d) speaking slowly to allow for lip-reading.

8. Having a job and stable housing align with which level of Maslow’s Hierarchy of Needs?

(a) self-actualisation
(b) self-esteem
(c) love and belonging
(d) safety

9. Actions to address health inequity through systemic changes include

(a) implementing law reform.
(b) building more schools.
(c) reducing community violence.
(d) improving human rights.

10. Addressing access and equity issues faced by specific populations requires

(a) applying most Ottawa Charter action areas.
(b) focusing attention to address the social determinants of health.
(c) conducting community focus groups to determine needs.
(d) adopting intervention strategies for marginalised groups.

11. Which of the following describes a prescriptive norm?

(a) acceptable behaviour that is expected
(b) unacceptable behaviour that is expected
(c) acceptable behaviour that is recommended
(d) unacceptable behaviour that is recommended
Refer to the table below to answer Questions 12 and 13.

### Percentage of people smoking daily, by age and sex, 2001, 2013 and 2016

<table>
<thead>
<tr>
<th>Age group</th>
<th>Males</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th>Females</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>12–17</td>
<td>n.a.</td>
<td>4.0</td>
<td>1.6</td>
<td>n.a.</td>
<td>n.a.</td>
<td>2.8</td>
<td>1.3</td>
<td>n.a.</td>
<td></td>
</tr>
<tr>
<td>18–24</td>
<td>24.5</td>
<td>14.0</td>
<td>12.3</td>
<td>–50%</td>
<td>23.5</td>
<td>12.7</td>
<td>10.8</td>
<td>–54%</td>
<td></td>
</tr>
<tr>
<td>25–29</td>
<td>30.9</td>
<td>17.3</td>
<td>19.3</td>
<td>–38%</td>
<td>23.0</td>
<td>15.0</td>
<td>12.2</td>
<td>–47%</td>
<td></td>
</tr>
<tr>
<td>30–39</td>
<td>26.9</td>
<td>17.1</td>
<td>17.0</td>
<td>–37%</td>
<td>24.2</td>
<td>10.3</td>
<td>11.1</td>
<td>–54%</td>
<td></td>
</tr>
<tr>
<td>40–49</td>
<td>23.4</td>
<td>17.9</td>
<td>19.1</td>
<td>–18%</td>
<td>20.6</td>
<td>14.5</td>
<td>14.8</td>
<td>–28%</td>
<td></td>
</tr>
<tr>
<td>50–59</td>
<td>20.1</td>
<td>16.7</td>
<td>14.4</td>
<td>–28%</td>
<td>16.0</td>
<td>13.4</td>
<td>14.1</td>
<td>–12%</td>
<td></td>
</tr>
<tr>
<td>60–69</td>
<td>12.7</td>
<td>12.9</td>
<td>11.5</td>
<td>–9.4%</td>
<td>10.1</td>
<td>10.3</td>
<td>9.2</td>
<td>–8.9%</td>
<td></td>
</tr>
<tr>
<td>70+</td>
<td>7.0</td>
<td>6.6</td>
<td>7.3</td>
<td>4.2%</td>
<td>4.6</td>
<td>5.2</td>
<td>4.9</td>
<td>6.5%</td>
<td></td>
</tr>
<tr>
<td>14+</td>
<td>20.9</td>
<td>14.5</td>
<td>13.8</td>
<td>–34%</td>
<td>17.9</td>
<td>11.2</td>
<td>10.7</td>
<td>–40%</td>
<td></td>
</tr>
<tr>
<td>18+</td>
<td>21.8</td>
<td>15.1</td>
<td>14.6</td>
<td>–33%</td>
<td>18.3</td>
<td>11.6</td>
<td>11.2</td>
<td>–39%</td>
<td></td>
</tr>
</tbody>
</table>

12. From a health promotion perspective, which of the following statements regarding the percentage change of people smoking daily is correct?

(a) Positive gains were made overall in all age groups.
(b) The smallest gains were in the 60–69 year age group.
(c) Negative gains were made in all but one age group.
(d) The largest gains were in the 18–24 year age group.

13. If the trends in the table continue, the next time data is collected it is likely to show the percentage of

(a) people smoking daily declining in all but one age group.
(b) people smoking daily remaining stable in most age groups.
(c) females smoking daily declining in all age groups.
(d) males smoking daily declining in all age groups.

14. A disadvantage of individuals completing a self-report survey on drug use behaviour is that

(a) the survey respondents may over-report drug use due to social disapproval.
(b) it can be difficult to obtain valid and reliable statistical information.
(c) the survey respondents may under-report illicit drug use.
(d) confidentiality within the data collection process cannot be guaranteed.

15. Government action aimed at promoting employment should focus on

(a) decreasing welfare benefits so people are more encouraged to find work.
(b) providing jobs within the government for the long-term unemployed.
(c) equipping people with the skills that match the type of work available.
(d) increasing awareness of the link between anxiety and job insecurity.

See next page
16. Health literacy is a critical skill, even for those who already possess advanced literacy skills. This is because

(a) health literacy skills need to be practised to be retained.
(b) health literacy skills generally decline with age.
(c) accurate and reliable health information is difficult to find.
(d) health information may become outdated or forgotten.

17. Epidemiology is the study of health events in populations and is concerned specifically with

(a) frequency and pattern.
(b) analysis and pattern.
(c) frequency and amount.
(d) incidence and extent.

18. When designing policy to influence health behaviour, which question is the most important consideration for policy makers?

(a) What resources are available to support policy change?
(b) What health behaviours are resistant to change?
(c) What motivates and drives health behaviour?
(d) What has worked successfully in the past?

19. The World Health Organisation supports improved global health by

(a) providing aid to countries with priority needs.
(b) identifying health issues in need of attention.
(c) working collaboratively with multiple partners.
(d) eradicating corruption within governments.

20. Which of the following aims to reduce physical activity-related inequities?

(a) increased time allocation for physical education in primary schools
(b) subsidised sporting club memberships for low socio-economic groups
(c) strategies aimed at increasing personal motivation to be physically active
(d) provision of education on the benefits of increased physical activity

End of Section One
This page has been left blank intentionally
Section Two: Short answer 50% (62 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 (11 marks)

In broad terms, a community needs assessment provides a systematic means of identifying and analysing the needs of a population and planning for change.

(a) The table below contains descriptions of key terms that are relevant to the process of a needs assessment. Complete the table by inserting the key term matching each description. (5 marks)

<table>
<thead>
<tr>
<th>Description</th>
<th>Key term</th>
</tr>
</thead>
<tbody>
<tr>
<td>determined by a community survey of residents</td>
<td></td>
</tr>
<tr>
<td>a tool for documenting ways to achieve goals</td>
<td></td>
</tr>
<tr>
<td>determined by collecting data about the use of a health service</td>
<td></td>
</tr>
<tr>
<td>the final step in the process of a needs assessment</td>
<td></td>
</tr>
<tr>
<td>determination of the relative importance of an issue</td>
<td></td>
</tr>
</tbody>
</table>

(b) Describe three benefits and three challenges related to undertaking a community needs assessment. (6 marks)

Benefits:

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Challenges:

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Question 22 (7 marks)

(a) Outline the purpose of healthcare system reform in Australia. (2 marks)

The provision of free screening programs, such as those for breast and bowel cancers, are examples of Australian healthcare reforms.

(b) (i) Describe the intention of free screening programs. (2 marks)

(ii) Explain how these programs support the delivery of an equitable healthcare system. (3 marks)
Question 23

Women diagnosed with breast cancer today have a higher chance of survival after diagnosis than they did 20 years ago.

(a) Identify and describe two socioeconomic determinants of health that may be responsible for this improved outlook.  

(4 marks)

(b) Describe two examples of the way in which culture can influence someone’s decision to access preventive healthcare services such as breast cancer screening.  

(4 marks)
Consider the infographic shown below.

MENTAL HEALTH
IN RURAL AND REMOTE AUSTRALIA
OCTOBER 2016

1 IN 5 people in Australia experience mental illness

RURAL medicare expenditure is 40% LESS than in major cities

REMOTE AUSTRALIA has ONE-THIRD the number of Psychologists compared with major cities

AND

20% MORE hospitalisations due to mental illness

the suicide rate among MEN IN REMOTE AREAS is 2X HIGHER than in major cities

the suicide rate among YOUNG INDIGENOUS PEOPLE is 5X HIGHER than non-Indigenous people

References are available upon request from nrha@ruralhealth.org.au
(a) Identify the type of data being displayed in the infographic.  

(b) Outline two key messages being conveyed in the infographic. 

(c) Describe three reasons why the data presented in the infographic is insufficient to make a full assessment about the mental health and wellbeing of Australians living in rural and remote regions.
Question 24 (continued)

(d) Apart from improved access to health care, explain **two** actions used to reduce health inequities faced by people living in rural and remote Australia. (6 marks)
Question 25  
(9 marks)

End Alcohol Advertising in Sport is a campaign that advocates the removal of alcohol sponsorship from sports that are popular in Australia. There are a number of well-known ambassadors supporting the campaign to raise awareness and champion action against alcohol advertising in sport.

(a) Apart from raising awareness and using champions, identify and explain two advocacy strategies used to convince policy makers to consider this important campaign message. (6 marks)

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(b) Provide a detailed rationale for the importance of government policy support in restricting alcohol advertising in sport. (3 marks)

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Question 26  (12 marks)

The Sustainable Development Goals (SDGs) are part of the United Nations Development Programme.

(a) Outline the purpose of the SDGs.  (2 marks)


Choose two of the SDGs studied in this course.

(b) Provide a summary of each goal and explain how it aims to address health inequities.  (10 marks)

Goal summary:


Explanation:


See next page
Goal summary:

Explanation:

End of Section Two
Section Three: Extended answer

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

Every year, Australia accepts and settles thousands of refugees who have fled war, violence, conflict or persecution in their countries of origin. The experiences of refugees prior to settling in Australia can significantly affect both their physical and mental health, making them vulnerable to a range of health problems.

The socio-ecological model of health can be used to better understand what motivates health behaviour, as well as to identify opportunities for intervention and reduce the risk of health problems.

Explain how this model could be used to determine prevention strategies to improve the health of refugee groups in Australia. In your response, include one example of a relevant prevention strategy for each of the five levels of the model.
Harry is 35 years old, lives in a remote community and has chronic kidney disease requiring ongoing dialysis. He is a patient at the local clinic where he is supported to live the healthiest life possible.

(a) Explain why a focus on managing chronic conditions such as kidney disease is an important feature of Australia’s healthcare system. (3 marks)

(b) (i) Outline each of the principles of equity, access and sustainability from the National Strategic Framework for Chronic Conditions. (3 marks)
(ii) Explain how each of these principles could be applied to support Harry to manage his condition effectively.

(9 marks)
Question 29

Study the following World Health Organisation data, which shows a selection of recent health-related statistics for Australia and Indonesia, and answer the questions that follow.

<table>
<thead>
<tr>
<th>Health-related statistics</th>
<th>Australia</th>
<th>Indonesia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gross national income per capita*</td>
<td>$42 540</td>
<td>$9260</td>
</tr>
<tr>
<td>Life expectancy at birth male/female (in years)</td>
<td>81/85</td>
<td>67/71</td>
</tr>
<tr>
<td>Probability of dying between 15 and 60 years male/female (per 1000 population)</td>
<td>77/45</td>
<td>205/146</td>
</tr>
<tr>
<td>Total expenditure on health per capita*</td>
<td>$4357</td>
<td>$299</td>
</tr>
<tr>
<td>Total expenditure on health as a percentage of gross domestic product#</td>
<td>9.4</td>
<td>2.9</td>
</tr>
</tbody>
</table>

* Per capita refers to per head, or for each individual person.
# Gross domestic product refers to the value of goods produced and services provided in a country each year.

(a) Make a detailed comparison of the statistics for both countries. (5 marks)
(b) Discuss how the social determinants of transport and the social gradient could affect the overall health of a country as shown through health indicator data.  (10 marks)
HEALTH STUDIES

Question 30 (15 marks)

As part of a health inquiry, you are investigating the issue of overweight and obesity among Western Australian children and find the following three online data sources.

<table>
<thead>
<tr>
<th>Source number</th>
<th>Website address</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><a href="https://www.cdc.gov/obesity/data/childhood.html">https://www.cdc.gov/obesity/data/childhood.html</a></td>
<td>Centers for Disease Control and Prevention</td>
</tr>
</tbody>
</table>

(a) Identify which source is likely to be the most reliable for the inquiry, providing a reason for your decision. (2 marks)

(b) Outline four strategies you would use to assess the reliability of the author(s) of online health information. (4 marks)
(c) Apart from details relating to an author’s credentials, such as name, occupation, etc., identify three criteria you would apply to determine reliable sources of information related to the health issue. Justify your choice. (9 marks)

End of questions
Question number: ______________
Supplementary page

Question number: _______________

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ACKNOWLEDGEMENTS

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Question 29 Table adapted from: