



## ATAR course examination, 2019

### 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

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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

#### *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	62	50
Section Three Extended answer	4	2	60	30	30
<b>Total</b>					100

## 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.

**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.

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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

**See next page**

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**

Age group	Males				Females			
	2001 %	2013 %	2016 %	% change 2001–2016	2001 %	2013 %	2016 %	% change 2001–2016
12–17	n.a.	4.0	1.6	n.a.	n.a.	2.8	1.3	n.a.
18–24	24.5	14.0	12.3	–50%	23.5	12.7	10.8	–54%
25–29	30.9	17.3	19.3	–38%	23.0	15.0	12.2	–47%
30–39	26.9	17.1	17.0	–37%	24.2	10.3	11.1	–54%
40–49	23.4	17.9	19.1	–18%	20.6	14.5	14.8	–28%
50–59	20.1	16.7	14.4	–28%	16.0	13.4	14.1	–12%
60–69	12.7	12.9	11.5	–9.4%	10.1	10.3	9.2	–8.9%
70+	7.0	6.6	7.3	4.2%	4.6	5.2	4.9	6.5%
14+	20.9	14.5	13.8	–34%	17.9	11.2	10.7	–40%
18+	21.8	15.1	14.6	–33%	18.3	11.6	11.2	–39%

12. From a health promotion perspective, which of the following statements regarding the percentage change of people smoking daily is correct?
- Positive gains were made overall in all age groups.
  - The smallest gains were in the 60–69 year age group.
  - Negative gains were made in all but one age group.
  - 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
- people smoking daily declining in all but one age group.
  - people smoking daily remaining stable in most age groups.
  - females smoking daily declining in all age groups.
  - males smoking daily declining in all age groups.
14. A disadvantage of individuals completing a self-report survey on drug use behaviour is that
- the survey respondents may over-report drug use due to social disapproval.
  - it can be difficult to obtain valid and reliable statistical information.
  - the survey respondents may under-report illicit drug use.
  - confidentiality within the data collection process cannot be guaranteed.
15. Government action aimed at promoting employment should focus on
- decreasing welfare benefits so people are more encouraged to find work.
  - providing jobs within the government for the long-term unemployed.
  - equipping people with the skills that match the type of work available.
  - 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**

**See next page**

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**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)

Description	Key term
determined by a community survey of residents	
a tool for documenting ways to achieve goals	
determined by collecting data about the use of a health service	
the final step in the process of a needs assessment	
determination of the relative importance of an issue	

- (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)

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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)

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

(3 marks)

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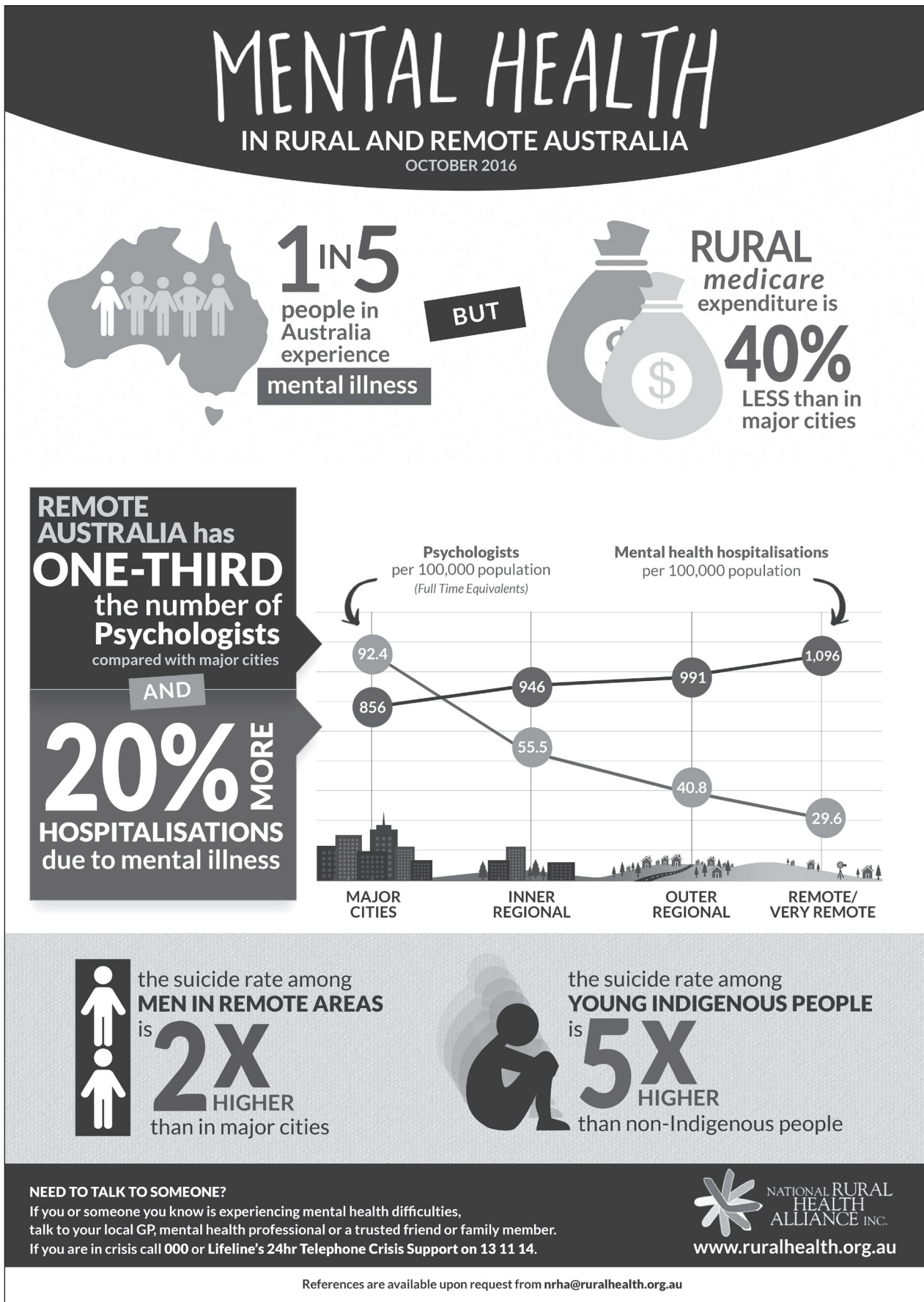
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Question 24

(15 marks)

Consider the infographic shown below.









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)

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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:

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Explanation:

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Goal summary:

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Explanation:

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**End of Section Two**

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Question 28

(15 marks)

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)

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- (b) (i) Outline each of the principles of equity, access and sustainability from the National Strategic Framework for Chronic Conditions. (3 marks)

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Question 29

(15 marks)

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.

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

\* 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)

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## 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.

Source number	Website address	Author
1	<a href="https://www.cdc.gov/obesity/data/childhood.html">https://www.cdc.gov/obesity/data/childhood.html</a>	Centers for Disease Control and Prevention
2	<a href="https://happyhealthykidz.com.au/fact-sheet-childhood-obesity-in-australia/">https://happyhealthykidz.com.au/fact-sheet-childhood-obesity-in-australia/</a>	Happy Healthy Kidz Australia Inc.
3	<a href="https://healthywa.wa.gov.au/Articles/N_R/Overweight-and-obesity-in-children">https://healthywa.wa.gov.au/Articles/N_R/Overweight-and-obesity-in-children</a>	Government of Western Australia, Department of Health

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

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- (b) Outline **four** strategies you would use to assess the reliability of the author(s) of online health information. (4 marks)

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## ACKNOWLEDGEMENTS

- Questions 12–13** Table adapted from: Australian Institute of Health and Welfare. (2017). *Table T3.1: Proportion of and per cent change of people smoking daily, by age and sex, 2001, 2013 and 2016* [Diagram]. Retrieved April, 2019, from <https://www.aihw.gov.au/reports/illicit-use-of-drugs/2016-ndshs-detailed/formats>  
Used under Creative Commons BY 3.0 (CCBY 3.0) licence
- Question 24** Infographic from: National Rural Health Alliance Ltd. (2016). *Mental Health in Rural and Remote Australia. (2016)* [Infographic]. Retrieved April, 2019, from <http://ruralhealth.org.au/sites/default/files/Infographic-Mental-Health-October-2016.pdf>
- Question 29** Table adapted from:  
World Health Organization.(n.d.). *Indonesia* [Table]. Retrieved April, 2019, from <https://www.who.int/countries/idn/en/>  
World Health Organization.(n.d.). *Australia* [Table]. Retrieved April, 2019, from <https://www.who.int/countries/aus/en/>

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