



ATAR course examination, 2021

Question/Answer booklet

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

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	52	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 2021: 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. The National Strategic Framework for Chronic Conditions aims to target priority populations as a means of reducing the inequity that exists at present. Which of the following populations is **not** listed as a priority group?
 - (a) young people living in urban areas
 - (b) carers of people with a chronic condition
 - (c) people with a disability
 - (d) older Australians

2. Being able to interpret, understand and implement health-related information, resulting in a good health status, means a person has high health
 - (a) equity.
 - (b) literacy.
 - (c) advocacy.
 - (d) inequity.

3. Rebecca often misses school because she has to look after her younger siblings, as her parents work full time to earn enough money to provide for the family. This is an example of which factor that can create health inequity?
 - (a) occupation
 - (b) social isolation
 - (c) unemployment
 - (d) socioeconomic status

4. An anti-discrimination policy in the workplace is an example of which social justice principle?
 - (a) access
 - (b) equity
 - (c) supportive environments
 - (d) human rights

See next page

5. James received a merit certificate at school for achieving outstanding academic results. Which level of Maslow's Hierarchy of Needs does this satisfy?
- (a) esteem
 - (b) love and belonging
 - (c) self-actualisation
 - (d) physiological
6. The final step in a needs assessment as covered in this course is Step 7, evaluating outcomes. Which step is immediately before Step 7?
- (a) determining strategies
 - (b) developing action plans
 - (c) acceptability of proposed measures
 - (d) recommending actions and monitoring
7. According to the Rio Declaration on Social Determinants of Health, enhancing health policies and strengthening decision-making to provide a voice to all groups, is key to which action?
- (a) further reorient the health sector toward reducing health inequities
 - (b) strengthen global governance and collaboration
 - (c) monitor progress and increase accountability
 - (d) adopt improved governance for health and development
8. In order to be eligible for the Private Health Insurance Rebate in Australia an individual must **not**
- (a) have an overseas private health insurer.
 - (b) have an income that is under the Tier 3 threshold.
 - (c) be eligible for Medicare.
 - (d) be an Australian resident or citizen.
9. During the Ebola epidemic in sub-Saharan Africa in 2014–2016, some cultural groups were more at risk of contracting the disease **mostly** due to
- (a) dislocation of land.
 - (b) geographical location.
 - (c) social isolation.
 - (d) occupation.
10. Dan, a CEO of a large mining company, was recently made redundant. Loss of career is **most** likely to impact Dan's
- (a) social identity.
 - (b) cultural identity.
 - (c) personal identity.
 - (d) community identity.

11. Language and cultural differences between a health professional and a patient may initially result in
- (a) difficulty in building relationships.
 - (b) social isolation.
 - (c) poor health literacy.
 - (d) loss of income.
12. An example of a SMART goal is to
- (a) reduce bullying behaviour among children aged 12 to 17 years in Western Australian schools.
 - (b) increase access to education and employment opportunities for young people by the end of 2022.
 - (c) develop an affordable housing policy for low-income earners in rural Western Australia by the end of 2022.
 - (d) reduce the prevalence of breast cancer among women by the end of 2022.
13. An individual's overall wellbeing, as well as their risk of obesity, mental illness and heart disease, is **most** affected by their
- (a) level of social support.
 - (b) early childhood experiences.
 - (c) choice of occupation.
 - (d) access to nutritious food.
14. Long-term undernourishment for a mother can result in perinatal issues such as low birth weight and gestational problems. This aligns **most** closely with which barrier to addressing the social determinants of health?
- (a) displacement from traditional homelands
 - (b) disease outbreak
 - (c) famine
 - (d) food security
15. In 2002 the World Health Organisation (WHO) worked collaboratively with other organisations to produce a physical activity policy framework. This was reassessed and followed up with the WHO Global Action Plan on Physical Activity in 2017. This is an example of
- (a) articulating ethical and evidence-based policy options.
 - (b) shaping the research agenda.
 - (c) setting norms and standards.
 - (d) monitoring the health situation and assessing health trends.

16. Health promotion advocacy is **best** used
- (a) to help solve disputes between key stakeholders.
 - (b) when creating an awareness-raising campaign.
 - (c) when a disadvantaged population needs to be empowered.
 - (d) when there is a need to influence or encourage changes in policy.
17. Management of resources is specifically key to which principle of the National Strategic Framework for Chronic Conditions?
- (a) evidence-based
 - (b) sustainability
 - (c) collaboration and partnerships
 - (d) accountability and transparency
18. The use of an independent person to resolve conflict between two office workers is an example of
- (a) conflict resolution.
 - (b) mediation.
 - (c) negotiation.
 - (d) arbitration.
19. The social gradient of health is often seen in
- (a) low-income countries.
 - (b) low to middle-income countries.
 - (c) low, middle and high-income countries.
 - (d) high-income countries.
20. Your health promotion team is developing a program to address mental health issues among young people. Epidemiological data focusing on young people is **most** useful in the planning stage to
- (a) explore the influences of mental health issues on young people.
 - (b) develop a rich understanding of social determinants affecting young people.
 - (c) determine specific program strategies relevant to young people.
 - (d) identify health trends affecting young people.

End of Section One

See next page

Section Two: Short answer**50% (52 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**(6 marks)**

(a) Define 'food security'.

(2 marks)

(b) Describe **two** reasons why Australia is considered one of the most food secure countries in the world. **(4 marks)**

One: _____

Two: _____

See next page

Question 22

(8 marks)

(a) Explain how race-based discrimination affects health.

(2 marks)

There has been significant discussion about race-based discrimination in sport in Australia in recent years. The Australian Football League (AFL) is one sporting body that has received much media attention.

(b) Outline **three** action areas of the *Ottawa Charter* and provide **one** strategy for each that could be used nationally to address racism in the AFL or other sporting bodies. (6 marks)

Action area one: _____

Strategy

Action area two: _____

Strategy

Action area three: _____

Strategy

Question 23

(9 marks)

Malawi is a small, landlocked country in sub-Saharan Africa. It has a population of just under 20 million people and the economy relies heavily on agriculture.

According to the most recent data, Australia’s current life expectancy is 82.8 years, compared with that of Malawi, which has a life expectancy of 64.6 years.

- (a) Outline **three** reasons that could explain the large difference in life expectancy between Australia and Malawi. (3 marks)

One: _____

Two: _____

Three: _____

- (b) Australia’s aid program works to build capacity and reduce health inequities such as those outlined in part (a) above. Identify **two** of the investment priority areas of Australia’s aid program described in this course and explain why Australia provides aid in these areas. (6 marks)

One: _____

Two: _____

Question 24

(13 marks)

(a) Explain the purpose of a needs assessment.

(3 marks)

Rural and remote Australians are considered a specific population group, as they are more likely to experience health issues than the general population.

(b) Describe **two** types of needs that should be considered when addressing community health issues for rural and remote Australians.

(4 marks)

One: _____

Two: _____

Question 24 (continued)

Epidemiological data helps to identify health inequities. Analyse the table below, which compares 2017–2019 health-related data for chronic conditions between Aboriginal and Torres Strait Islander peoples and the overall Australian population. Use this data to help answer the question that follows.

Chronic conditions for Aboriginal and Torres Strait Islander peoples and the overall Australian population 2017–2019

Health-related data	Aboriginal and Torres Strait Islander peoples (%)	Overall Australian population (%)
Mental and behavioural conditions	24.0	20.1
Asthma	16.0	11.2
Diabetes mellitus	8.0	4.9
Heart, stroke and vascular disease	5.0	4.8
Kidney disease	1.8	1.0

- (c) Compare **one** aspect of the health-related data for Aboriginal and Torres Strait Islander peoples with those for the overall Australian population, as shown in the table above. (2 marks)

- (d) Summarise **two** characteristics and **two** needs of a specific population group studied in this course, excluding those referred to in parts (b) and (c). (4 marks)

Characteristics

One: _____

Two: _____

Needs

One: _____

Two: _____

Question 25

(9 marks)

- (a) Apart from norms of a specific group and majority norms, describe **three** examples of how health behaviour can be influenced by norms related to alcohol consumption. (6 marks)

One: _____

Two: _____

Three: _____

It is anticipated that obesity-related costs to the healthcare system will increase significantly in the next five years in Western Australia. The Cancer Council WA, the Telethon Kids Institute and the Australian Medical Association have been working to raise awareness of the dangers linked to repetitive exposure to junk food advertising. These organisations are lobbying members of Parliament to end junk food advertising on public property such as public transport, outdoor billboards and sporting venues.

- (b) Using an example, describe **one** other health promotion advocacy strategy that could be used to help end junk food advertising at public sporting venues in Western Australia. (3 marks)

Question 26

(7 marks)

Australia is a multicultural nation, with almost 30% of the population born overseas.

- (a) Explain the impact culture can have on health decisions related to childbirth. (3 marks)

Soraya was born overseas and immigrated to Australia with her family when she was a child. She is in an unmarried relationship and she and her partner are expecting their first child. This has caused conflict with her family, as this is not the traditional order of events in their culture.

- (b) Explain **two** self-management skills Soraya could use to support positive health behaviours during this conflict. (4 marks)

One: _____

Two: _____

End of Section Two

See next page

Question 28

(15 marks)

Homelessness is recognised as a complex and growing issue in Western Australia. At the last census in 2016, there were over 9000 homeless people in the state. Many local government areas (LGAs) have identified homelessness as an important issue.

- (a) Define the term 'environmental determinants of health' and provide **three** examples of how these determinants might affect health inequities for homeless people. (5 marks)

- (b) Describe the **five** levels of the socio-ecological model (discussed in this course) and explain how each could be used to help individual local government areas (LGAs) plan to address homelessness. (10 marks)

See next page

Question 30

(15 marks)

Chlamydia is the most common sexually-transmissible infection (STI) among young Australians aged between 15 and 25 years. It is important that young people are aware of how chlamydia can be prevented and treated as the STI can be serious if left untreated.

You are a health promotion practitioner working in a team to plan a mHealth* program to reduce the prevalence of chlamydia among 15–25 year olds in Western Australia.

* mHealth refers to programs that use mobile technologies.

- (a) Amenability to change is the second step of the PABCAR model. Describe how you could determine if this problem is amenable to change and what should be done if there is little evidence of changeability. (3 marks)

- (b) In order, define the other **four** steps of the PABCAR model. Considering the proposed program, describe how each step could be actioned during the planning process. (12 marks)

ACKNOWLEDGEMENTS

- Question 1** Information from: Australian Health Minister's Advisory Council. (2017). *National strategic framework for chronic conditions*. Retrieved June, 2021, from <https://www.health.gov.au/sites/default/files/documents/2019/09/national-strategic-framework-for-chronic-conditions.pdf>
- Question 15** Information from: Vuori, I. (2018, March). World Health Organization and physical activity. *Progress in preventive medicine*, 3(1). Retrieved June, 2021, from https://journals.lww.com/progprevmed/Fulltext/2018/01000/World_Health_Organization_and_Physical_Activity.1.aspx
- Question 23(a)** First sentence information from: Malawi. (2021). In *Wikipedia*. Retrieved June, 2021, from <https://en.wikipedia.org/wiki/Malawi>
Used under a Creative Commons Attribution-ShareAlike 3.0 Unported licence.
- Second paragraph information from: Australian Institute of Health and Welfare. (2020). *Deaths in Australia*. Retrieved June, 2021, from <https://www.aihw.gov.au/reports/life-expectancy-death/deaths-in-australia/contents/life-expectancy>
Used under a Creative Commons Attribution 3.0 licence.
- Question 24(c)** Information from: Australian Bureau of Statistics (ABS). (2019). *National Aboriginal and Torres Strait Islander health survey*. Retrieved June, 2021, from <https://www.abs.gov.au/statistics/people/aboriginal-and-torres-strait-islander-peoples/national-aboriginal-and-torres-strait-islander-health-survey/latest-release>
Australian Bureau of Statistics (ABS). (2018). *National health survey: First results*. Retrieved June, 2021, from <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-first-results/latest-release>
- Question 27** Information from: Australian Institute of Health and Welfare. (2021). *Mental health services in Australia*. Retrieved June, 2021, from <https://www.aihw.gov.au/reports/mental-health-services/mental-health-services-in-australia/report-contents/expenditure-on-mental-health-related-services>
- Australian Bureau of Statistics (ABS). (2018). *National health survey: First results*. Retrieved June, 2021, from <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-first-results/latest-release>
- Question 30(a)** First paragraph adapted from: Department of Health. (2020). *Chlamydia*. Retrieved June, 2021, from https://healthywa.wa.gov.au/articles/A_E/Chlamydia

This document – apart from any third party copyright material contained in it – may be freely copied, or communicated on an intranet, for non-commercial purposes in educational institutions, provided that it is not changed and that the School Curriculum and Standards Authority is acknowledged as the copyright owner, and that the Authority's moral rights are not infringed.

Copying or communication for any other purpose can be done only within the terms of the *Copyright Act 1968* or with prior written permission of the School Curriculum and Standards Authority. Copying or communication of any third party copyright material can be done only within the terms of the *Copyright Act 1968* or with permission of the copyright owners.

Any content in this document that has been derived from the Australian Curriculum may be used under the terms of the Creative Commons [Attribution 4.0 International \(CC BY\)](https://creativecommons.org/licenses/by/4.0/) licence.

An *Acknowledgements variation* document is available on the Authority website.