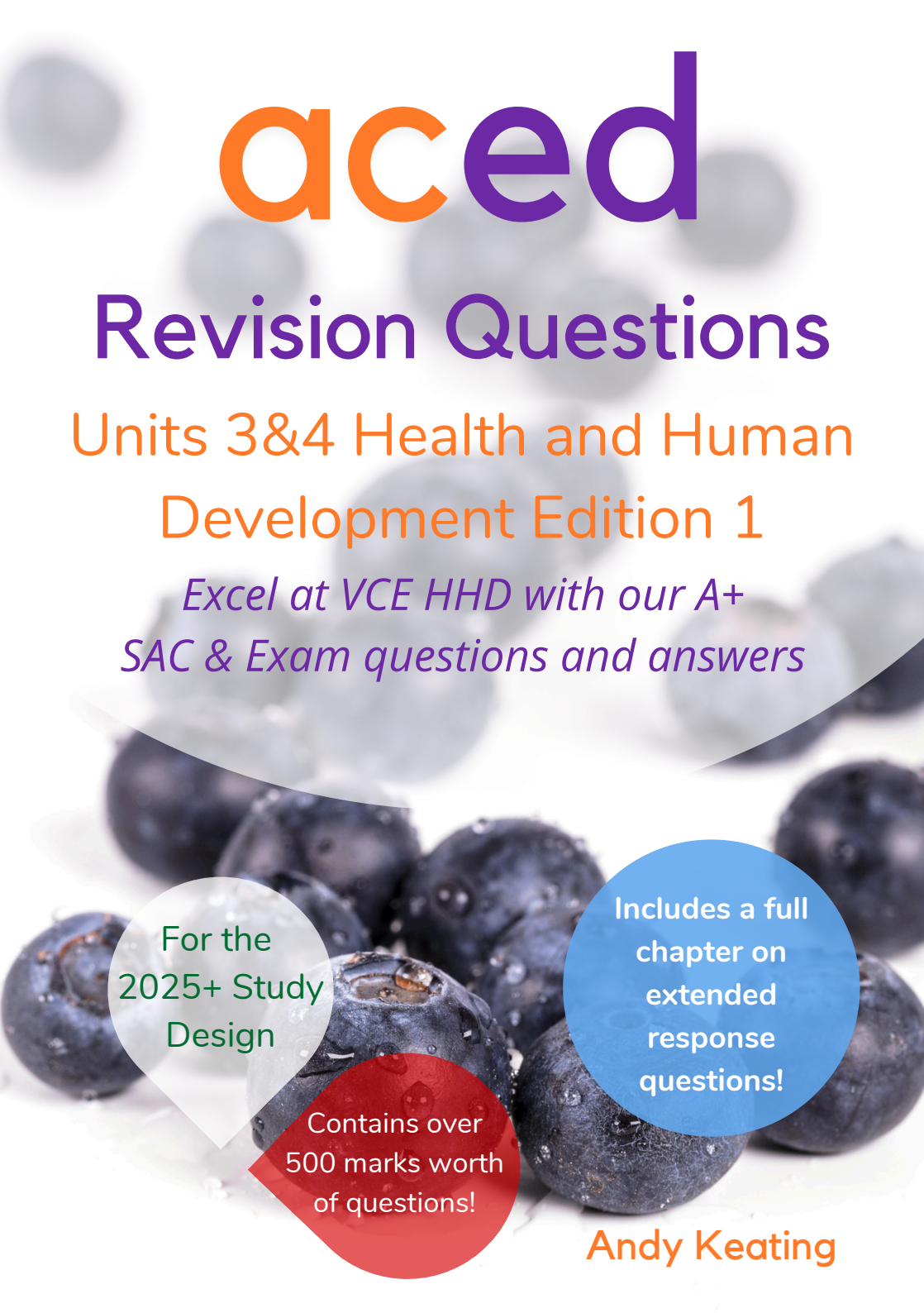


The background of the entire cover is a close-up photograph of several blueberries. Some are in sharp focus in the foreground, showing their characteristic bumpy texture and small droplets of water. Others are blurred in the background, creating a sense of depth. The colors range from deep blue to a lighter, almost white, where the droplets catch the light.

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Unit 3, Area of Study 1: Understanding health and wellbeing

On completion of this unit, the student should be able to explain the complex, dynamic and global nature of health and wellbeing, interpret and apply Australia's health status data, and analyse variations in health status.

Chapter 1: Health and wellbeing and health status

Rate each Study Design dot point a 😊, 😐 or ☹️

😊 = I know everything about it and could explain it to someone

😐 = I know most things, but would struggle to explain it to someone

☹️ = I don't know much about it

VCAA Health and Human Development Study Design Key Knowledge:

- | | |
|--|--|
| • concepts of health and wellbeing (physical, social, emotional, mental and spiritual dimensions), illness, and the dynamic and subjective nature of these concepts | |
| • benefits of optimal health and wellbeing and its importance as a resource individually, nationally and globally | |
| • indicators used to measure and understand health status: <ul style="list-style-type: none">- incidence- prevalence- morbidity- burden of disease- disability-adjusted life year (DALY)- years of life lost (YLL)- years lived with disability (YLD)- life expectancy- health-adjusted life expectancy (HALE)- mortality (maternal, infant and under five)- self-assessed health status | |

Question 61 (2 marks)

What is social justice?

Use the following information to answer Questions 62 - 65.



The HealthLAB project is an interactive and educational travelling health program that first began in 2014. It aims to directly engage the public, with a focus on young people and Aboriginal and Torres Strait Islander communities, to educate people about positive lifestyle choices and taking ownership of health. A participant's health is measured against benchmarks for chronic diseases using modern technology, and the test results and health implications are explained to the participant in detail.

After doing HealthLAB, 59% of youth respondents did not want to start drinking alcohol while their brains were still developing, 87% did not want to start smoking and 66% wanted to increase their fitness. 43% were encouraged to swap soft drinks for water.

HealthLAB is a free mobile service that travels to rural and remote communities to deliver the program in schools and at Community Health Days. The program is co-designed by Aboriginal and Torres Strait Islander trainees and researchers at the Menzies School of Health Research in Darwin. Feedback from local participants is incorporated into HealthLAB to improve and tailor local delivery.

Source: Bridging the Gap Foundation for Indigenous Health and Wellbeing, <https://btgfoundation.com.au/bridgingthegap/posts/healthlab>

Question 62 (1 mark)

Briefly explain why Aboriginal and Torres Strait Islander Peoples may be the target of this program.

Question 63 (6 marks)

Evaluate the HealthLAB program in terms of its capacity to improve Aboriginal and Torres Strait Islander Peoples' health and wellbeing.

Use the following information to answer Questions 109 - 110.

Country	Life Expectancy at Birth (years)	Maternal Mortality Ratio (per 100,000 live births)	Under-Five Mortality Rate (per 1000 live births)	Tuberculosis Incidence (per 100,000 population)	Gross National Income (GNI) per capita (\$US)
Australia	83	6	4	6.9	\$53,680
Philippines	62	121	27	554	\$3,430
Somalia	49.7	829	117	258	\$420

Source: World Health Statistics 2021

Question 109 (4 marks)

Analyse how discrimination and access to safe water may have contributed to a difference in health status between Australia and Somalia as demonstrated in the table.

Question 110 (3 marks)

What country in the table is likely to experience the highest levels of poverty?
Explain how this may impact the levels of human development in this country.

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Use the following information to answer Questions 157 – 158.

WHO CHOLERA KITS

Cholera is an acute diarrhoeal disease that can kill within hours if left untreated.

Researchers have estimated that each year there are up to

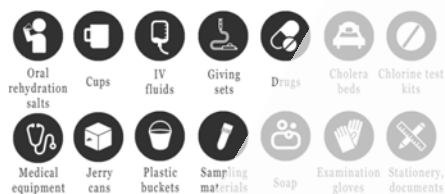
4M cases
and up to

143K deaths

This graphic provides examples of what is inside the cholera kits.

 **World Health Organization**

June 2017



TREATMENT KITS

There are 3 kinds of treatment kits that each have supplies for 100 people: central, periphery and community

WHO's cholera kits are tailor-made to prepare for outbreaks and to meet the needs for the initial response



INVESTIGATION AND LAB KITS

Supplies to collect and process 100 patient samples



HARDWARE KITS

To create pop-up clinics where none exists

Source: <http://www.who.int/cholera/kit/en/>

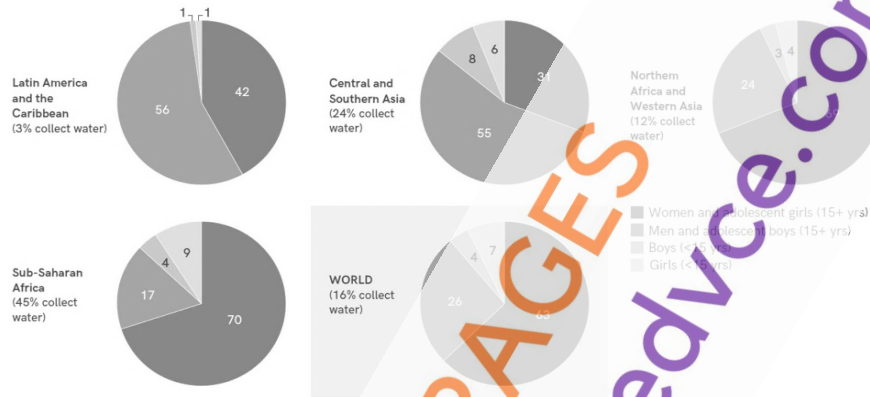
Question 157 (4 marks)

What type of aid is being provided by the WHO cholera kits? Describe this type of aid, and contrast this with another type of aid.

Question 1 (10 marks)

Consider the following three sources relevant to the United Nation's Sustainable Development Goals:

Source 1:



Primary responsibility for water collection among households using sources located off premises, by region (%)

Source: <https://data.unicef.org/resources/jmp-report-2023/#?text=1%20in%204%20people%20around,1.2%20billion%20to%20703%20million>.

Source 2:

The geographic area of Northern Clarendon in Jamaica boasts a vast number of fruit trees, lush vegetation, and forested land. Its beautiful landscape is typical of hilly rural areas that are interspersed across Jamaica, and which depend heavily on agriculture for livelihoods. Residents in the communities of Northern Clarendon, however, are challenged by the lack of a crucial resource - water. Without water, sanitation and hygiene are at risk, crops will wither, and school attendance rates will be impacted. Improving access to safe and clean water is therefore critical to sustaining human health, improving economic and food security, and building the resilience of residents in the communities.

A United Nations project in Jamaica called "Improved Environmental Health and Water Security in Schools" has significantly enhanced the water resilience of five schools in the Northern Clarendon area. The James Hill Primary, Trout Hall Primary, and Park Hall Primary and Infant Schools have benefitted from the installation of rainwater harvesting systems, handwashing stations, wastewater reuse systems and labelled waste disposal bins to encourage recycling. Two

Chapter 11: Answer Guide

Chapter 1

Question 1 (1 mark) One mark for either of the following points:

- *Being awarded 'best on court' for his third game may have increased Michael's self-esteem about his basketball ability, promoting his mental health and wellbeing.*
- *Michael's basketball skills returning to him may have increased his confidence to continue playing basketball, which could be an outlet for releasing stress, therefore promoting his mental health and wellbeing.*

Question 2 (2 marks) One mark for each of the following points:

- *Joining the basketball team allowed Michael to meet new people and to establish new relationships with his teammates, promoting his social health and wellbeing.*
- *These relationships may lead to Michael learning from his teammates new ways to express his emotions, such as feelings of joy or sadness, promoting his emotional health and wellbeing.*

Question 3 (2 marks) Two marks for either of the following points. Any other relevant links to the case study should also be awarded marks.

- *Health and wellbeing is considered dynamic because it is always changing. For example, you might be free of stress (mental health and wellbeing) in the early stages of trying to become pregnant, but when someone realises they cannot achieve this outcome, this may cause negative thought patterns and high levels of stress, reducing their mental health and wellbeing.*
- *Health and wellbeing is considered dynamic because it is always changing. For example, someone's social health and wellbeing might be high when they are out seeing friends and interacting with others, but after receiving news that they cannot become pregnant on their own terms, they may want to isolate themselves as they process this difficult information, which may lead to reduced levels of social health and wellbeing.*

Question 4 (3 marks) Three marks for one of the following points. One mark for a meaningful link from the case study, and two marks for demonstration of interrelationships between two chosen dimensions.

- *A couple experiencing fertility problems may find the situation really stressful leading to reduced mental health and wellbeing. This stress could cause them to argue with each other leading to poor communication and negatively impacting their relationship (social health and wellbeing). This could result in ill feelings towards each other and negative thought patterns, further contributing to reduced mental health and wellbeing.*
- *If someone undertakes IVF treatment, this may negatively affect the functioning of their body and affect their hormone levels (reducing their physical health and wellbeing). This could have a psychological impact and lead to negative thoughts or a depressed state (reducing their mental health and wellbeing). This may mean they do not want to leave the home and exercise (reducing their physical and wellbeing).*
- *If a couple is undergoing IVF treatments, this huge financial expense might lead to high levels of stress (reducing their mental health and wellbeing). This financial stress might mean they forego activities that involve seeing friends and family which may lower the quality of their relationships (reducing their social health and wellbeing). This reduced socialisation could contribute to them being anxious and depressed (reducing their mental health and wellbeing).*

Question 5 (2 marks) One mark for each of the following points:

- *Diabetes may contribute to increased absenteeism and time away from work. This may impact an individual's sense of belonging in the workplace, negatively impacting spiritual health and wellbeing.*
- *Diabetes may impact a person's confidence to play sport regularly and to the best of their ability; this may then lead to poorer skill development and lowered self-esteem, negatively impacting mental health and wellbeing.*

Question 6 (1 mark) One mark for the following point:

- *Health and wellbeing refers to an individual's state of physical, social, emotional, mental and spiritual balance and is characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged.*

Question 7 (3 marks) One mark for each of the following points in bold:

Dimension	Example
Social health and wellbeing	<i>Relates to the ability to form meaningful and satisfying relationships with others such as a friendship</i>
<i>Spiritual health and wellbeing</i>	Relates to reflecting on your place in the world which can be done while spending time in nature
Physical health and wellbeing	<i>Relates to the functioning of the body and its systems such as being free from disease</i>

Question 8 (2 marks) One mark for each of the following points:

- *Gary is required to undergo chemotherapy and radiation, which can lead to a reduced functioning of his immune system and thus a lower level of physical health and wellbeing.*
- *Experiencing a reduced functioning of his immune system may mean Gary is required to stay indoors and away from large groups of people. This may lead to isolation and reduce his capacity to build relationships and maintain a strong network of friends.*



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