

SUPERVISOR TO ATTACH  
PROCESSING LABEL HERE

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Write your **student number** in the boxes above.

**Letter**

# Health and Human Development

## Question and Answer Book

VCE Examination – Friday 8 November 2024

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- Reading time is **15 minutes**: 3.00 pm to 3.15 pm
- Writing time is **2 hours**: 3.15 pm to 5.15 pm

### Materials supplied

- Question and Answer Book of 28 pages

### Instructions

- Use the additional space at the end of this book if you need extra space to complete an answer.

Students are **not** permitted to bring mobile phones and/or any unauthorised electronic devices into the examination room.

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Contents	pages
14 questions (100 marks)	3–23

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**Instructions**

- Answer **all** questions in the spaces provided.
  - Write your responses in English.
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**Question 1** (5 marks)

- a. Health status indicators are used to measure population health.

Outline the terms 'disability-adjusted life year (DALY)' and 'health-adjusted life expectancy (HALE)'. 2 marks

Disability-adjusted life year (DALY)

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Health-adjusted life expectancy (HALE)

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- b. Discuss how underconsumption of fruit may impact the burden of disease in Australia. 3 marks

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**Question 2** (3 marks)

**NSW Knockout Health Challenge**

The Knockout Health Challenge supports Aboriginal people to live a healthy lifestyle, in ways that matter to them.

The challenge is a community-led and -owned program. Each team has the flexibility to run activities or initiatives that meet their community’s healthy living needs. For example:

- weekly boot-camp-style workouts
- walking groups
- group cooking classes
- nutrition or physical activity education sessions.

Teams involved in the Knockout Health Challenge may be contacted to take part in a yarning circle. The yarning circles enable Aboriginal people to share their ideas for the future of the program.

Source: Adapted from NSW Knockout Health Challenge, 2023, About the Knockout Health Challenge <<https://nswknockouthealthchallenge.com.au>>

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Identify and describe **one** action area of the Ottawa Charter for Health Promotion that is reflected in the NSW Knockout Health Challenge.

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**Question 3** (4 marks)

Outline why food and income are prerequisites of health, and describe how they lead to improved health outcomes.

Food \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Income \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Question 4** (3 marks)

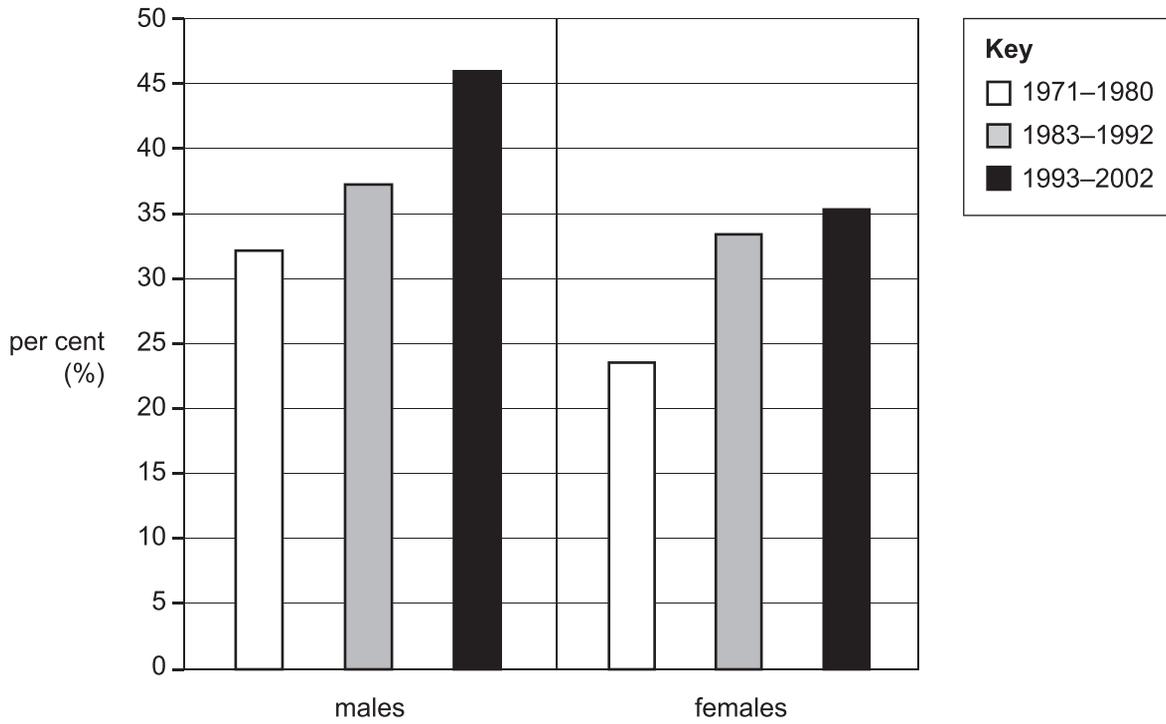
Using an example, describe economic sustainability and explain how it can promote health and wellbeing.

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**Question 5** (8 marks)

**Proportion of overweight and obese people aged 15–24**



Source: Adapted from Australian Institute of Health and Welfare, 2023, Overweight and Obesity <<https://www.aihw.gov.au>> Licensed by CC-BY 4.0 <<https://creativecommons.org/licenses/by/4.0>>

- a. Using data, outline **one** trend in the proportion of 15- to 24-year-old males and females who are overweight or obese.

2 marks

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- b. Besides body weight, analyse how two biological factors might contribute to variations in health status between males and females in Australia.

6 marks

Factor 1 \_\_\_\_\_

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Factor 2 \_\_\_\_\_

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**Question 6** (6 marks)

Overweight and obesity in children and adolescents is a major public health issue in Australia ...

Source: Australian Institute of Health and Welfare, 2020, Overweight and obesity among Australian children and adolescents <<https://aihw.gov.au>> Licensed by CC-BY 4.0 <<https://creativecommons.org/licenses/by/4.0>>

- a. Explain how the prevention of obesity could impact **one** indicator of health status. 3 marks

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- b. Discuss how the marketing of processed food to children makes dietary improvements difficult to achieve. 3 marks

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**Question 8** (14 marks)**PACIFIC HUMANITARIAN  
WAREHOUSING PROGRAM****SUPPORTING DISASTER  
PREPAREDNESS IN THE  
PACIFIC AND TIMOR-LESTE****What is the Pacific Humanitarian Warehousing Program (PHWP)?**

The PHWP will support the Pacific and Timor-Leste to further develop disaster preparedness and resilience by building their national humanitarian warehousing capability. In partnership with the Pacific community [...] the program will work with partner countries to enhance humanitarian warehousing either through refurbishing, building or leasing a warehouse, depending on the local context. The program will also pre-position approved emergency relief supplies in those warehouses for use immediately before, or in the first 48 hours after, a disaster.

Partners [...] are collectively contributing to the PHWP over eight years from 2023–2031. Program funds will support the establishment or enhancement of warehouses that are stocked with appropriate, approved supplies and are located for optimal accessibility and distribution.

**Program Priorities****Gender Equality, Disability and Social Inclusion**

Maximising the leadership and participation of women and girls, people with disabilities and other marginalised groups across all program activities, including throughout warehouse design and planning, selection of supplies and the provision of supplies in an emergency.

**Green Humanitarian Action**

Using rainwater capture and clean energy, such as solar water pumps and lighting for warehouses. Sourcing local building materials and supply chains where possible to minimise the carbon footprint of freight.

Source: Adapted from Department of Foreign Affairs and Trade, 2023, Pacific Humanitarian Warehousing Program factsheet  
<<https://www.dfat.gov.au>> Licensed by CC-BY 4.0 <<https://creativecommons.org/licenses/by/4.0>>

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- a. Describe bilateral aid and emergency aid. 2 marks

Bilateral aid \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency aid \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- b. Low levels of education and income are two characteristics of low-income countries. Explain two other characteristics of a low-income country and the impact of each on health status. 4 marks

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- c. Identify and describe **one** Australian aid priority represented in the Pacific Humanitarian Warehousing Program (PHWP). 3 marks

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**Question 9** (7 marks)

- a. Outline **one** example of social action that an individual can engage in, and discuss how this could reduce inequality and discrimination.

3 marks

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- b. Discuss how reducing discrimination based on sexual orientation and gender identity can promote health and wellbeing. Refer to a different dimension of health and wellbeing in each part of your answer.

4 marks

Sexual orientation \_\_\_\_\_

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Gender identity \_\_\_\_\_

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**Question 10** (16 marks)**Pakistan's children are feeling the human toll of climate change: stunted growth and school dropouts**

At three years old, Suleman Ali is meant to weigh at least 11 kg. But with a dire<sup>1</sup> food shortage in Pakistan, he's so malnourished he's not even 1 kg [...]

[Suleman] is just one of millions of children who are now facing the long-term repercussions<sup>2</sup> of climate change.

According to a recent World Bank report, about 40 per cent of children under five across the country have stunted growth.

This is even more pronounced in areas struck by devastating floods that submerged a third of the country in 2022 [...]

Scientists have found the disaster was triggered by heavier-than-usual monsoon rains and melting Himalayan glaciers, both triggered substantially by climate change [...]

'My relative's crops were destroyed because of heavy rains ... the government should help us, it's a big issue,' his mother Mumtaz said [...]

Less than a year after the flood waters had gone down, the country was hit by a severe heatwave [...]

Flooding and heatwave events have also impacted children's access to education and the spread of disease.

Source: Adapted from ABC News, 2023, 'Pakistan's children are feeling the human toll of climate change: stunted growth and school dropouts' <<https://www.abc.net.au/>>

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<sup>1</sup>**dire** – extremely serious or urgent

<sup>2</sup>**repercussions** – unintended consequences of an event or action



c. Describe how achieving SDG 13, 'Climate action', could promote human development in Pakistan.

3 marks

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d. Using information from the stimulus material on page 14, explain how the achievement of SDG 4, 'Quality education', contributes to achieving **two** key features of SDG 3, 'Good health and wellbeing'.

4 marks

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**Question 12** (8 marks)

a. Describe the concept of human development.

2 marks

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b. Explain how conflict could impact two dimensions of the Human Development Index (HDI).

6 marks

Dimension 1 \_\_\_\_\_

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Dimension 2 \_\_\_\_\_

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**Question 14** (10 marks)

Consider the following sources in relation to improvements in Australia's health status.

**Source 1**

If you had been born in 1900, you could expect to live until the age of 52 if you were a man, 55 if you were a woman. But you could have died from diarrhoea [...] before you were five; one in 10 children did. You may never have known your mother – six women died in every one thousand live births. By the 1990s, it was 11 in every 100,000 confinements<sup>1</sup>. If your father had not been killed in a work accident, or caught tuberculosis or pneumonia, he may have died from a heart attack. Today he is still likely to die of cardiovascular disease or cancer, especially if he was a smoker, but not until the age of 70. In the early 1900s, your brother might have died in a horse accident. By the 1970s, he was more likely to be killed in a car crash ...

Source: F Beddie, 'Putting Life into Years: The Commonwealth's Role in Australia's Health since 1901', DHAC, Canberra, 2001, cited in S Gruszyn, D Hetzel & J Glover, 'Advocacy and Action in Public Health: Lessons from Australia over the 20th Century', Australian National Preventive Health Agency, Canberra, 2012, p. 1

<sup>1</sup>**confinement** – the period of time just before and after a woman gives birth to a child

**Source 2****Key moments in Australia's health**

**Early 1900s** – Melbourne homes are connected to the sewerage system.<sup>1</sup>

**1918** – Quarantine facilities are established for people entering Australia to prevent the spread of Spanish influenza.<sup>2</sup>

**1940s** – Penicillin is the first antibiotic to become available for the treatment of many diseases.<sup>2</sup>

**1956** – Polio vaccination is introduced to Australia.<sup>2</sup>

**1970** – The Victorian Government becomes the first in the world to introduce legislation for compulsory wearing of seatbelts.<sup>3</sup>

**2004** – Occupational health and safety legislation requires schools to minimise risks arising from UV exposure from the sun.<sup>4</sup>

**2006** – Every state and territory bans smoking in enclosed public places.<sup>5</sup>

Sources: <sup>1</sup>Melbourne Water, Melbourne's early sewerage <<https://www.melbournewater.com.au>>

<sup>2</sup>National Museum of Australia, Defining Moments in Australian History <<https://www.nma.gov.au>>

<sup>3</sup>Transport Accident Commission, 2010, 40 years of seatbelts saving lives in Victoria <<https://www.tac.vic.gov.au>>

<sup>4</sup>Department of Education, Sun and UV protection policy <<https://www2.education.vic.gov.au>>

<sup>5</sup>EM Greenhalgh, MM Scollo & MH Winstanley, Tobacco in Australia: Facts and issues: 15.7: Legislation to ban smoking in public spaces, Cancer Council Victoria, Melbourne, 2024 <<https://www.tobaccoinaustralia.org.au>>















