

### VCE<sup>®</sup> Health and Human Development

#### SCHOOL-ASSESSED COURSEWORK

#### Introduction

##### OUTCOME 2

Discuss and analyse approaches to health and health promotion, and describe Australia's health system and the different roles of government and non-government organisations in promoting health.

##### Task

*Case Study of VicHealth*

This task will be marked out of 40.

It will contribute 100% of the marks (40) allocated for this outcome.

The task has been designed to allow achievement up to and including the highest level in the Performance Descriptors.

You have 5 minutes reading time and 60 minutes to complete the task under test conditions.

Your teacher will advise you of any variation to these conditions.

Answer in the spaces provided.

This task covers a range of **key knowledge** and **key skills** from this outcome.

NAME:

## Task

*VicHealth* which is Victoria's Health Promotion Foundation was established in 1987 and is funded by the Department of Health.

### Question 1

Define health promotion.

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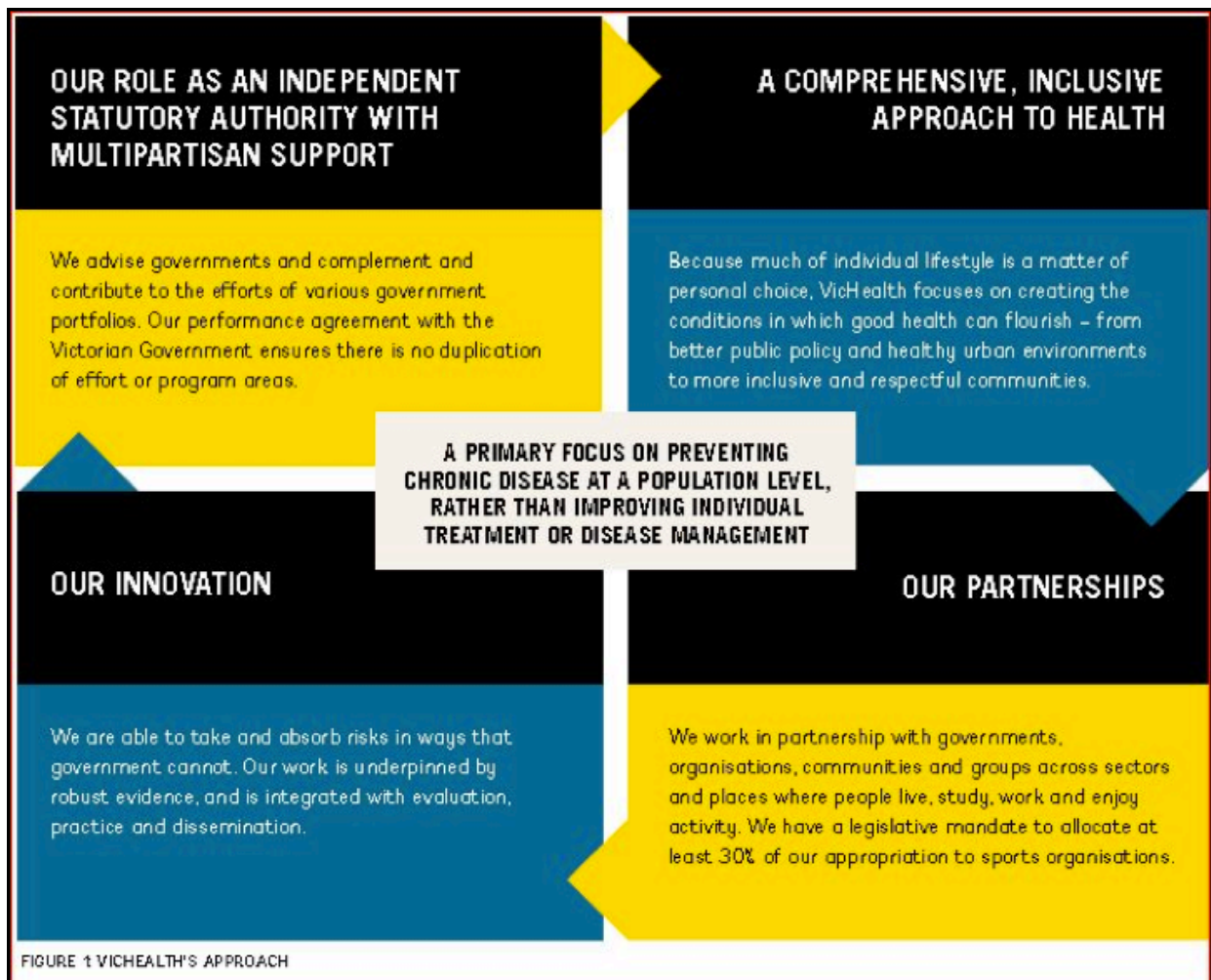
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(1 mark)

The diagram below represents Vic Health's approach.



(VicHealth Action Agenda for Health Promotion 2013-2023. VicHealth 2013 p11 <http://www.vichealth.vic.gov.au/>)

## Task

### Question 2

List two elements of the Ottawa Charter and select one example from *VicHealth's* approach that represents each of the two elements.

1

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Example:

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2

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Example:

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(4 marks)

### Question 3

The main focus of *VicHealth* is to promote good health and prevent chronic disease.

Describe two advantages to the health care system of *VicHealth* achieving their focus.

1

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2

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(4 marks)

## Task

### Question 4

In 2013 VicHealth released a new strategic plan titled *VicHealth Action Agenda for Health Promotion*. The plan describes five commitments that represent their mission to maximise the health gains for Victorians. One of the commitments is to seek to prevent chronic conditions for all Victorians.

Identify three other commitments that are part of VicHealth's mission.

1

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2

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3

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(3 marks)

Read the information below on a VicHealth funded project.

The Open Food Network is an example of a VicHealth funded program that is part of a broader VicHealth initiative called the Seed Challenge Initiative. The Seed Challenge Initiative aims to improve fruit and vegetable supply and access, as well as develop and promote a culture of healthy eating in Victoria. The Seed Challenge initiative seeks to address the findings that less than 1 in 10 adults meet the recommended minimum daily intake for vegetables and less than half meet the recommended minimum daily intake for fruit.

The Open Food Network is a project that has been established as part of the Seed Challenge Initiative. The project uses technology to develop an open online marketplace that makes it easier to find, buy and move sustainable local food. It is a network of online food stores that connects farmers, food hubs, eaters and local businesses. Customers can order online from a selection of local produce with knowledge about whom and where the food comes from.

<http://www.vichealth.vic.gov.au/Programs-and-Projects/Healthy-Eating/The-Seed-Challenge.aspx>

## Task

### Question 5

Describe two potential health benefits associated with the Seed Challenge Initiative and the Open Food Network project.

1

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2

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*(4 marks)*

### Question 6

Explain the meaning of the social model of health.

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*(2 marks)*

## Task

### Question 7

a Identify and explain two principles of the social model of health.

1

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2

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b Using examples from the Open Food Network Project, explain how this project reflects two of the principles of the social model of health.

Principle of the social model of health:

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Example:

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Principle of the social model of health:

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Example:

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*(4 + 2 = 6 marks)*

## Task

### Question 8

Promoting healthy eating is one example of *VicHealth's* Priorities. List two other priorities of VicHealth.

1.

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2

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(2 marks)

### Question 9

The results from nutrition surveys have been used by *VicHealth* to establish the Seed Challenge Initiative. Briefly outline two other ways in which the results from nutrition surveys can be used.

1

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(2 marks)

## Task

### Question 10

Discuss how the aims of the *VicHealth* Seed Challenge Initiative supports the recommendations of the Dietary Guidelines for Australian Adults.

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*(4 marks)*

### Question 11

Select one example of a non-government agency and explain the role they play in promoting healthy eating.

Non-government agency:

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Role they play in promoting healthy eating:

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*(1+3=4 marks)*



## Task

### Question 12

One of the responsibilities of the State Government is the funding of *VicHealth*.

Provide two other responsibilities of the State Government and two responsibilities of the Federal Government for health and health funding.

Responsibilities of State Government for health	Responsibilities of Federal Government for health

*(2+2 = 4 marks)*

**Total: 40 marks**

## Teacher Advice

### *Key knowledge and key skills*

The following **key knowledge** is the focus of this task:

- Models of health and health promotion including:
  - the social model of health
  - the Ottawa Charter for Health Promotion
- the role of VicHealth including:
  - the mission and strategic priorities of VicHealth
  - potential health outcomes of a VicHealth funded project and how it reflects the social model of health
- Australia's health system including:
  - local, state and federal governments' responsibilities for health and health funding
- the role of Australia's government in promoting healthy eating through:
  - the information provided by nutrition surveys and how it is used
  - the Australian Guide to Healthy Eating and Dietary Guidelines for Australian Adults
- The role of non-government agencies, including Nutrition Australia, in providing dietary advice to promote healthy eating.

The following **key skills** are the focus of this task:

- analyse the different models of health and health promotion
- identify and explain key components of Australia's health system
- describe the role of VicHealth including the mission and strategic priorities
- identify the principles of the social model of health evident in a VicHealth project
- explain and draw informed conclusions about the role of government and non-government agencies in promoting healthy eating.

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## Teacher Advice

### *Highest performance descriptor*

The following table indicates the relationship between the highest level of the Performance Descriptor and the questions in this task.

Aspect of Highest Performance Descriptor	Question/s
Comprehensive analysis of the different models to health and health promotion with thorough and detailed understanding of the key components of Australia's health system.	Q1, Q3, Q6, Q7a, Q12
Comprehensive description of each of the roles, mission and priorities of VicHealth.	Q4, Q8,
Thorough description of a wide range of potential health outcomes of a VicHealth funded project.	Q5,
Comprehensive discussion of the principles of the social model of health evident in a VicHealth funded project.	Q2, Q7b,
Comprehensive explanation and consistent evidence used to draw informed conclusions about the role of agencies in promoting healthy eating.	Q9, Q10, Q11

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***NOTE: This task is sold on condition that it is NOT placed on any school network or social media site (such as Facebook, Wikispaces etc.) at any time.***

## Solution Pathway

Below are suggested responses. Teachers should consider the merits of alternative responses.

### Question 1

To be awarded one mark students need to define health promotion as the process of enabling people to increase control over, and to improve, their health.

### Question 2

Students can identify any of the five elements of the Ottawa for one mark each to be awarded with the remaining two marks awarded for accurately identifying a corresponding example of each from VicHealth's approach.

Examples could include:

*Build Healthy Public Policy:*

- *VicHealth advise governments and complement and contribute to the efforts of various governments.*
- *VicHealth focus on creating the conditions in which good health can flourish including better public policy.*

*Create Supporting Environments:*

- *VicHealth focus on creating the conditions in which good health can flourish including producing healthy urban environments.*

*Strengthen Community Action:*

- *VicHealth work in partnership with governments, organisations, communities and groups across sectors where people live, work, study and enjoy activity.*

*Reorient Health Services:*

- *VicHealth's work is underpinned by evidence and is integrated with evaluation, practice and dissemination.*

### Question 3

To be awarded four marks students need to do more than just list two advantages to the health care system, they need to provide a description that links the advantage to the health care system.

Examples could include:

- *Promoting good health and preventing chronic disease will mean people will not suffer from the same level of ill health which will reduce the need to seek medical assistance provided by medical practitioners such as GPs and specialists. This will reduce the level of expenditure on medical and hospital services.*
- *Promoting good health and preventing chronic disease will mean people will not suffer from the same level of ill health which will reduce the need for hospital care that will reduce costs to the health care system.*
- *Promoting health and preventing chronic disease will reduce the need for medication that will save the health care system considerable amounts of money as through the PBS, many medications are subsidised.*

## Solution Pathway

### Question 4

Students should be awarded three marks for correctly identifying any three of the remaining commitments. Examples are:

- *in partnership with others promote good health*
- *recognise that the social and economic conditions for all people influence their health*
- *promote fairness and opportunity for better health*
- *support initiatives that assist individuals, communities, workplaces and broader society to improve wellbeing.*

### Question 5

To be awarded two marks students need to describe any two potential health benefits associated with the Seed Challenge Initiative and/or the Open Food Network project. These benefits can be associated with any dimension of health.

Examples could include:

- *Increasing the consumption of fruit and vegetables will help reduce the levels of obesity in Victoria. These foods tend to be nutrient rather than energy dense and contain higher levels of fibre which contributes to a feeling of fullness and therefore assists in reducing overeating and overweight and obesity.*
- *Increasing the consumption of vegetables may lead to improved levels of physical health with a reduction in diseases such as colorectal cancer. Vegetables contain fibre and it has been found that in countries with a high consumption of vegetables, levels of colorectal cancer are lower.*
- *The consumption of fruit and vegetables could improve physical health by reducing the risks associated with developing type 2 diabetes which is a disease linked to obesity. Fruits and vegetables help reduce the level of obesity and therefore helps reduce the risk of developing type 2 diabetes.*
- *Increasing vegetable and fruit consumption could improve mental health, particularly if these foods help reduce the level of obesity and overweight. In some individuals, being overweight or obese increases their risk of depression and poor self-esteem.*
- *Increased vegetable and fruit intake is linked to a reduction in cardiovascular disease and therefore improved physical health. Fruit and vegetable intake can reduce the risks associated with being overweight or obese which adds strain to the heart muscle which can lead to a heart attack.*
- *Increasing the intake of fruit and vegetables can contribute to a reduction in diseases such as cardiovascular diseases, type 2 diabetes and colorectal cancer. This can lead to improved social health as people are less likely to be ill and are more able to develop relationships with people at work, through sporting associations or other social groups.*
- *The Open Food Network could increase social health as it is a network of online food stores that connect farmers, food hubs, eaters and local businesses. This may increase the level of social contact and build relationships with others.*

## Solution Pathway

### Question 6

To be awarded two marks students need to accurately explain the meaning of the social model of health.

An example could include:

*The social model of health is an approach that aims to address the broader influences on health which include the range of social, cultural, environmental and economic factors rather than just focusing on the disease or injury itself.*

### Question 7a

To be awarded four marks students must accurately identify two principles and explain the meaning of each. If students do not accurately identify the principle but do provide a good explanation they could be awarded one mark.

Examples could include:

- *Addresses the broader determinants of health – health status is determined by a range of social, environmental and economic factors and not just biomedical and behavioural risk factors. The achievement of good health must take into account social factors including culture, race and ethnicity, socioeconomic status, working conditions, unemployment, housing, location and physical environment.*
- *Involves intersectorial collaboration – there are many government and non-government agencies that contribute to health status, not just those in the health system. It is therefore important for all groups to work together to address the social and environmental determinants of health that contribute to improved health status.*
- *Acts to reduce social inequities – The social model of health acts to reduce inequities that are related to factors such as gender, culture, race, socioeconomic status, location and physical environment. This is important if all population groups are to experience improved health status.*
- *Empowers individuals and communities – this provides people with the opportunity to participate in decision-making about their health and to access the skills and resources they need to change factors which influence their health and therefore improve health outcomes.*
- *Acts to enable access to health care – the achievement of good health is dependent upon having health services that are affordable and available to everyone. Health information should be available to everyone in a way that is accessible and appropriate and meets their needs.*

### Question 7b

To be awarded two marks students need to identify the principle of the social model of health and use an example from the Open Food Network Project that reflects each one. Students should not be awarded any marks for the identification of the principle.

Possible examples include:

- *Addresses the broader determinants of health – this project aims to improve fruit and vegetable supply and access, as well as develop and promote a culture of healthy eating in Victoria.*
- *Involves intersectorial collaboration – this project is a network of online food stores that connect farmers, food hubs, eaters and local businesses and is funded by VicHealth. This means there are many groups working together to achieve the aim of increasing fruit and vegetable consumption.*

## Solution Pathway

- *Acts to reduce social inequities – the project uses technology to develop an open online marketplace that makes it easier to find, buy and move sustainable local food. Customers can order online from a selection of local produce meaning that regardless of geographical location, all people can access fruit and vegetables.*
- *Empowers individuals and communities – this project allows people to purchase fruit and vegetables online from a selection of local produce with knowledge about whom and where the food comes from. This allows people to participate in decision-making about where their fruits and vegetables come from.*

### Question 8

To be awarded two marks students must list any two of the following priorities of VicHealth.

- *encourage regular physical activity*
- *prevent tobacco use*
- *prevent harm from alcohol*
- *improve mental health*

### Question 9

To be awarded two marks students should briefly outline two ways nutrition surveys can be used.

Possible examples include:

- *Nutrition surveys assist the government in developing relevant food and nutrition policies such as The Dietary Guidelines and the Australian Guide to Healthy Eating.*
- *Nutrition surveys provide information that can be used to compare food consumption patterns with those recommended by the Dietary Guidelines and guide future revisions of National Health goals and targets.*
- *Nutrition surveys are valuable to evaluate the effectiveness of nutrition education campaigns.*
- *Nutrition surveys can provide information to non-government organisations such as Nutrition Australia and the Heart Foundation to develop education campaigns and materials.*

### Question 10

To be awarded four marks students must link the aims of the VicHealth Seed Challenge Initiative to relevant Dietary Guidelines. Students should make reference to more than one of the Dietary Guidelines to be awarded full marks.

Examples could include:

*Dietary Guideline 2 states that adults should enjoy a wide variety of nutritious foods from the five food groups every day and should include plenty of vegetables, including different types and colours, and legumes/beans. The aim of this initiative is to increase the consumption of vegetables by increasing access to a wide variety of local vegetable produce. The same guideline also encourages adults to eat fruit which is included as an aim of this initiative.*

*Dietary Guideline 3 states that adults should limit intake of foods containing saturated fat, added salt, added sugars and alcohol. By encouraging the consumption of fruits and vegetables adults would be more likely to be eating less saturated fat, added salt and added sugars.*

## Solution Pathway

### Question 11

To be awarded four marks students must accurately identify a non-government agency that promotes healthy eating for one mark and the remaining three marks are awarded for the explanation of how they promote healthy eating. Students should include three key points for three marks.

Examples could include:

#### *Nutrition Australia*

- *Promotion of food selection models such as the Healthy Living Pyramid that educates the community about the proportions of food that should be eaten from each of the food groups at each level of the pyramid;*
- *Through their Healthy Eating Advisory Service, they work with schools and workplaces to run healthy eating programs that assist people in understanding what constitutes a healthy balanced diet;*
- *Provide dietary advice to schools on appropriate foods that could be sold in the school canteen and provide nutrition information that can be included in parent newsletters to assist school aged children to eat healthy foods;*
- *National Nutrition Week each year that focuses on a particular theme around nutrition which can be used to promote healthy eating;*
- *Provide nutrition resources on their website, for community groups and schools that can be used to educate the community on the importance of eating a healthy food intake;*
- *Food industry consultancy service provides nutrition information to manufacturers to help improve the nutritional value of the products they sell.*

#### *The Heart Foundation*

- *Provide a telephone information service and have on their website information on healthy eating to assist people to avoid the risk of cardiovascular disease;*
- *Work with local government and the community to educate people on the importance of healthy eating and hold annual awards to celebrate the initiatives of local government;*
- *Implement the Tick Program that enables manufacturers to use the Tick on products that meet the criteria set out by the Heart Foundation and represent more healthy options when purchasing foods;*
- *Implement the Mum's United program that aims to educate mothers on the importance of a healthy diet by providing information, resources and recipes they can use.*



## Solution Pathway

### Question 12

To be awarded four marks students must identify two responsibilities of Federal Government and two responsibilities of State Governments for health and health funding. Examples could include:

Responsibilities of State Government for health	Responsibilities of federal government for health
<ul style="list-style-type: none"> <li>• <i>Operation and funding of public hospitals and psychiatric hospitals</i></li> <li>• <i>Provision of public dental health services to eligible people</i></li> <li>• <i>Provision of maternal and child health services to support the health and development of children</i></li> <li>• <i>Provision of an ambulance service</i></li> <li>• <i>Provision of a range of health promotion programs</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Administration of Medicare</i></li> <li>• <i>Administration of the Pharmaceutical Benefits Scheme</i></li> <li>• <i>Provision funding for the health care system and allocates health funding to the state and territory governments to run public hospitals</i></li> <li>• <i>Provision of a quarantine service to protect Australians from health hazards that can come into the country</i></li> <li>• <i>Funding of national screening programs such as BreastScreen Australia</i></li> </ul>