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91462



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## Level 3 Health, 2017

### 91462 Analyse an international health issue

2.00 p.m. Monday 13 November 2017  
Credits: Five

Achievement	Achievement with Merit	Achievement with Excellence
Analyse an international health issue.	Analyse, in depth, an international health issue.	Analyse, perceptively, an international health issue.

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

**You should attempt ALL parts of the question in this booklet.**

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet has pages 2–11 in the correct order and that none of these pages is blank.

**YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.**

High  
Excellence

TOTAL

8

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**INSTRUCTIONS**

Select ONE of the two international health topics below, and identify a **significant health issue of international concern** (from within your selected topic), that you will use to answer ALL parts of the question in this booklet.

*Note: An international health issue is one currently affecting the well-being of significant numbers of people in a country (or countries) other than, or as well as, New Zealand, and which is a matter of public concern.*

Space is provided on page 3 to help you plan your answers.

Begin your answers on page 3, and include **specific and relevant evidence**, such as examples, quotations, and/or data from credible and current sources (from 2013 onwards) to support them.

International Health Topics	Tick <input checked="" type="checkbox"/> ONE	Significant health issue of international concern (from within your selected topic)
Disease in the Pacific or Asia/Pacific region	<input checked="" type="checkbox"/>	<p>Diabetes in the Pacific region</p>
Globalisation and risks to health in relation to nutrition	<input type="checkbox"/>	

## PLANNING (OPTIONAL)

40% NCDs - Mon 2013  
415 - Fred Hollows 2013

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Determinants of health → How determinants contribute to issue → Implications for well-being → Strategies for more equitable outcomes

Cultural

- traditions - feasting
- Big is Beautiful
- food culture is not passed down

Economical

- poverty
- globalisation made unhealthy food cheap
- Health is not affordable.

## QUESTION

(a) Explain why your named health issue is of international concern.

Diabetes is an issue of international concern being the 6th biggest killer worldwide. Of increasing concern is the type 2 diabetes rates in the Pacific where it has become "the third leading cause of death" - Mon 2013. The climbing prevalence of diabetes in the Pacific along with many linked non communicable diseases (NCD's) is becoming a greater problem, creating a demand for effective solutions to the health issue. According to the International Diabetes Federation in 2015 "382 million people worldwide suffer from diabetes, the Pacific region constituting 37% of this total, of increasing concern is that 7/10 Country's with the highest diabetes rates are found to be located in this area". These high rates of disease has caused a "national health emergency" having devastating and long lasting effects on the local and national economy, history and culture.



- (b) Identify a significant and relevant determinant of health that is influencing your named health issue.

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Determinant (1): Cultural

- (i) Explain how this determinant contributes to your named health issue.

Support your answer with specific and relevant evidence.

The cultural determinant of health influences diabetes in the Pacific. More specifically a change in culture or a "cultural shift" - WHO 2012 has contributed to changing attitudes and beliefs around food in which impact diet and health of islanders. The cultural ritual of feasting has influenced many diet related diseases. Due to globalisation of foods traditional Pacific feasts are now high in "salt, sugar and fat rich foods" rather than a traditional diet made from fresh fruit, fish and vegetables" - MOH 2013. This change in foods that make up feasts has been as a result of changing ~~attitudes~~ <sup>attitudes</sup> surrounding foods, as now islanders value the convenience and taste of imported goods rather than the health benefits and nutrients a meal should provide" - WHO 2013. Although "feasting is an important cultural ritual consuming unhealthy foods in large portions and then undergoing long rest periods has significant risks for development of NCD's. A second influence of diabetes is the common Pacific perception that 'big is beautiful'. A study conducted by the University of Auckland psychology department shows islanders are more attracted to those who have larger bodies. In comparison to Australia who associate fitness and beauty closely, this Pacific island belief is significantly impacting food choices and health <sup>as</sup> people aren't concerned about excessive weight they are carrying - making them <sup>more</sup> susceptible to NCD's and diabetes. A final influence categorized under the cultural DOH is that food culture is no longer being passed down to future generations. Now in the 3rd generation brought up on diets primarily made up by imported foods children are not taught how to cook and are not aware of the health risks associated. Role models in the community are setting bad examples for youth to follow. WHO 91462, 2017 that without nationwide health education will only worsen as food knowledge and traditions are lost.



- (ii) Explain the short- and long-term implications for the well-being of people and society of this determinant.

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Support your answer with specific and relevant evidence.

Individuals whom have been raised with the attitudes and values of their parents are at great risk for developing health issues as now globalisation of westernized foods is impacting the 3rd generation in the Pacific Islands" - UNICEF 2013. Children; who don't know how to cook and source healthy foods and with no one to teach them will grow more dependent on the cheap convenient meals their parents were raised on.

Diet related illnesses are already responsible for "70% of deaths in the Pacific Islands" MCH 2014 and so worsening diets due to a loss in heritage will only increase this statistic and the health issues associated with these diseases. Physical wellbeing of individuals will be severely impacted by a poorer diet, experiencing loss of energy and motivation in the short term growing into more permanent effects such as vision loss and limb amputation.

The most severe impact of physical wellbeing is ~~death~~ <sup>and communities</sup> death, having devastating consequences for families left behind. The attitudes and beliefs surrounding foods such as the stigma that big is beautiful has ranked the Pacific region as one of the most overweight in the world with 75% (Worldvision 2013) of their population ~~obese~~ <sup>overweight</sup>, obesity ~~and~~ puts individuals 80x more likely to develop type 2 diabetes according to <sup>diabetes</sup> research UK - and as being big is associated with "wealth, status and success" <sup>WMO 2012</sup> people are motivated to gain weight risking their own lives in order to earn this <sup>social validation</sup> ~~money~~. Diabetes and excess weight can put people out of jobs, especially those who are physically impaired this financially affects individuals who need money to support their families and themselves but also this affects society and the economy - constraining the government from taxes they need to keep the country afloat. Diabetes prevalence has <sup>cut</sup> ~~great~~ government expenditure limiting infrastructure and development to aid personal and professional development of islanders → making the <sup>Health 91462, 2017</sup> ~~economic~~ <sup>economic</sup> ~~unstable~~ <sup>unstable</sup> ~~development~~ <sup>development</sup> ~~stagnant~~ <sup>stagnant</sup>



- (c) Identify another significant and relevant determinant of health that is influencing your named health issue.

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USE ONLY

Determinant (2): Economical

- (i) Explain how this determinant contributes to your named health issue.

Support your answer with specific and relevant evidence.

The economical determinant of health has influenced an increase of diabetes throughout the Pacific.

Money is a huge attribute to the food choices Pacific islanders ~~can~~ make, as a worsening economy is making food hard to afford. "Economic hardship is an obvious driver of food choices" - ~~the~~ World Bank 2013. It has become more economical for large families and society to make a greater return by exporting fresh produce grown on the islands, just as it has become <sup>easier</sup> ~~better~~ to purchase cheap imported goods that are affordable to the average Pacific islander. "The affordability of imported foods has been a large attribute to the rise in NCD's" WHO 2013. More diets are now consisting of these imported foods and so people no longer have access to nutritional meals - "80-90% of an island diet is made from processed goods" - ~~man~~ 2014.

Poverty in the Pacific region is another influence falling under the economic DOM. With over  $\frac{1}{3}$  of the population living below the poverty line on less than \$1.25 a day" - WHO 2012 people do not have the money to afford health care and fund education to learn about the importance of food and the consequences of the diets they have now. In 2015 UNICEF reported only 37% of Pacific island children attend primary school as it is too expensive for <sup>growing</sup> families. The government is limited by the demands of healthcare that they ~~currently~~ have to prioritize funds to those who urgently need it. "The government is already constrained on how much they can provide to the healthcare system" World Bank 2015.

Children and future generations are severely impacted by this as they do not know any better <sup>Health 91462, 2017</sup> but to eat the food their families have done.



- (ii) Explain the short- and long-term implications for the well-being of people and society of this determinant.

Support your answer with specific and relevant evidence.

Due to the increasing rates of poverty, affordability of food is becoming a bigger value in pacific households. It is not necessarily new about what is tasty and what is good for you - it is about what is cheap. Food choices enhance the cycle of poverty as the government is unable to invest in education to help families send their kids to school. Without an education that is prioritized below health, kids will never be able to pursue a high paying job, limited by their knowledge and skills parents passed down to them. The lack of an education will also ~~force~~ force them to make budget cuts on food → giving them no choice but to eat a bad diet made up of "corned meat and Asian packaged noodles" NIA 2014. This consequence is long term, entering a cycle of poverty affecting generations to come.

Eating and consuming a bad diet followed by an increased sedentary lifestyle that is associated with low income jobs will put islanders at risk for developing obesity and diabetes. Without the money to afford healthcare, these short term implications to health (early onset NCD's) that in these cases can be treated early on, will develop into more serious conditions such as limb amputation and blindness that come as a result of poorly managed blood sugar levels. The Fred Hollows foundation has said "4/5 pacific islanders who are blind do not need to be". This is because onset of blindness due to diabetes is preventable and treatable <sup>(just)</sup> & people cannot afford to get this medical treatment. These long term physical implications will have long term effects on one's income, having no choice but to make tighter financial decisions often affecting those //

NCD's as a national priority affecting socio-economic development" NIA 2014



(d) Recommend TWO strategies to address the determinants of health named in (b) and (c).

Explain how EACH strategy will address the determinants of health, and the implications for well-being, to bring about more equitable outcomes for people and society.

Support your answer with specific and relevant evidence.

TO reverse the influences of the cultural DOH a program that has been effective in New Zealand could be similarly implemented in the Pacific Islands to change behaviours around food. The Heart Foundation have targeted Pacific islanders in NZ who attend feasting ceremonies showing them alternative meals that appeal to their values installed by fast food - that it is cheap and it is convenient. In the Pacific Islands a program like this in combination with the country's GOLOCAL incentive could see similar results to the Heart Foundation's one especially since "diabetes and heart disease are linked illnesses" - ENIGMA SOLUTIONS 2015. Targeting church services and community services would be an effective way to reach out to large groups of people. As "ethnic ~~and~~ councils and churches are important to Pacific islanders" - MCH 2014 it would be an ideal place to educate and install a behaviour change. Teaching groups to make cheap <sup>traditional</sup> meals by sourcing foods locally will provide social connectivity and will restore food culture that has been lost throughout generations of globalisation and imported foods. This strategy ~~that that~~ follows the health promotion model of 'collective action' engaging large groups to work together and support each other through these changes will make the change more successful as it will make people motivate each other to move towards a healthier lifestyle. This promotion model and solution will benefit social hauora, enabling people to develop relationships and work together towards a common goal. It will positively enhance the spiritual dimension of hauora, giving people long lost traditions and connection to their ancestral roots, it will //

heart foundation with the Pacific health program 2014  
risk drop by 40%



also motivate people to set themselves other goals to improve health and wellbeing. The impact on physical wellbeing will be extens positive. Seeing islanders revert back to "a traditional diet made up of fresh produce" - NHI 2014, islanders will have increased energy levels in the short term allowing them to be more productive and long term their risk for diabetes and NCD's will significantly decrease. In society the <sup>the</sup> global incentive will see an increased the local economy supporting growers and farmers and a buildup in wealth is important to develop infrastructure and jobs for islanders. Most importantly this cultural strategy is changing behaviours and attitudes towards food and is making people revert back to traditional practices which is important to preserve for generations of the future. "There is a need to reestablish traditional rituals and knowledge to preserve culture for the next generations of Pacific islanders" - MCH 2015.

A strategy to address the economical DOH is to raise awareness and promote education amongst Pacific islanders to follow the health promotion behaviour model - in attempt to influence islanders to make their own choices surrounding food - having been informed about all the consequences. Similar to what has been done in westernized countries like Australia and NZ concerning tab cigarettes, health warning labels can be added to the vast of imported foods to educate both the buyer and consumer about the dangers and consequences surrounding imported foods - promoting a change in diets and bringing more awareness to how much bad food is being consumed. The World Health Organisation have ~~set~~ reported that "warning labels on tobacco products have been the most cost effective tool for educating smokers and non smokers alike". Picture labels also have been deemed far superior at instilling health behaviour change and is suitable to Pacific rural communities who have low literacy rates. "Health 91462, 2017" education often presents health promotion "from reaching the poor" WHO 2014 - as many kids have not attended school this enables them to learn also. Continues...



Extra space if required.  
Write the question part(s) if applicable.

QUESTION  
PART

bii implications of cultural determinant

social and spiritual dimension (culture)

Diabetes will <sup>also</sup> isolate individuals as this disease without proper treatment can immobilize individuals and prevent them from attending church services and social gatherings. This disease will threaten their beliefs as they are limited on how they can attend spiritual events to connect with god and loved ones. In the long term people can become resentful to themselves (mental and emotional) fall into a state of depression and regret) without their cultural outlet to support them /

The attitudes and beliefs installed in island culture can have overall a negative impact on both their ~~culture~~ wellbeing and their communities/nation. Increasing rates of diabetes due to the influences under the cultural DOM ~~are~~ is making these implications more common throughout the pacific

cii implications for economical determinant /

who are in the same family, resulting in a poorer diet for them to live on <sup>also</sup> - further influencing prevalence of NCDs. The poor economic growth of the country severely impacts those in society, governments cannot afford to invest in infrastructure to enhance workplace and personal opportunities - often people in the community are held back by the poor development in the country due to such a high diversion of funds to the healthcare system. Spiritual wellbeing will //



Extra space if required.

Write the question part(s) if applicable.

ASSESSOR'S  
USE ONLYQUESTION  
PART

impacted in the  
 be a long term as goals and personal motives are often  
 unaccomplished due to a greater need to earn whatever  
 money and go into any job in order to be sustainable and  
 (to) survive. Not having the opportunities within society due to  
 financial setbacks will often make people feel unmotivated  
 and depressed (mental and emotional) this short term feeling  
 can develop into long term regret or resentment as they may  
 feel they have been denied opportunities to live a better life.

Influences of the economic DCH can cause both short  
 and long term consequences for islands, their families  
 and the nation as a whole. Due to a reinforced poverty  
 cycle it is likely that these consequences will affect  
 many generations to come.

RATED  
D

This low cost strategy uses fear to motivate health behaviour change  
 which has been identified by the World Health Organisation as the greatest  
 way to do it. Making people challenge their own views surrounding food  
 will mean people will change their diets because they want <sup>(not because they have to)</sup> for <sup>(guaranteeing)</sup>  
 long term success. When people change their diets and rely less on imported foods  
 they will feel less guilty <sup>(mental and emotional)</sup> for ~~maintaining~~ their health. When people can motivate  
 their own behaviour change they will feel a sense of accomplishment and pride  
 motivating further changes <sup>(and goals)</sup> to be made in order to improve their <sup>(lifestyle)</sup> ~~health~~ (spiritual)  
~~an increased sense of self-esteem~~ Physical changes will mean people are  
 less likely to suffer from NCD's, relying less on <sup>the</sup> government to fund  
 the health care system. Over time ~~increased~~ <sup>decreased</sup> funding can be put into developing  
 infrastructure and gyms that will further support educational and health  
 pursuits in order to improve overall wellbeing. The demand for investment  
 in the areas for social growth is already great <sup>Health 91462, 2017</sup> but this strategy is low cost and  
 affordable allowing the government to continue funding health in the

Time begins (continue)



~~when recommended~~ /

These two strategies that address the cultural and economical determinant of health both use education to install behaviour changes. Health promotion plays an important role in the success of these programs motivating individuals to make their own health choices and to become responsible for their own wellbeing.

Following these models ensure attitudes and values become apart of daily life which then adapts into Pacific Island culture → enabling these changes to everlasting throughout generations to come!!







## Annotated Exemplar

### Excellence exemplar 2017

<b>Subject:</b>	<b>Health</b>	<b>Standard:</b>	<b>91462</b>	<b>Total score:</b>	<b>08</b>
<b>Q</b>	<b>Annotation</b>				
a	The candidate clearly identifies why diabetes in the Pacific is of international concern and has backed this up with credible, sourced, and relevant evidence.				
b and c	<p>The candidate identifies two determinants of health (cultural and economic) that are both significant and relevant, in relation to the health issue that is being analysed.</p> <p>There is a detailed and clear explanation of how these determinants contribute to the health issue of diabetes in the Pacific provided.</p> <p>The candidate explains the implications for the well-being of people and society in depth for both determinants of health and there are strong links to how these impact on the well-being of people at both a personal and societal level.</p> <p>The underlying concepts of health have been integrated throughout and there is coherent, credible evidence provided.</p>				
d	<p>The candidate identifies strategies that link to the determinants and their implications for the well-being of people and society.</p> <p>The candidate provides strong links to how these strategies will bring about more equitable outcomes for all those impacted by the issue.</p> <p>There is coherent, credible evidence provided, although the answer could be more concise.</p> <p>The candidate has covered all the underlying concepts across the parts of the question there are also clear links to the students own learning in all aspects of the paper.</p>				