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91462



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NEW ZEALAND QUALIFICATIONS AUTHORITY
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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
Merit

TOTAL

6

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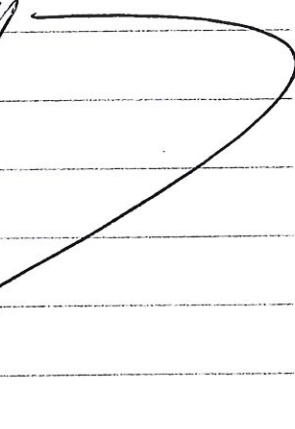
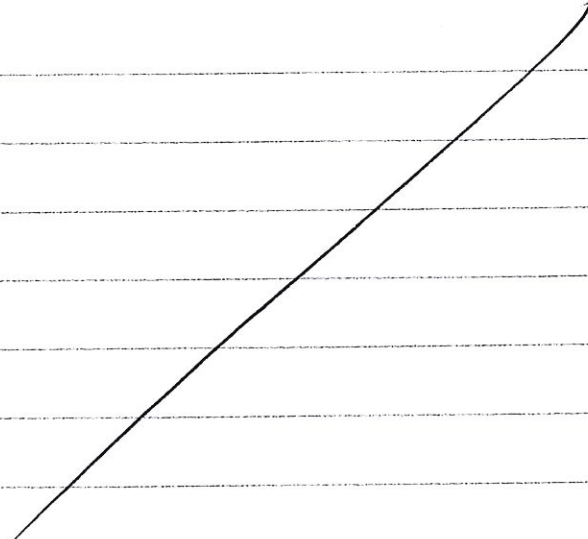
INSTRUCTIONS

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>Type 2 diabetes in the Pacific Islands //</p> 
Globalisation and risks to health in relation to nutrition	<input type="checkbox"/>	

PLANNING (OPTIONAL)

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

Intro :

- 7 out of 10 countries prevalent diabetes IDF
- 40% diagnosed non-communicable, WHO,

Political:

- 70% food imported outside PT, 2013
- 4.3 million exported from NZ, newshub, 2014

"Nutritional sign"

Cultural:

- Haapori : art of fattening for beauty - havora.co.nc.
- "abandoning traditional diet and replacing with processed food has contributed to prevalence of diabetes" - WHO
- 80% not 5+ a day.

Societal

- 38 - 60% total health expenditure
- 70 - 75% death NCDs.

- 8 eye loss

- 4 938 2010 - 2012 Fiji lower limb

"Food labels are not only inconsistent but often not in English"

QUESTION

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

Type 2 diabetes is a health issue of international concern due to the prevalence of the disease in the Pacific, affecting a substantial amount of individuals and the Pacific Islands as a whole.

Type 2 diabetes is a non-communicable disease therefore it is non-infectious and often brought on by life style choices. It has become increasingly common with 7 out of 10 countries in the Pacific being the most prevalent in the world for type 2 diabetes as of 2014 - International Diabetes Federation (IDF). The growing prevalence and implications diabetes is having on nations in the Pacific islands leads type 2 diabetes as an international concern.

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

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Determinant (1): Political

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

Support your answer with specific and relevant evidence.

The political determinant of health contributes to type 2 diabetes in the Pacific Islands, as importation laws are limiting food choice. Foods high in fat and sugar lead to type 2 diabetes when over consumed. Both fat and sugar are common in processed foods, which make up a large part of Pacific Islanders diets.

Importation laws allow the importation of processed goods from all around the world and also mean goods such as seafood and locally grown produce can be exported for profitable income.

As the exportation laws allow cheap processed foods in and encourage fresh produce out Pacific Islanders are consuming increased amounts of processed foods.

As of 2013 up to 70% of food consumed in the Pacific Islands were imported opposed to nutritional local produce, showing the large quantity of high fat and sugar foods consumed.

Mutton flaps, offal and meat off cuts are also very high in fat and hold little nutritional import value.

These products are also commonly imported into and consumed in the Pacific Islands as it is cheap to import and exportation laws allow fresh meat to be exported easily. According to a NewsHub report in 2014 New Zealand exported 4.3 million

Continued on
Spare pages.

- (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.

The political determinant of health is causing implications for the well-being of individuals and society.

The political determinant is causing consumption of fatty, sugary food, causing diabetes and causing suffers to experience ulcers. These ulcers often appear on limbs and although they cause discomfort in the short term in the long term they can become infected and the limb often requires amputation. This has become increasingly common in the Pacific Islands. In Fiji alone in just two years 938 lower limb amputations were carried out (IPS) this shows the significant amount of individuals effected.

Amputations may mean an individual is no longer able to play sport, participate in hobbies or work all long short term implications short term factors that have negative long term impacts on well-being.

The political determinant is also impacting over all society as it causes diabetes and the health problems it causes can stop individuals working and can even be fatal.

70 - 75% of NCD sufferers die due to their conditions. (WHO 2013) this includes a large amount of diabetes diabetics. This is taking a toll on society as in the long term losing a family member means a younger

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

Determinant (2): Cultural

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

Support your answer with specific and relevant evidence.

Another significant and relevant determinant of health influencing type 2 diabetes is cultural.

The traditional diet of Pacific Islanders included fresh sea food, meats and locally grown fruit and vegetables. Culturally the males in the family grew the produce and the women prepared and cooked it. However a shift in value and ~~trad~~ beliefs has seen the traditional diet replaced with processed foods, this contributing to type 2 diabetes. As said in a recent World Health Organisation report "abandoning the traditional diet and replacing it with processed food has contributed to the prevalence of obesity and diabetes in the Pacific". This shows how the cultural determinant is influencing food choice ^{that} contributes to type 2 diabetes. Pacific Islanders typically have strong cultural values, food is often over consumed after church events or social events as food is a sign of wealth and a way to show/give love. 'Big' is also considered beautiful which stems from a traditional concept - Haapori : "the art of fattening for beauty" this cultural value means obesity is not viewed as unhealthy or a common cause of diabetes. Showing the influence of the cultural determinant. Another factor influenced by this determinant

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spare pages.

- (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.

The cultural determinant of health has implications for individuals and societies well-being.

In the short term those suffering from diabetes suffer eye problems due to the retina in the eye incurring nerve damage from excess glucose. The negative stigma around professional health care caused by the cultural determinant means this issue is often left untreated leading to blindness in the long term having a negative impact on an individual's well-being. According to an IPS report (2013) 48% of diabetes sufferers in the Pacific islands experience eye loss leaving an individual physically impaired and may lead them to losing their jobs or sense of worth as they become incapable of carrying out some tasks.

The cultural determinant also causes implications for society.

The overconsumption of food leading to diabetes (caused by cultural determinant) as well as negative stigma surrounding diabetes means that each nation's expenditure for treatment of diabetes is very expensive. According to WHO up to 60% of each nation's total health care expenditure is spent treating non-communicable diseases (NCD) which includes diabetes. This expenditure means taxpayer money and government money is mostly spent on NCD's and sacrificed in other

- (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.

A strategy addressing the cultural determinant of health is education of nutrition, exercise, ~~in the~~ and diabetes in the Pacific Islands. Education on nutrition would help Pacific Islanders to make healthier food choices such as fresh produce opposed to processed reducing the prevalence of diabetes. As 40% of Pacific Islanders are diagnosed with an NCD (WHO) education will help reduce this statistic and diabetes. Education on western health care will encourage people to get checked and help if they need it, this will reduce the amount of individuals suffering from eyesight loss and therefore reduce the amount of expenditure on treatment having positive ~~implica~~ outcomes for Society. Education would be ~~accessable~~ ^{available} for everyone in the Pacific Islands. It could be seminars or posters in a variety of places including schools, supermarkets, community centres, churches and parks making it accessible to everyone and therefore an equitable strategy for people and society. There would be positive outcomes for individuals as they would feel they are making positive, healthy life style choices as they are informed and educated as well as positive equitable outcomes for society. //

Another strategy that would bring about equitable //

outcomes is ¹ ~~limitations~~ ^{regulations} on importation / exportation laws and regulations on goods imported to address the political determinant of health.

Limiting the amount of processed and meat imports would cause a reduction in the consumption of these foods as there would be a limited amount.

Allowing less produce to be exported or having an exportation tax would mean there would be more fresh produce available to locals. Consuming less processed products and more fresh produce would mean less individuals would develop type 2 diabetes. This would cause less amputations and an increase in able-bodied people because of this. Regulations would also mean labels with nutritional information would have to be on imported food so people could read them to make wiser food choices and know what they are consuming.

According to Dr Bill Collins from WHO "Food labels are not only inconsistent but are often not even in English". Regulations ensuring consistent food labels are provided on imported goods would help to address the political determinant of health.

The labels would be in English to bring about equitable outcomes as English is the most commonly spoken language in the Pacific.

Importation regulations would also address the cultural determinant of health as limiting

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

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QUESTION
PART

b (i) worth of offal, animal blood, mutton flaps and meat off cuts ^{^ were exported} to the Pacific islands.

This shows the amount of high fat and sugar foods imported and consumed in the Pacific contributing to type 2 diabetes because of the influence of the political determinant of health has.

c (i) is the negative stigma surrounding diabetes. Culturally it is not talked about and almost a shameful disease to have. For this reason often Pacific Islanders will not get treatment or ask for help letting diabetes get worse. They also do not believe in western treatments, often trying home remedies before seeking professional help, showing the influence the cultural determinant has on type 2 diabetes in the Pacific.

c (ii) areas. This will have a negative long term impact on society as other health issues are being sacrificed and the nations may end up in economic hardship due to the large expenses of diabetes, that has been influenced by the cultural determinant of health.

b (ii) family member may need to start working to support the family. This may mean individuals withdrawn from school or programmes leading to many uneducated in over all society. It also

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

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QUESTION
PART

may mean experienced individuals can no longer work or contribute to society having negative implications on overall society. //

d imports and exports will encourage people to eat fresh produce and grow their own foods encouraging the traditional diet.

Pairing education with regulations will mean people in society are educated to make healthy food choices and having these choices available and accessible creating equitable and positive outcomes for people and overall society by addressing both the political and cultural determinants of health. //

Annotated Exemplar

Merit exemplar 2017

Subject:	Health	Standard:	91462	Total score:	06
Q	Annotation				
a	<p>The candidate clearly identifies their health issue and describes why it is of international concern.</p> <p>There is credible and relevant evidence provided.</p>				
b and c	<p>The candidate identifies political and cultural determinants of health that are both significant and relevant, in relation to the health issue that is being analysed.</p> <p>There are strong links to the short-term and long-term implications for the well-being of people and society, in relation to the challenges that the determinants cause.</p> <p>There is credible and relevant evidence provided.</p>				
d	<p>The candidate identifies strategies that link back well to the determinants and their implications for the well-being of people and society.</p> <p>The candidate explains how these strategies will improve well-being and bring about more equitable outcomes for people and society.</p> <p>There is credible evidence provided.</p> <p>The candidate needed to cover all of the underlying concepts in more depth within the analysis to gain a higher grade.</p>				