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NEW ZEALAND QUALIFICATIONS AUTHORITY
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Level 3 Health, 2016

91462 Analyse an international health issue

9.30 a.m. Monday 28 November 2016

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 2–12 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 4, and include **specific and relevant evidence**, such as examples, quotations, and/or data from credible and current sources (from 2011 and after) to support them.

International Health Topics	Tick <input checked="" type="checkbox"/> ONE
Disease in the Pacific or Asia/Pacific region	<input type="checkbox"/>
Globalisation and risks to health in relation to nutrition	<input type="checkbox"/>

Significant health issue of international concern (from within your selected topic):

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QUESTION

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

Diabetes in the Pacific is a health issue of international concern because it is a non-communicable disease (NCD) that has an extremely high prevalence in the Pacific Region. According to the International Diabetes Federation, 2015, "diabetes prevalence in the Pacific is among the highest in the world, with 37% of adult diabetics living in the Western Pacific." This epidemic of Diabetes takes a heavy toll on the economy, governments, and healthcare systems of the Pacific, physically and financially affecting the wellbeing of the urban and rural poor, which is why it is a significant health issue of international concern.

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

Determinant (1): Economic Determinant of Health.

Explain how this determinant contributes to your named health issue, and the implications for the short- and long-term well-being of people and society.

Support your answer with specific and relevant evidence.

One determinant of health (DOH) that is influencing the health issue of diabetes in the Pacific is the economic DOH. Throughout the Pacific region, "1 in 3 people live below the poverty line, which is \$1.25 per day," (WHO, 2012). This means that affordability is a significant factor in choice of food. Impoverished families in the Pacific are likely to choose cheaper, unhealthy cuts of meat over a healthier but more expensive option - for example "In 2010, chicken was ten times the price of corned meat," (UN, 2011). Therefore

(World Bank,
2012)ASSESSOR'S
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the economic DOH is contributing to this issue because people eat cheap and unhealthy food, which has an impact on wellbeing as it leads to an increase in diabetes. This factor is closely linked to the environmental DOH because, "Tonga and Vanuatu are at risk of natural disasters, which has a huge impact on agricultural production," meaning that because of this high risk, islanders are likely to choose cheap and unhealthy crops to plant, as well as rely more heavily on imported and processed foods.

The economic DOH is also contributing to diabetes because medical care in the Pacific region is unaffordable, unavailable, and inaccessible to a lot of ^{rural} ~~urban~~ poor islanders. According to UN, 2013, "In Vanuatu there is only 40 doctors for a population of 250,000, in comparison to NZ where there is 275 for every 100,000 people." This shows that doctors are few and far between, meaning that for people living on remote islands there are additional transport costs as well. Therefore families are forced to choose between healthcare to treat diabetes, and potentially their children's education. This is reflected at a societal level, as WHO, 2015 states, "Governments have little room to expand expenditure on public healthcare costs due to a shallow tax base, low GDP, and competing demands from other sectors such as education." Because of this low GDP and a cycle of poverty in the Pacific, treatment for diabetes is unaffordable, as seen in this statistic, "Only 1.31% of Vanuatu's population could be treated with insulin before the country's entire drug budget was spent." (World Bank, 2012). Because of this poverty, the economic DOH is contributing to the issue of diabetes in the Pacific because people are unable to access medical care.

* continued on extra paper.

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

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Determinant (2): Cultural Determinant of Health

Explain how this determinant contributes to your named health issue, and the implications for the short- and long-term well-being of people and society.

Support your answer with specific and relevant evidence.

The second DOH that is contributing to the issue of diabetes in the Pacific region is the cultural DOH. According to Let's Go Local, 2015, "Health problems emerged in the 1970s with the cultural shift to eating imported, processed foods, resulting in the level of NCDs becoming a national health emergency." This cultural shift saw a change in the typical Islander diet from root vegetables, fruit, and seafood, to the cheaper and more convenient imported food such as tinned meat, especially within the urban poor families. This shift was partly due to the attitudes and values within the culture of Pacific Islanders, as ~~WHO~~ Ministry of Health, 2012, states, "Pacific Islanders value food as something to enjoy rather than a source of nutrients to keep them healthy. Food choice is generally based on what is affordable, available, tasty and convenient, as well as being guided by habit and tradition." Therefore due to a culture in which food choice is based on enjoyment and convenience, the cultural determinant of health is contributing to diabetes in the Pacific because these items tend to be unhealthy, leading to an increase in health issues such as diabetes.

Another way in which the cultural determinant of health is ~~influencing~~ influencing diabetes in the Pacific is due to the fact that Pacific Islanders are a very social and spiritual people, engaging in cultural traditions such as church followed by feasting and rest. This habit of ~~gorging~~ gorging and inactivity however influences diabetes. According to WHO, 2012, "Feasting is an important cultural ritual

This also links closely to the social determinant of health, because at these gatherings there are social pressures to cook and eat in excess, which is unhealthy.

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for Pacific Islanders, serving as a focus and a venue for family, community, and social exchange." These values are important to Pacific peoples, and there is also a past cultural perception that overweight isn't necessarily unhealthy, as a large belly "symbolises wealth, status, and success." (MOH, 2013). For these reasons the cultural determinant of health influences diabetes and the wellbeing of Pacific Islanders.

IMPLICATIONS OF THE CULTURAL DETERMINANT OF HEALTH.

The contribution of the cultural DOH on diabetes in the Pacific has many long and short term implications on the individual and at an interpersonal and societal level. Firstly, according to Engelberger, 2011, "there is an increasing concern about a lack of traditional knowledge," surrounding food due to this cultural shift, which only serves to reinforce a cycle of generations dependant on unhealthy, processed food. Not only does this impact the individual, but also the entire family, because eating habits are influenced by others. This in turn influences society because it perpetuates a socially acceptable culture of excessively ~~eat~~ consuming unhealthy food and inactivity. The physical wellbeing of Pacific Islanders is also affected, because of this habit of feasting and inactivity it may lead to becoming overweight and obesity, which in turn may lead to depression and isolation. For example symptoms of diabetes include an "increased risk of infection, heart attacks, ^{blindness,} and loss of limb," (MOH, 2012), which also affects long term spiritual goals and aspirations.

Part (d) begins on the next page

- (d) Recommend ONE strategy to address the determinant of health named in (b), and ONE strategy to address the determinant of health named in (c).

Explain how EACH strategy will bring about more equitable outcomes for those affected, by addressing the determinants, and their impacts on the well-being of people and society.

Support your answer with specific and relevant evidence.

One strategy to address the economic determinant of health's influence on diabetes in the Pacific is an increase in international financial aid to countries in the Pacific with a focus on subsidising healthy food, medicine, insulin, and funding health promotion campaigns. Although some funding is already in place, there is not enough, as in 2012 "Only \$17 million of NZ's aid programme went to Samoa, and only a small portion of that to healthcare costs." (World Bank, 2013). The UN, World Bank, and World Health Organisation as well as neighbouring countries need to contribute more money to Pacific countries with the aim of combating diabetes. As ^{WHO} ~~WHO~~, 2015, states, "There must be consumption targeted policy measures in urban poor areas, as well as production orientated interventions in rural poor areas." An increase in financial aid would enable these measures as well as addressing the economic DOH's influence, as it would mean more money could also be spent on education and healthcare costs, meaning diabetes can both be prevented and treated sooner. Not only would this strategy promote physical wellbeing due to treatment, but also remove financial strain from the healthcare system + government, and economic stress from individuals. This brings about more equitable outcomes for those affected, because there will be equal access to treatment and medication regardless of geographical location or economic status, as well as funding for health promotion campaigns and education programmes meaning that urban and rural poor areas are not disadvantaged in terms of education and wellbeing. The model of health promotion that would be used in this strategy is the UN's 17 Sustainable

Development Goals (SDGs) which focus on economic, environmental, physical, educational, and social equality. According to UN, 2012, "Without increased financial aid, countries in the Pacific will not meet their SDGs." In this way, increased financial aid would address the economic determinant of health's influence on diabetes.

One strategy to address the cultural determinant of health's influence on diabetes is a ~~community~~ government-funded community education programme implemented throughout the Pacific islands to teach people about traditional methods of cooking and how to grow your own vegetables. This would be a collective action method of health promotion to foster social and physical wellbeing within communities, and healthy attitudes and values towards food. As Let's Go Local, 2015, states, "It is important that traditional knowledge and cultural beliefs surrounding food are preserved for future generations."

One past campaign that is similar to this strategy is "Let's Go Local," a charity funded, community based organisation educating people about growing their own food. However, this campaign is only in place in the small island community of Palmyra, whereas it needs to be on a much larger scale. Not only would this address immediate concerns about cultural knowledge and physical health, but also give back to the economy, as Let's Go Local, 2015, states, "By purchasing local food you are supporting the grower's family, as well as ~~putting~~ keeping the money in the national economy." This strategy also ~~are~~ would use the Fonofale ^{model} of health promotion. This model is specific to the Pacific, as it centers around Pacific values such as family, spiritual, ~~and~~ social, and community. This strategy promotes equitable outcomes because it doesn't discriminate against those who are not in school, as the education

Extra space if required.

Write the question number(s) if applicable.

QUESTION
NUMBER(b) IMPLICATIONS OF THE ECONOMIC DETERMINANT OF HEALTH.

The influence of the economic DOH on diabetes has many short and long term implications on wellbeing for the individual, others, and society throughout the Pacific. As families are forced to choose between healthy food and other things such as education, the family of a person with diabetes is significantly impacted by the economic determinant as health may be prioritised over education, reflected in the statistic that "In Vanuatu, 80% of children attend primary school, but only 36% of girls and 38% of boys are enrolled in secondary school." As children drop out of school/work to care for a family member with diabetes, the cycle of poverty and uneducated people is perpetuated, and the spiritual goals and mental wellbeing of these children is also impacted. There is also significant pressure on the healthcare system at a societal level, as according to MOH, 2012, "70% of deaths in the Pacific are caused by NCDs." Because of the economic determinant of health and due to a low GDP for many countries in the Pacific, children dropping out of school means less people in the work force and an even lower GDP which leads to financial strain on a country at societal level.

(World Bank, 2012)

(d) STRATEGY TO ADDRESS CULTURAL DETERMINANT OF HEALTH.

programmes would take place in the community. This means that the rural poor are not disadvantaged and have equal opportunities for health and wellbeing, as it is also

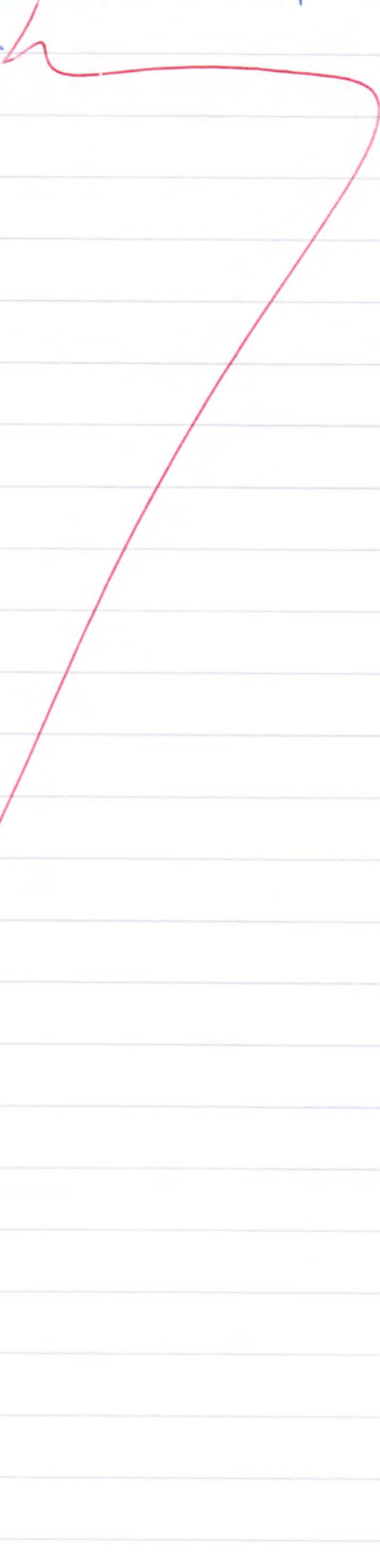
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Funded by the government and implemented throughout
all island communities.



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High Excellence exemplar for Health 91462 2016		Total score	E8
Q	Annotation		
(a)	<p>The candidate clearly identifies an issue and describes why it is of international concern and then reiterates it in the other three sections of the paper.</p> <p>The two determinants of health that have been identified and explained are the most significant and relevant for this issue.</p> <p>There is credible, well-sourced, and relevant evidence in all sections of the paper.</p>		
(b) and (c)	<p>The candidate identifies and explains two determinants of health that are the most significant and relevant to the issue that is being analysed.</p> <p>The implications have been linked to well-being in detail, and both personal and societal implications have been discussed.</p> <p>The implications have been linked to both of the determinants in part (a) of the question.</p> <p>The underlying concepts of health have been integrated throughout the paper.</p> <p>There is coherent, credible use of evidence in this section of the paper.</p>		
(d)	<p>The candidate links the strategies to the determinants and implications, which is required to reach a higher grade.</p> <p>There are strong links to how this will create more equitable outcomes for all those impacted by the issue.</p> <p>There is coherent, credible evidence throughout this section of the paper.</p> <p>The paper has covered all underlying concepts within the four parts of the question.</p> <p>The answer is coherent and concise, and there are clear links evident to the candidate's own learning in all aspects of the paper.</p>		