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91462



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## Level 3 Health, 2015

### 91462 Analyse an international health issue

9.30 a.m. Monday 16 November 2015  
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.**

Pull out Resource Sheet 91462R from the centre of 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  
Achievement

TOTAL

4

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## INSTRUCTIONS

Read **Resource Sheet 91462R** before answering the question in this booklet.

Support your answers with **specific and relevant evidence**, such as examples, quotations, and/or data from the resource sheet, and from other credible and current sources (from 2010 and after).

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.

Select ONE of the two international health topics in the table below, and tick the box alongside.

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

Identify a **significant health issue of international concern**, within your selected topic, that you will use to answer ALL parts of the question in this booklet.

Type two diabetes is a significant issue of international concern ~~the~~ in the Pacific islands

**QUESTION**

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

Type two diabetes in the pacific islands is of international concern due to the amount of people with the disease. In the pacific islands around ~~138~~ 138 million people have diabetes and this could raise to 202 million by 2035 if we aren't careful (world health organization "WHO"). Diabetes is a disease which has no cure but is easily prevented, it occurs to a person when they don't produce enough insulin and their glucose levels are too high. 90% of all diabetes cases are type 2<sup>(WHO)</sup> and this could lower if people took action. Often the disease is not found early enough due to expensive health care that people can't afford. In Fiji only 16% of people reach over 55 years of age due to premature death from diseases such as diabetes (IDF).

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

Determinant (1): Environmental

Explain the short-term AND long-term health implications of this determinant for the **well-being** of people and society.

Support your answer with specific and relevant evidence.

~~personal implications for environmental determinant of health:~~  
 there are both many short and long term implications of this determinant on ones well being. One short term implication is <sup>an individual</sup> ~~people~~ will become inactive due to the changes in his/her life style, they may move to jobs with less physical activity such as office jobs causing them to become inactive. A long term health implication is they can develop the disease of diabetes which can lead to heart failure, kidney failure, death etc. because many people aren't getting the physical activity and healthy intake of food they need. This can cause a strain on relationships both short and long term as sexual activity and drive will decrease families will become stressed from trying to help the diabetic and people may become depressed. The community is affected as more and more people are diagnosed with diabetes, it puts a strain on the Islands financially as well as physically and mentally. For example with 138 million people having diabetes in the Pacific Islands the countries cant afford to fund it. Communities are losing fresh crops due to the change in climate and natural disasters meaning it becomes more expensive for fresh food that is healthy.

(c) Explain how the determinant of health in (b) contributes to your named health issue.

Support your answer with specific and relevant evidence.

Environmental determinant is a significant and relevant determinant to type two diabetes in the Pacific islands. This is due to the fact that the Pacific islands have many tropical cyclones, tsunamis, and natural disasters because of this many people are unable to grow their own fresh crops as they get destroyed. By this happening many people turn to 'unhealthier foods' as it's cheaper. Because of so many natural disasters people who live in rural areas are beginning to move to urban areas. ~~the~~ Urban areas giving them less chance and space for physical activity, people also make the change from physical activity jobs to office jobs ~~with~~ which is making people inactive and lazy. 35% of Samoans admit to not eating fruit (WHO) mainly because they can't afford the fresh produce or can't grow it because natural disasters destroy it too fast. The ~~country~~ Environmental determinant contributes to type two diabetes as many people believe it may "encourage" an unhealthy life style due to the natural disasters and change in living areas (rural and urban).

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

Determinant (2): Economic

Explain the short-term AND long-term health implications of this determinant for the **well-being** of people and society.

Support your answer with specific and relevant evidence.

Economically there are many health implications for this determinant for the wellbeing of individuals, relationships and society. A ~~short~~<sup>long</sup> term personal implication is that healthy foods and lifestyles aren't easily afforded by families this is shown as many people in Samoa below 50% of the population fall below the poverty line, this means people's wellbeings are negatively affected as they then eat unhealthy trying to reduce themselves from ~~into~~ starvation they eat the cheapest and worst foods often Asian foods they can't easily understand the packaging for or noodles as a fast and cheap ~~altern~~ alternative. like Environmental this can put a strain on relationships with families and friends as they become unhealthy, unfit and lazy because they buy foods they can afford and don't bother looking for other cheap alternatives. In society ~~there~~ there are many implications a main one being expensive health care that people can't afford and not much education or anything towards diabetes. These all cause a strain on people's wellbeings, and the wellbeing of society.

- (e) Explain how the determinant of health in (d) contributes to your named health issue.

Support your answer with specific and relevant evidence.

The Economic determinant is a major influencing and relevant determinant as ~~over~~ the low socio economic means people ~~by~~ buy what they can afford and with fresh chicken being 10 times more expensive than canned chicken in Vanuatu (IDF) it means that people turn to foods like canned chicken and sugary unhealthy foods because like New Zealand ~~people~~ people buy what they can afford. Because people can't afford healthy foods many can't afford health care or don't think to seek health care. All of the health care <sup>expenditure</sup> is spent on glucose strips per person per year. This causes a strain on the governments financially because they spend all their health care expenditure by providing glucose strips. This determinant contributes to the health issue of type two diabetes as people buy what they can afford meaning that people buy unhealthy cheap foods which is increasing the obesity in the islands as well as increasing the risk of type two diabetes.

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

Explain how EACH strategy will enhance the well-being of, and bring about more equitable outcomes for, those directly and indirectly affected by your named health issue.

Support your answer with specific and relevant evidence.

~~Strat~~ Strategy One: financial aid.

financial aid is a way of getting money to countries that need help. Financial aid would help to get money for health care so people can ~~re~~ get frequent checkups and also reduce the price in healthier foods and fresh produce. By reaching out to other countries and organizations such as New Zealand, Ausste, Asia, World health organization. They could get financial aid to put towards key things economically to reduce the risk of getting diabetes type two. For example recently New Zealand gave Samoa \$17 million which they put towards healthier lifestyle choices (WHO). Financial aid would follow the OTTAWA charter model which follows the idea of trying to look past just health care. Financial aid would be a equitable outcome as the money could be evenly divided to pacific islands and put towards cheaper health care and healthier foods for better lifestyles following in the foot steps of Samoa to prevent type two diabetes.



the second strategy is education within the community not only schools around healthier food options and exercise plans for people. for example if the community were to come together and create free boot camp groups or the government offered skipping ropes and balls to people they would have the opportunity to get active. In Samoa they recently had a '60 Local' campaign where there were gardening competitions and people were given fresh free seeds to garden with if people followed in Samoa's footsteps they would be able to have community groups for people to become active and learn new things. In Fiji around 80% of all diabetes cases could easily be prevented by small lifestyles changes (Unicef) so if communities were given the opportunity for education on the issue we could reduce the risk of people getting diabetes. This follows the collective action model which follows the motto of looking after the future of the Pacific Islands. This is a equitable outcome as everyone would be given the opportunity towards education no matter ones financial circumstance, this would provide people to get a healthy lifestyle change on their well being.

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

ASSESSOR'S  
USE ONLY

QUESTION  
NUMBER

Extra space if required.

Write the question number(s) if applicable.

QUESTION  
NUMBER

## NOTES TO LOOK AT

In Fiji 80% of all diabetes cases could be prevented by small lifestyle changes (UNICEF)

collective action model: to look after the future of the Pacific islands

OTTAWA charter model

motto: to look past just providing health care

fresh <sup>chicken</sup> meat is 10x more expensive than canned chicken (IPF)

Economic = low socio economic (health care) (by what they can afford)

NZ gave 17 million to Samoa

35% of Samoans admit to not eating fruit (WHO)

'GO LOCAL' campaign - gardening, fresh seeds etc.

