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91462



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NEW ZEALAND QUALIFICATIONS AUTHORITY
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QUALIFY FOR THE FUTURE WORLD
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SUPERVISOR'S USE ONLY

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
Merit

TOTAL

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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.

The significant health issue that I will use is
Obesity in the Pacific. Obesity is ~~the~~ defined as
the state of being overweight and is a disease
that affects many lives of people living in the
Pacific.

QUESTION

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

Obesity in the Pacific is of international concern due to the number of prevalences in the Pacific. "In at least 10 countries in the Pacific 50% (some up to 90%) of the population is overweight." This is a significantly large number of the population who are affected by the disease which is why something needs to be done about it. Obesity in the Pacific is of international concern because the Pacific needs assistance from the rest of the world to decrease obesity rates due to the limited resources and education in the Pacific.

* WHO 2015

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

Determinant (1): 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.

Living with obesity can economically have effects on the well-being of people and society. If obesity leads to other health issues such as diabetes or cardiovascular diseases then this can cost people and families bills that they cannot afford. Apart from health costs, these diseases are a huge problem as "cardiovascular diseases are the number one killer of humans in the world" (WHO 2015). "The approximate costs of a 45 year old male with obesity over a lifetime is around \$106,000" (high.gor.com). These costs are very large and are not what the Pacific families and society can afford as there is little money and resources to help people in the Pacific with obesity. If families and communities need money to pay for health costs that they don't have then this can lead to high levels of stress in families/communities. Stress can then lead to tension and sometimes abuse. "63% of women in the Solomon Islands say they have been victims of domestic violence" (aid.gor.co.nz). ~~Therefore~~ Abuse can eventually lead to broken families which affects the communities they live in. Therefore stress and tension in communities and families is caused by the health costs of living with

minimum wage
high cost of food.

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

Support your answer with specific and relevant evidence.

The economic determinant of health ~~and~~ contributes to obesity because of the low income that families in the Pacific are earning. This often means that families do not have much income to spend on food leading to unhealthy choices. "In Samoa, the minimum wage is approximately \$2.00 - \$2.30 an hour." (thesamoanobserver.com) The Samoan dollar is very similar to the NZ dollar which shows that they are earning very little money. Due to low income, this often means families in the Pacific are living below the poverty line. Around "4 million people in the Pacific are living in Poverty" (WHO 2015) This is approximately half the total population. Low income leads to obesity as the costs to buy healthy food are very high. High fat and high sugar content foods are cheap and easy to prepare making this the easy option for families in the Pacific, making it a lot easier to gain weight and become obese. "chicken was 10 times more expensive than canned meat in Vanuatu." (Unicef 2013). This shows that it would be a lot more affordable to eat canned meat rather than real chicken, ~~therefor~~ making the unhealthy option the go-to option. Therefore economical determinant

premature death.

depression.

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

Determinant (2):

Cultural / lifestyle

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.

Living with obesity can have cultural/lifestyle effects on the well-being of people and society. For some people obesity can cause "depression, anxiety and a lower quality of life" (morelife.com). Living with obesity can reduce your quality of life by not allowing you to spend time with friends and family, limiting your ability to work and possibly causing more health issues such as diabetes, depression, ~~cardi~~ and cardiovascular diseases. If health becomes serious, premature death can also be a consequence from obesity caused by cultural/lifestyle choices. "In Fiji, only 16% of the population are aged more than 55 years due to premature deaths caused by non-communicable diseases" (WHO 2015). This is a major issue because it ~~will not only~~ not only reduces the average life span in the Pacific giving it a bad reputation compared to the rest of the world. It is an issue because approximately "80% of people in the Pacific have a non-communicable disease" (WHO 2015). Therefore the culture/lifestyle

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

Support your answer with specific and relevant evidence.

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The culture and lifestyle of people in the Pacific contributes to Obesity. ~~one~~ People in the Pacific have a strong belief of putting others before themselves. "People in the Pacific tend to prioritise family and social commitments before their own physical health" (mcnz 2013). This contributes to obesity as they do not focus on their own health, diets and exercising as they have a more important focus in life as those are the things they value the most. Because people in the Pacific prioritise social commitments this means they often spend time celebrating with church and communities. After church, Pacific people traditionally celebrate with a large amount of food that is purposely over-catered. This encourages people to over-eat ~~and~~ and consume a large quantity of unhealthy foods such as canned meats and high sugar content foods. Over-eating unhealthy foods on a regular basis contributes to obesity because it will cause weight gain. ~~the~~ According to WHO 2015 "only 20% of people in the Pacific said they eat the recommended 5+ fruit vege a day." This shows that there is a very low percentage of people in the Pacific actually eating

- (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.

One strategy that will address the economical determinant that contributes to obesity could be to bring in health care workers into the Pacific that can support, educate and treat people with very low, subsidised costs. This strategy will help to educate people about the importance of healthy eating which will help to prevent obesity in the first place.

Having cheap, subsidised health costs to treat those with diet related diseases will make people more likely to seek medical help. It is important to have good, affordable health care in a place where there a high prevalences of obesity and poverty as the ~~costs~~ lifetime costs of a "45 year old male with obesity is approximately \$106,000" (mpg.gov.com). This is an effective strategy as everyone will have access to the health care and support, for families, communities and the people directly affected by obesity. Having specific health care sessions will be even more effective if these are done during/after church or traditions. These means that the people in the Pacific will be reassured that they do not have to change there traditions that they highly value, but will also have access to

health care after these special traditions, making them more likely to seek the help and support they need. Therefore this is an effective strategy to address the economic determinant as it reduces health costs, prevents obesity by educating people in the Pacific and allow them to still do the traditions they value. ~~the~~ /

A local strategy which can be put in place to reduce the cultural / lifestyle determinants of health is to provide cooking classes to teach people in the Pacific to make healthier choices and provide them with easy, healthy and affordable meals. "limiting energy from sugar and fat content and increasing consumption of fruit and vegetables" (WHO 2015) is one way to decrease obesity. If this is done ~~to~~ by educating people through cooking classes then this will help to prevent obesity and premature death. "Fiji has a low life expectancy of 69 years" (WHO 2015) this means that ~~it is important~~ teaching people to cook healthier options can increase life expectancy by reducing obesity will improve the reputation of the Pacific and increase the quality of life for individuals. Having cooking classes after church sessions would be even more beneficial to the people in the Pacific as

Extra space if required.

Write the question number(s) if applicable.

QUESTION
NUMBER

b) obesity, However due to the limited health care and high costs of treating obesity, many families are unable to reduce/prevent it in the Pacific ~~due to low incomes~~ giving the Pacific a lot of obesity prevalences and a bad reputation in terms of health.

c) of health contributes to obesity because if people in the Pacific are earning a low income pushing them below the poverty line, then they have no choice but to buy the more affordable food options, that are unhealthy and lead to obesity.

e) ~~the~~ the right amount of nutritious food each day due to the overcatering and overeating of unhealthy foods centred around religious celebrations making it very easy for people in the Pacific to become obese.

d) of people in the Pacific causes implications such as a lower quality of life, other non-communicable diseases and also the chance of a premature death which not only affects the

Extra space if required.

Write the question number(s) if applicable.

QUESTION
NUMBER

community around the person, but also the statistics and reputation of the Pacific

- f) it encourages them to attend these classes and stays respectful to their religion and cultural. Because their religion is so important to them, the most effective strategies need to include their culture and religion to encourage them to participate, making it fair for everyone. Therefore this is an effective strategy to address the cultural/lifestyle affects on well being because it stays true to their culture and ~~teach~~ provides them with ~~the~~ the skills to create healthy and affordable meals to prevent obesity and the consequences of obesity

