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3

91462



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SUPERVISOR'S USE ONLY

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
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.

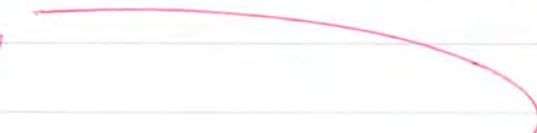
Space is provided on page 3 to help you plan your answers.

Begin your answers on page 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 checked="" 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):

Type 2 diabetes



PLANNING (OPTIONAL)ASSESSOR'S
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- Cultural - Education

- Economic - money \$

- food

- body image

- Medicine worry

- food price

- government funds

- hospital spending

QUESTION

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

Type 2 diabetes is an international concern because of its growing significance in the Asia/Pacific area. 240,000 people are affected by type 2 diabetes in NZ ^(health.org.nz, 2012) and 1 in 3 people are affected in Samoa (WHO, 2013). The numbers are continuing to increase, like America ~~is~~ with 10% in 1980s is now 14%. (diabetes.uk, 2011). Type 2 also affects countries like Indonesia, Tonga, and ~~is~~ Fiji. Type 2 diabetes is a Non-communicable disease, meaning it can't be passed on from person to person and are often easily preventable. The numbers in the Pacific are the highest in the world due to rapidly changing culture (westernisation), and economic reasons.

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

Determinant (1): Culture

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.

Culture is a determinant of health that contributes to type 2 diabetes because of the rapid changes it has undergone. 100 years ago, islanders eg. Tongans & Samoans grew their own crops of traditional foods like taro and coconuts, and ~~farmed their own livestock~~ ^{went hunting for food} to provide for their families, but now days, food is much more accessible and

less effort to get thanks to fast food chains like McDonalds. However these popular foods are very high in sodium, fat, and sugar which is unhealthy when over-consumed, which can lead to obesity which causes type 2 diabetes. Food is ^{still} a significant part of their culture, and Samoans for example will have a large feast after church on Sundays to bond with each other and socialise (The Guardian, 2013), however this is often consisted of easily accessible & cheap processed foods which have been imported and are very unhealthy, the feast is then followed by a long period of inactivity. The combination of ~~these~~ ^{these} can negatively affect people's physical wellbeing in the short-term as they can gain weight, develop digestive problems, increase blood pressure and weaken immune system (WHO, 2013). These health issues can lead to long-term effects like obesity, heart disease, cancer, respiratory issues, and type 2 diabetes (WHO, 2013). Continuation of these things, especially when already diagnosed with type 2 diabetes can cause it to get worse in the long term as the body cannot control the high levels of sugar intake and it begins to shut down, leading to premature death. Negative impacts on physical well-being can lead to negative impacts on mental well-being. In the short term, things like weight gain can ~~make~~ make you more susceptible to bullying, which is a 'huge' problem in New Zealand. 43% of primary aged children say they have been subject to bullying. (bullying.nz/2010)

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

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Determinant (2): Economic

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.

This ~~factor~~ determinant of health contributes to type 2 diabetes because a leading cause of type 2 diabetes is obesity. Obesity rates in the Pacific are some of the highest in the world with NZ ranking 4th^{in the world} and American Samoa ~~being~~ ranking 1st (health.govt.nz, 2013). In Samoa, a main contributor ~~is~~ is the increase of western food imports and fast food chains. It is much cheaper to import foods from Asian countries and NZ than ~~to~~ to grow and sell locally. The problem is that the imported food is often full of carbs and sugar, which if too much is consumed it can lead to physical problems like obesity in the short term & diabetes in the long term. 30% of Samoans live below the poverty line (health.govt.nz, 2013), meaning they can't afford to ~~be~~ buy healthier food as it is too expensive, but could afford a cheap meal at McDonalds. We can see that this links to rates of diabetes because 1 in 3 Samoans (approx. 33.3%) are affected by type 2 diabetes and 30% of Samoans live below the poverty line. Combine this with the ~~low~~ low

pay rate, Samoans get paid a minimum of approx. \$5 per hour (npr.org.nz), which means that not much money is able to be spent on food, and unhealthier foods are the cheapest. Society will have negative physical effects in the short-term as well as negative spiritual effects, ~~as~~ as people may feel they are not properly caring for their children but are unable to do anything about it which will give them low self-worth in the short term and may cause them to change their life goals ~~in~~ in the long-term. A positive spiritual short-term impact ~~is~~ is they may turn to religion as a healthy outlet for their feelings and may find support. Another factor is that a large amount of government funding goes towards diabetes. Almost half of the healthcare funding goes to type 2 diabetes (WHO, 2010), because it is such a 'large' ~~problem~~ problem, which means that money may not be going to other places it needs to go like other diseases or education or housing, which can have negative long term effects on mental ~~to~~ WB of society as they may feel they aren't worth enough or that the government doesn't care about them. In the past, patients had been sent to NZ to be treated for diabetes but because of the large number of patients, it was no longer economical to do that, so they set up treatment facilities in Samoa, which will

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).

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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 ^{cultural} determinant of health is Free education for the public about type 2 diabetes. It will bring about equitable outcomes for those affected because if you educate those already diagnosed with type 2 diabetes, they will gain the knowledge needed to properly look after their disease and prevent further physical damage and potentially prolong their life. Nurses in Samoan hospitals and clinics usually only have about 2 minutes on average to tell a patient about diabetes, due to the large number of patients (aid.org.nz, 2014), and this is not enough time, so free education (in a community hall for example) would allow them to have a fuller understanding. Education could also prevent type 2 diabetes, if the education includes how to live a healthy lifestyle (eg. 5+ a day campaign) including healthy eating & exercise (eg. zumba). People who attend these free education events could then pass ~~the~~ the information onto family members and children and raise a new generation of health conscious people, which will lower the numbers of type 2 diabetes. By making it a free event, it allows it to be accessible to //

everyone which means it's fair. This is important especially when people don't have much money.

This will positively impact society's physical ~~A strategy to address the economic~~ wellbeing because they may begin to live a healthier lifestyle and therefore reduce risk of NCDs. They may feel better about themselves mentally and have more confidence, socially they may meet like-minded people at these events and create new relationships, and spiritually they may feel they have found their purpose in life. //

A strategy to address the economic determinant of health is to increase funding from organisations such as UNICEF & WHO, to help aid the increasing number of diabetes patients. Hospitals are always full and don't leave much room for other ~~patients~~ patients, and the hospitals are understaffed as they can't afford to hire more doctors (only 50 doctors in Samoa's main hospital - aid.govt.nz 2015). ~~citizens~~ Citizens of low socio-economic islands like Samoa or Tonga are suffering from lack of funding and as a result, more people are getting sick and even dying ~~and~~ -increasing the mortality rate. If we increased the funding, more money could go towards helping these type 2 diabetes patients get better, and the government can spend //

M6

Extra space if required.

Write the question number(s) if applicable.

ASSESSOR'S
USE ONLYQUESTION
NUMBER

b) This can lead to depression in the long term. Another factor is body image. In the past in Samoa, the culture was that it was desirable ~~to~~ to have a larger body shape as it was a sign of wealth and power, and this is still carried in today's culture, however it is now much easier to gain weight for that desirable body shape and it is now a socially accepted norm. "It's just the way we are" - Rocky Tailalo, npr.org.nz, 2014. This unhealthy body image means that no one like Type 2 diabetes does anything to prevent illness as a result and more people develop it in the long term. Another factor is the stigma around western medication in the Pacific islands, people are not educated enough around it and prefer to use traditional herbal methods, which are not very effective at treating type 2 diabetes. "Most people will try other methods before trying western treatments" - Anna Toapua, a nurse at Samoa's main hospital. People might have pressure from family members to use herbal medicine which is a negative short-term social effect on WB, and in the long term this can have negative physical effects.

Extra space if required.

Write the question number(s) if applicable.

ASSESSOR'S
USE ONLYQUESTION
NUMBER

c) have positive short term effects on physical well being as people can easily access the treatments they need, but in the long term it may make diabetes a social norm, which is a negative impact on social well being. //

d) money on more important things like education, housing, and infrastructure. In 2012, \$10 million ~~was~~ was spent on diabetes alone in Samoa (npr.org.12, 2012). Increasing funding would create more equitable outcomes for patients of type 2 diabetes, as they ~~would~~ would get the money needed to pay for treatments, having a positive mental & physical effect on well being as it can help them to live a relatively normal life and increase their life expectancy compared to not getting treatment. It would also have a positive impact on the well being of society as ~~more~~ more money will go towards other important things like housing, allowing a positive effect on their health & physical well being, and socially they may be able to trust and have more faith in their government. //

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

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QUESTION
NUMBER

91462

High Merit exemplar for Health 91462 2016		Total score	M6
Q	Annotation		
(a)	The candidate clearly identifies an issue and describes why it is of international concern. There is credible and relevant evidence in this section of the paper.		
(b) and (c)	<p>The candidate identifies and explains two determinants of health that are 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>There is credible evidence in this section of the paper.</p>		
(d)	<p>The candidate links the strategies to the determinants and implications, which is required to achieve a higher grade.</p> <p>There are links to how this will create more equitable outcomes for all.</p> <p>There is credible evidence throughout this section of the paper.</p> <p>The candidate has not covered all of the underlying concepts in enough depth within the analysis to achieve Excellence.</p>		