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91462



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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 3 Health 2023

91462 Analyse an international health issue

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 Booklet 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 2–8 in the correct order and that none of these pages is blank.

Do not write in any cross-hatched area (⊘). This area will be cut off when the booklet is marked.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

Excellence

TOTAL 07

Page 1

Make sure you have the paper Resource Booklet 91462R.

INSTRUCTIONS

A health issue of international concern is **the difference in life expectancy between people living in poverty and people not living in poverty in the United States**. This is of concern to public health as it is affecting the well-being of a significant number of people.

Before you begin, read ALL parts of the question. Support your answers with **specific and relevant evidence** from **Resource Booklet 91462R**, and your own knowledge about poverty. Evidence can include examples, quotations, and / or data from credible and current sources.

PLANNING

Consider:

- significant and relevant determinants of health
- how each determinant contributes to implications for well-being
- strategies for more equitable outcomes
- connections to the underlying concepts of health.

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Economic DOH

access to health care
 access to good food
 access to a healthy living environment
 access to a good education - reinforces the poverty cycle

Cultural DOH

overeating - obesity
 societal prejudice against minority groups
 societal norms in america

america is a leading country, many other countries follow them in their laws, behaviours and norms

strategies

access to education, schooling and the dangers of obesity/eating bad,
 putting protective factors in place, helping out minority groups and families who need support
 access to healthcare
 support and care for those in poverty
 healthcare for everyone of all ages

QUESTION

- (a) Explain how a difference in life expectancy related to poverty in the United States is a health issue of international concern.

B I U    

The life expectancy related to poverty in America is a health issue of international concern as, "*Poverty and low-income status are associated with various adverse health outcomes*" (Resource E) Living in poverty in the US severely impacts an individual and communities life expectancy as it cuts access to well-supported healthcare, healthy and sustainable food, and possibly the ability to succeed in a schooling journey. These protective factors improve an individual's physical well-being but also mental and emotional well-being as well, as an unhealthy body often leads to an unhealthy mind, leading them to further develop mental or emotional health issues. For families living in poverty, it can often put strain on the oldest of the kids, they often have to leave school to look after younger siblings, or even try to find work themselves to support the family. "*Poverty occurs when an individual or family lack the resources to provide life necessities, such as food, clean water, shelter and clothing*" (Resource E) Because of this the likelihood of developing a sickness or illness is much higher than an individual not living in poverty. The risk of getting sick also comes with the issues of paying for treatments and medicine, something those living in poverty may not be able to achieve or access. As healthcare in the US isn't accessible for everyone it often leaves those on the lower end of the poverty spectrum, in need of healthcare, falling further and further behind in society. While those who can access such care do. Life expectancy in relation to poverty in the US is of international concern as America is a leading country. Not only is it large, and has many resources and procedures put in place, it also is a guiding country for the future. Many countries, such as the UK, often follow America's social stances, as well as their policies and laws. Even countries such as our own follow them in their behaviours and societal norms, so to see it suffering and struggling to provide for all of its people doesn't give the rest of the world the best feeling for our futures.

- (b) (i) Identify TWO significant determinants of health (DOH) that contribute to the difference in life expectancy related to poverty in the United States.

Note: Refer to these two significant determinants of health when answering all remaining question parts in this booklet.

DOH (1):

DOH (2):

- (ii) Explain how the two determinants of health could impact the short-term and long-term well-being of an **individual**.

B I U    

The first DOH that impacts the short and long-term of an individual is the Economic DOH. Depending on where you were born and raised, often determines where you will end up on the socioeconomic scale. For those born in the upper middle class, it is likely they will either go on to earn more than their families, or just below them. However, if you were born in the lower class, and in poverty, it is likely you will not move from where you are, especially in a country such as America, where the social structure is extremely difficult to break. A key factor of this determinant is the access to a good education. Education is the building block on an individual's life, it not only helps them secure a job and future but also allows them to understand society, and how to speak and interact with those around them. For kids living in poverty, a good education may be hard to achieve, depending on where they are living, they could be attending a state school, that has little support from the government or their community. Not only could the school be an unsafe place to go but it would more likely than not, offer little support for a child's learning opportunities. However, the school could be great, it could offer the children all their needs, but they may not be able to go. Resource A says, "*In addition, the higher cost of necessities, such as healthy food and child care increases the problem*" The increase in cost, and the unaffordability of childcare could lead those living in poverty need to keep kids home to save money, however keeping them homes means the parent would have to pick between work or school for their other kids, and more often than not the kids schooling is taken away from them so that they could watch their siblings. Taking away school means that further down the line that individual's future is a lot smaller than it could be. Job opportunities are much harder to come across without any degrees or schooling achievements, and how will employers know to hire a person if they don't have anything to showcase for it. With job prospects small or unattainable, these young people are most likely going to turn to government benefits for income, reinforcing the poverty cycle.

The cost of living in America is extremely high, especially as the majority of the people are living in low-socioeconomic environments, or are in some level of poverty. Access to healthcare and eating healthy is a privilege in the US, and more often than not, is extremely out of reach for some families. Resource C says, "Americans' access to affordable healthcare is more limited than access for patients in other countries, where healthcare costs are more commonly covered by government spending" The result of this is individuals may be left with looking after the sick as they aren't able to afford treatments or medicine, or may need to spend that money on putting food on the table or the lights on. However, for those who may have no other option but to buy treatments or medicines, some individuals may also have to pick up a second job in order to pay for the treatments, in turn putting more stress on them and more stress on the sick person as well. Having little access to health care short term means that someone with the flu may not just have the flu, as it could progress long term into something more dangerous, such as pneumonia. This means that long term, the individual may stay sick due to not being able to afford medications, and could die as they are unable to receive the treatments they need. Eating healthily also offers support if one is sick, as fueling your body with the right nutrients can help recover and stay healthy. Eating processed food also increases the chances of getting other diseases such as diabetes, this then starts the cycle all over again as the treatments cost money that the family may not have. Ultimately not eating well impacts the physical health of the individuals long term as they could develop other health problems such as obesity.

The second DOH that impacts an individual's short and long-term health is the cultural determinant. A key social norm within America's culture is overconsumption, and bigger is better. When you combine those two together you get a dangerous outcome of people bingeing themselves on food, and facing extreme obesity. A key societal bias in the past was that poor people are thin and skinny, and although that may be true, that isn't the case for most people in the US living in poverty. As mentioned earlier processed and fast food is cheap and affordable, meaning access to it is easy. Resource D says, "Impacts of poverty...higher risks of adverse health effects, from obesity, smoking and chronic stress...they may also have difficulty paying for health insurance, paying for procedures, and medications" Although people living in poverty with obesity may seem well off, due to the societal norm that bigger people are rich, they may not be. Fast food and processed food also come with convenience. For many people struggling they are faced with stress, anxiety, and other mental health issues as they could be figuring out how to look after their family day by day. Fast food often elevates this stress as it is easy, quick, convenient, and cheap. People living with obesity may also find it harder to get work or a job. Not only is it harder for them to get around, as obesity often leaves people with other health issues, such as swollen joints and heart conditions, but due to stereotypes they could find it harder to work. A key stereotype for bigger people is that they are lazy or don't work as hard. This social stereotype often leaves these people without work due to them being discriminated against, or they are anxious of the possibility. This leaves the individual out of work due to fear and stigma. Short term this impacts their mental health, as they are left feeling alone and unworthy of work, and could cause them to eat more, as often people with obesity find comfort and solace in food and eating. Long term this affects their living situation and family life. If they are unable to find work, this could push them further into poverty, which could also increase their health issues, making them more sick and unwell in the long term.

overeating - obesity
societal prejudice against minority groups
societal norms in america

(iii) Explain how the two determinants of health could impact the short-term and long-term well-being of a **particular group or community**.

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POC face predjudicious
minority groups

For those living in poverty, the economic DOH reinforces many struggles they face on the day-to-day. Two key struggles for that is the access to a healthy living environment and healthcare. Resource D says that "*Communities living in poverty have less access to, safe housing, safe communities and employment opportunities*" People all over America have issues and struggles to face every day, yet most of them are able to come home to a warm and safe house. But for many who live in poverty, this isn't an option and many of them are living in an unsafe environment. An unsafe environment majorly impacts a community's wellbeing as they may not be able to sleep well causing them to become sick or unwell. This short-term impact means certain members may not be able to go to work, further pushing them into poverty without an income. A healthy living environment also means that those individuals are able to feel safe and protected. The comfort in knowing that your home is a safe place means that your mental health can thrive and you can fully relax. However, for those who don't have that, constantly being on edge or nervous, even in your own home, can cause them to further develop mental health issues. In the long term, if these mental health issues are left to fester and become worse then they could develop into depression or anxiety, which need treatment. These treatments are often very expensive and require continuous payments, such as therapy, which for most people living in poverty, isn't accessible or achievable. Resource C says "*Healthy people and communities require access to clean air, land and water, safe housing and safe neighbourhoods, medical stability and healthcare*" Short term, the prohibited access to medical stability and healthcare increases worries and anxieties that many communities may face, as it reinforces where they are on the social system and is an exact example of how oppression is used in their own country. Long term, however, it has real-world complications as people who need real and actual medical help aren't able to get it, making their health condition worse. For those struggling with mental health conditions who aren't able to receive treatment, their conditions could get worse, leaving them to see only one way out, taking their own lives. This in the long term severely impacts communities and groups, as the loss of a life, due to a system out of their control, fester anger, and sadness towards their country and government, intern starting social movements and protests, such as a recent one for the #OccupyWallStreet movement. A movement that was all about protesting for socioeconomic rights and fighting back against the rich.

Within America, there are great prejudices towards people of colour and those in the LGBTQ+ community. The cultural DOH reinforces how stigma, stereotypes, and societal norms or beliefs can impact those living in a minority group, as they find it hard to access work, and even just live their lives day to day. Resource C says, "*Healthy people and communities require access to, unsegregated and inclusive accommodation, equitable health care, and equitable employment opportunities*" For many people in these minority groups they aren't able to receive these due to racial motivational hate crimes, or religious beliefs. Short term it impacts minority groups as they may be refused work, or pay, and even healthcare. Meaning they are unable to work and help their families, or receive treatment or healthcare, simply because of how they look, or what they believe in. Long-term, however, it shifts into a more harmful future. It shifts into how society views the group as a whole, maybe they are seen as lazy, or like they are given the hard workers money, as they could be on the benefit due to them not finding work. This can then lead to how other groups treat these minority communities, such as being hateful or rude to them, and even resorting to violence and hate crimes against certain groups. This can then leave these people within the communities feeling worse about themselves and ending up with them developing mental health issues in the long run, and could leave their minority group falling behind within society as a whole.

- (c) (i) Identify ONE societal strategy that could positively address the impact of poverty on life expectancy in the United States.

Societal strategy:

- (ii) Using the determinants and impacts from (b), explain how this strategy could enhance the well-being of **individual Americans** affected by differences in life expectancy related to poverty.

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Increasing the minimum wage for working Americans would mean that they could gain access to more resources to restore a healthy life. As mentioned earlier it costs more money than it should to eat well within America, as well as to access health care. Increasing the minimum wage means that these resources, good food and healthcare, become more accessible for the everyday person. For those with jobs living in poverty, it can also mean increasing their life expectancy. Although an increase in pay may not lift them from poverty, or their social status, it could impact the lives of the individuals involved, as they are able to eat well and get the healthcare they may need in their lives. Increasing the minimum wage may also force or entice more people to work or get a job as they would be earning more and would have more of a chance at a longer life, and a better life. Increasing the minimum wage also means that resources such as healthier food are more accessible. For those living with obesity in poverty, access to more affordable healthy food allows them to realise that they can eat well and improve their own wellbeing as well. America could possibly find a budget for this in some of their social policy laws that allow them to increase their spending to ensure that the people are being taken care of. If not the United Nations (UN) have their sustainable development goals, SDG, which aim to cut out many of the world's key problems within our world. There are several that relate to America's issues with life expectancy and poverty, such as Zero Hunger, Equitable & Affordable Healthcare for All, Gender Equality, Healthy Food and Water, etc. They could get funding from the UN under the guidelines of addressing these issues in their country, and hopefully address these issues one at a time to achieve a more equitable and successful country.

- (d) (i) Identify ONE community strategy that could positively address the impact of poverty on life expectancy in the United States.

Community strategy:

- (ii) Using the determinants and impacts from (b), explain how this strategy could enhance the well-being of **communities** within America affected by differences in life expectancy related to poverty.

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A key community strategy that could positively address the impact of poverty on life expectancy is the use of support groups and networks within communities. For many people faced with poverty, it can feel lonely or isolating, however putting on support groups at town halls, or churches for people struggling with these issues can help improve these people's mental and emotional health and wellbeing. The programs could be government-run and funded with a licensed psychologist or therapist present to genuinely help these people in need and to give them coping mechanisms to help them mentally with their struggles. For many this type of group could also be a way to connect and talk to people facing similar issues as them, creating their own community to talk about as well. Resource F says, "There are a number of solutions that communities can implement to begin to address inequities... Community-led initiatives, such as community gardens, community health lifestyle groups, and education, can make an impact" Similar to the last strategy, the UN could give funding to certain governments within the US to help enforce that these programs are happening within these districts where poverty is high. One of the sustainable development goals is Equitable Health For All, as these programs work to help those with their mental health, the program's funding from the UN could fall under that.



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Excellence

Subject: Health

Standard: 91462

Total score: 07

Q	Grade score	Marker commentary
One	E7	Evidence has been consistently and coherently provided throughout this response. The strategies which are recommended consider the influence of the major determinants of health and the impact of these on the well-being of people and society. The quality of the response stood out despite its lack of conciseness.