

Assessment Schedule – 2013

Health: Analyse an interpersonal health issue (91235)

Evidence Statement

Achievement	Achievement with Merit	Achievement with Excellence
<p>The candidate selects an adolescent health issue that falls within one of the following broad health contexts:</p> <ul style="list-style-type: none"> • adolescent alcohol use (eg male and / or female binge drinking) • adolescent sexual health (eg heterosexual and / or non-heterosexual STI infection, unplanned pregnancy) • adolescent body image (eg early adolescence). 		
<p>The <i>analysis</i> involves providing an explanation of:</p> <ul style="list-style-type: none"> • Influences on the issue • consequences for well-being • health-enhancing strategies that promote well-being in relation to the issue. 	<p>The <i>in-depth analysis</i> involves providing a detailed explanation of:</p> <ul style="list-style-type: none"> • how the influences have contributed to consequences for well-being in relation to the issue • how the strategies for promoting well-being are related to the influences. 	<p>The <i>comprehensive analysis</i> involves:</p> <ul style="list-style-type: none"> • making connections within and / or between influences, consequences, and strategies to show critical understanding of the underlying concepts.
<p>See Appendix for possible responses.</p>		

N1	N2	A3	A4	M5	M6	E7	E8
Sparse information. Some answers not attempted.	Insufficient evidence to meet the requirements for Achievement.	THREE responses at Achievement level (including (d)).	FOUR responses at Achievement level (including (d)).	THREE responses at Merit level (including (d) at Achievement level).	FOUR responses at Merit level (including (d)).	TWO responses at Excellence level (including (d) at Merit level).	THREE responses at Excellence level (including (d)).

N0 = No response; no relevant evidence.

Judgement Statement

	Not Achieved	Achievement	Achievement with Merit	Achievement with Excellence
Score range	0 – 2	3 – 4	5 – 6	7 – 8

Appendix

Question	Possible evidence for the adolescent health issue of binge drinking (not limited to these examples)
(a)	<p><u>Why the named adolescent health issue (binge drinking) is a matter of public concern, eg:</u></p> <ul style="list-style-type: none"> • <i>Binge drinking is a matter of public concern because of the strain it places on community services. The resources that are needed to deal with it take away from other areas of need in the community. Adolescents that drink to excess may need to be hospitalised, clogging up emergency rooms in hospitals, taking away resources from others.</i> • <i>One in five young New Zealand drinkers report they planned to get drunk on at least one occasion (Research NZ 2009). Those drinking to excess regularly may fall behind in school, drop out, and not complete their education, leading to poor employment opportunities. If they drop out, they may have to rely on government subsidies in order to get through, adding more strain on resources that are already stretched.</i> • <i>Young people get into unsafe situations when they are binge drinking, putting themselves at risk.</i>
(b)	<p><u>Personal, interpersonal, and societal factors that might influence the named adolescent health issue (binge drinking), eg:</u></p> <ul style="list-style-type: none"> • Personal, eg: <ul style="list-style-type: none"> - <i>Adolescent values and beliefs influence their approach to alcohol use. During their childhood, a person would usually be exposed to sensible alcohol consumption, or excessive alcohol consumption, and this would influence their own beliefs and attitudes. If they had seen alcohol used extensively in social situations, or on a daily basis, they would be more likely to see this as normal and follow suit.</i> - <i>An adolescent might lack self-esteem and this might lead to poor decision-making around the use of alcohol.</i> - <i>An adolescent may be located in a community where there are not many opportunities for education or employment, and hang out with friends who consume alcohol excessively.</i> - <i>An adolescent may not be aware that they need to be responsible for their own actions.</i> - <i>Adolescent awareness may involve ignorance of the effects of alcohol on the system.</i> • Interpersonal, eg: <ul style="list-style-type: none"> - <i>Adolescents might be exposed to social situations where friends whom they hold in high regard or aspire to be like, have been using alcohol irresponsibly, and are seen to be having a good time. This could influence others to act in the same way. Adolescents might be unable to withstand this peer pressure.</i> - <i>Family influence may have given the adolescents irresponsible attitudes to alcohol.</i> • Societal, eg: <ul style="list-style-type: none"> - <i>The community in which the adolescents reside will influence their attitudes and behaviours. In a low socio-economic area, or in an area of excessive wealth, attitudes to consumption of alcohol may be irresponsible.</i> - <i>Adolescents may think they can get away with excessive consumption, and not consider their impact on others.</i>

<p>(c)</p>	<p>Possible negative consequences, BOTH short-term AND long-term, of the named health issue (binge drinking) on an adolescent's well-being and their ability to function as a member of society, including relevant factual information eg:</p> <ul style="list-style-type: none"> • Short-term negative consequences, eg: <ul style="list-style-type: none"> - <i>An adolescent may suffer from the physical side effects of excess alcohol consumption by getting alcohol poisoning, and needing to be hospitalised, causing a strain on emergency services. Between 18 and 35 % of injury-based emergency department care is alcohol-related, rising to between 60 and 70 % at the weekends (Jones et al 2009, Humphrey et al 2003).</i> - <i>The adolescent could cause a car accident, or cause harm to another person because of their inebriated state.</i> • Long-term negative consequences, eg: <ul style="list-style-type: none"> - <i>Excessive consumption could lead to addiction, or liver damage. More than half of alcohol related deaths are due to injury, one quarter to cancer, and one quarter to other chronic diseases.</i> - <i>Excessive calories in alcohol could lead to considerable weight gain over time.</i> - <i>Excessive consumption may cause an accident that leads to the harm of others, or that ruins other people's lives.</i> - <i>An adolescent convicted of drink driving could lose their licence and this could affect their ability to get or maintain employment, causing strain on community resources.</i> - <i>Adolescents who drink excessively (binge or alcoholic) may withdraw from their family, friends, or community. They may become unproductive at work or school, or have difficulty maintaining friendships and relationships. The friendships they do maintain may be unhealthy and further support their abuse of alcohol. This could lead to conflict with family who can see the destructive course that the adolescent is taking. This path could lead to the breakdown of the family unit, causing a strain on community and health resources that are used in dealing with adolescent health issues, increasing costs to society. Approximately 23 000 people are treated in the publicly funded health system each year for alcohol and other drug-related addictions (ALAC 2013).</i>
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(d)

Different strategies to address the challenges to the well-being of adolescents that are created by your named health issue (binge drinking) AND why EACH of these strategies promotes healthier outcomes for New Zealand adolescents, including relevant factual information, eg:

Note: MUST show critical understanding of the connection within and / or between influences, consequences, and strategies for Merit / Excellence.

Strategy One:

- *Individuals could do their own research around consequences of alcohol use so they can make more informed choices. They could start to question their own beliefs and attitudes as imposed by others. Questioning these beliefs may enable them to think differently about situations they are exposed to, possibly helping them to change their behaviour. By getting more information, they may then seek help within their own family, friends, or community. In seeking this help, the individual could model what expected behaviour is all about around alcohol use, assisting others to change (this could be family, friends, or someone the adolescent looks up to). Those modelling the behaviour and assisting the change could help the adolescent by showing them ways of dealing with difficult situations, encouraging them to be assertive (effective communication), and being strong in their own decision-making processes. If the adolescent has not reached out, but has been seen to be struggling with their alcohol use, then those close to the adolescent could address the situation with effective communication, making sure they are being supportive without pressuring, to help the adolescent see the change that is needed.*
- Strategy One would promote healthier outcomes for New Zealand adolescents because:
 - *The adolescents would be engaged in effective communication and sound decision-making processes.*
 - *The adolescent would have made good choices.*
 - *The adolescent would feel supported and not be acting alone.*

Strategy Two:

- *The community could advocate to local government for more money to be spent on community-based programmes that are available for adolescents, or places they could go for help and support. Research shows that people's drinking behaviour is influenced by their local environment and that communities can do a great deal to reduce local, alcohol-related harm (ALAC 2005). If there were more affordable age / culturally appropriate community agencies in the area, adolescents would have more places to go and hang out, possibly removing them from places where less desirable behaviours are being modelled. Having these programmes available could help to build an adolescent's self-esteem and help them to develop more self-worth, which would help to decrease their involvement in alcohol misuse / abuse. These organisations could be supported and encouraged by local schools, thus increasing awareness of issues in schools.*
- Strategy Two would promote healthier outcomes for New Zealand adolescents because:
 - *The adolescents would have more places to go and things to do.*
 - *The adolescents would be more aware of the issues.*
 - *Partnerships with schools would be strengthened.*

Other strategies possible, eg:

- *Raising the purchase price of alcohol, and more closely monitoring the sale of alcohol to young people.*
- *Raising penalties for drink driving for under-21-year-olds (explaining why this would lead to healthier outcomes for adolescents).*