

Assessment Schedule – 2016

Home Economics: Analyse the relationship between well-being, food choices and determinants of health (91300)

Evidence

Expected Coverage			
<p>The candidate discusses the three named determinants of health:</p> <p>(1) Prenatal and early childhood factors – a child’s start in life can affect their well-being as an adult.</p> <p>(2) Social support – Having family, friends, organisations, community groups, and government agencies providing assistance to people is an important factor for family and societal well-being.</p> <p>(3) Cultural – a system of shared beliefs, values, customs, and behaviours that members of society use to live in the world with others. Some cultural beliefs can support people’s health, and other beliefs and practises can be detrimental.</p>			
Question	Achievement	Achievement with Merit	Achievement with Excellence
<p>The candidate explains how the interconnections between the three stated determinants of health (prenatal and early childhood factors, social support, and cultural), food choices, and well-being will affect the family, AND New Zealand society, including:</p> <ul style="list-style-type: none"> • at least TWO detailed examples of how each of the three determinants affects the family’s food choices • how each of the three determinants affects ALL the relevant dimensions of the family’s well-being • the interconnections of the three determinants and their effect on the James family • how the family’s situation and their well-being could affect society as a whole. <p>See Appendix for sample evidence.</p>	<ul style="list-style-type: none"> • Explains the effects of TWO determinants of health on the family’s food choices. • Explains how the family’s well-being is impacted due to the influence of ONE determinant of health on their eating patterns (at least ONE dimension of well-being is considered in the explanation). 	<ul style="list-style-type: none"> • Explains, with detailed examples, the effects of TWO determinants of health on the family’s food choices. • Explains, with detailed examples, how the family’s well-being is impacted due to the influence of TWO determinants of health on their eating patterns (at least TWO dimensions of well-being are considered in the explanation). 	<ul style="list-style-type: none"> • Explains, with detailed examples, how the family’s well-being and New Zealand society’s well-being is impacted due to the interconnections between at least TWO determinants of health on their eating patterns (at least THREE dimensions of well-being considered in the explanation).

N1	N2	A3	A4	M5	M6	E7	E8
States / describes / considers an effect of ONE determinant of health on the food choices of the family.	States / describes / considers an effect of ONE determinant of health on the food choices AND well-being of the family.	Explains an effect of TWO determinants of health on the food choices of the family, AND describes the effect of ONE determinant on the well-being of the family. ONE dimension of well-being is described.	Explains an effect of TWO determinants of health on the food choices of the family, AND describes the effect of ONE determinant on the well-being of the family. ONE dimension of well-being is explained, with detailed examples given.	Explains, with detailed examples, the effects of TWO determinants of health on the food choices of the family, AND the effects of TWO determinants on the well-being of the family. TWO dimensions of well-being are explained.	Explains, with detailed examples, the effects of THREE determinants of health on the food choices of the family, AND the effects of TWO determinants on the well-being of the family. TWO dimensions of well-being are explained, with detailed examples given.	Explains, with detailed examples, how the interconnections between TWO determinants of health, food choices, and well-being affect the family, AND New Zealand society. THREE dimensions of well-being are explained.	Explains, with detailed examples, how the interconnections between THREE determinants of health, food choices, and well-being affect the family, AND New Zealand society. THREE dimensions of well-being are explained, with detailed examples given.

N0 = No response; no relevant evidence.

Cut Scores

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

Appendix – Sample Evidence

Explains how the **interconnections** between the three determinants of health (prenatal and early childhood factors, social support, and cultural), food choices, and well-being will affect the family, AND New Zealand society, including:

- at least TWO detailed examples of how each determinant affects the James family's food choices
- how each determinant affects ALL the relevant dimensions of the family's well-being
- the interconnections of the determinants and their effect on the James family
- how the family's situation and their well-being could affect society as a whole.

Achievement (Analyse)

Explains / describes an impact of TWO determinants of health on the family's food choices, AND describes the impact of the determinants on their well-being.

At least ONE dimension of well-being is described or explained.

The James family has a strong social support network with a large extended family. This can impact both positively and negatively on their well-being, as their physical health is affected when they eat food that is high in fat salt and sugar at family gatherings.

The James family come from a large multicultural family, and food is an important part of hospitality, which is shown by providing food whenever people visit – it is deemed rude for a visitor to refuse any offering. This can cause individuals to overeat, which can lead to weight gain, and other diseases.

It was a tradition in Julie's childhood to eat all the food served up, and this has led to her acceptance that being larger as a child is a healthy sign. This tradition is easy for Julie to pass on to her own children, which could lead to them having weight problems later in life.

Merit (Analyse, in depth)

Explains, with detailed examples, the impact of TWO determinants of health on the family's food choices, AND the impact of the determinants on their well-being.

At least TWO dimensions of well-being are explained, with detailed examples given AND / OR the interconnections between at least TWO determinants of health and well-being are considered.

The James family has a strong social support network with a large extended family. This can impact both positively and negatively on their well-being, as their physical health is affected when they eat food that is high in fat salt and sugar at family gatherings. Sausages, especially cheap ones, are high in fat and salt, along with bread, which is high in carbohydrates, and tomato sauce, which is high in sugar. Fizzy drinks are not the preferred choice being so high in sugar, and should be used only on special occasions. This type of food and drink will not support Julie to lose weight, and with type 2 diabetes, she needs to lose weight and change her diet to include more fruit and vegetables. Family gatherings are also important because they allow time for people to catch up and have fun, which is important for social and emotional well-being, and also for the children to form bonds with their relatives.

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Barbecues and fast food meals do not often follow the healthy plate model, or the Food and Nutrition Guidelines (FNGs), as they are lacking in vegetables. Vegetables are rich in vitamins and minerals that are important for the family to maintain good general health.

With Julie having type 2 diabetes, her current food choices of sausage rolls and pies will just be making her condition worse, and she could develop further complications from this disease. This will be having a negative effect on her physical well-being in the short term, and as she is obese, she will have decreased energy levels. A diet high in saturated fat can lead to high cholesterol, and contribute to the clogging-up of the arteries, causing heart disease in the long term. A diet high in salt can cause hardening of the arteries, which causes high blood pressure as well. Eating too much sugar also contributes to Julie's weight gain and could create dental cavities.

When Tama was growing up, his family valued exercise and healthy eating. He wants his own family to eat a variety of fruit and vegetables to allow them to get a good balance of nutrients. Education in early life from organisations such as Plunket, as well as support from other local organisations, e.g. the council's policy of not allowing fizzy drinks to be sold in their workplaces, helps people make good food choices, and limits the availability and ease of access to these foods, as overconsumption can lead to lifestyle diseases like obesity and heart disease.

Excellence (Comprehensively analyse) *(not limited to these examples)*

Discusses, with detailed examples, how the interconnections between TWO / THREE determinants of health relate to the food choices, AND well-being of the family AND New Zealand society as a whole.

At least THREE dimensions of well-being are discussed, with detailed examples given.

The care that children receive when they are babies and young children affect their health when they are adults. Tama's mother was involved in Plunket, and had a lot of education on feeding and caring for children. Her interest in this area has helped Tama choose a healthy eating culture, and he is aware of the importance of eating a variety of foods to prevent lifestyle diseases, therefore his attitudes and values will be passed onto his children, and they also will have knowledge of healthy eating.

The foods they are choosing when they meet the extended family are often lacking in vital nutrients. This can be caused by a lack of money, as well as the type of food they have access to, and they like. This could affect the family's physical well-being, with over-consumption of fast foods, like pizzas or fish and chips (cheaper, but nutrient-poor foods). Over-consumption of these foods increases the chances of people developing diet-related diseases like obesity (too much sugar, fat, carbohydrates), which can lead to heart disease, Type 2 diabetes (obesity and too much sugar), and high blood pressure (too much salt from processed foods and fast foods). It may also lead to a lack of iron and anaemia. Julie needs to address her diet and plan family meals for the wider gatherings, so that they include a variety of healthy, low-fat, low-sugar, and low-salt meals.

There is a range of social support on offer for Julie, and Weight Watchers could help her with her weight problem. Joining Weight Watchers could also help with Julie's mental and emotional well-being, as they help build self-esteem, and offer strategies to help with over-eating. Tama and the rest of the family would also be good support for Julie as she changes her beliefs and values around being bigger, and faces up to her health issues.

If Julie continues without making changes to her own, as well as her family's food choices, it could lead to long-term effects for both society and her family, as she could live a shorter life. Community and public health agencies' costs for education, treatment, and the management of physical and emotional illnesses, resulting from excess intake of fat, sugar, or salt, alcohol, and stress, continue to rise. Government-funded public health will require a greater proportion of funding from the taxes paid by all employed New Zealanders in future, as the incidence of long-term health issues related to high fat, sugar, or salt intake, continues to rise. Shifting more funding to the health sector for healthy eating programmes, and the treatment of diet-related illnesses, means less funding is available for other important areas such as transport, education, and housing. Nutrient-related diseases cost society vast amounts of money per year. Hospitals need to have larger beds and expensive equipment to deal with larger people. They also need more staff to move obese people.

There are also associated costs in the time people have off work due to their mental and physical illnesses / diseases, and this impacts on families and children, which can impact on society (cost of support agencies, schools). Long-term unemployment could cause more pressure on society, especially if those with diet-related illnesses cannot get jobs. Parents are vital to families, and serve as long-term role models for good health.