

Assessment Schedule – 2017**Home Economics: Analyse the relationship between well-being, food choices and determinants of health (91300)****Assessment Criteria**

Achievement	Achievement with Merit	Achievement with Excellence
<u>Analyse</u> involves: <ul style="list-style-type: none"> explaining how well-being is affected by food choices and the determinants of health. 	<u>Analyse, in depth</u> , involves: <ul style="list-style-type: none"> giving detailed examples to show how well-being is affected by food choices and the determinants of health. 	<u>Comprehensively analyse</u> involves: <ul style="list-style-type: none"> explaining in detail the interconnections between well-being, food choices and the determinants of health, and how these affect individuals and society.

Evidence

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 ONE determinant of health on the food choices of the family, AND the effect of ONE determinant on the well-being of the family. ONE dimension of well-being is explained.	Explains an effect of TWO determinants of health on the food choices of the family, AND the effect of ONE determinant on the well-being of the family. TWO dimensions of well-being are explained.	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, with detailed examples given.	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, in detail, 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 in detail.	Explains, in detail, how the interconnections between THREE determinants of health, food choices, and well-being affect the family, AND New Zealand society. FOUR dimensions of well-being are explained in detail.

See **Appendix** for sample evidence.

N0 = No response; no relevant evidence.

Cut Scores

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

Appendix – Sample Evidence

Question	Expected Coverage (not limited to these examples)
	<p>Three named determinants of health:</p> <p>(1) Access to healthy food – Access to healthy food is crucial, a nutritious diet is essential to good health. Both a shortage of food or a lack of a variety and an excess of food can lead to a range of disease.</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) Stress – A state of mental-emotional strain resulting from demanding circumstances can have a negative impact on well-being.</p>
(a) and (b)	<p><u>How EACH of the three determinants of health affects the Roberts family’s food choices, including at least TWO detailed examples for each determinant, AND how EACH of the three determinants of health positively and negatively affects the relevant dimensions of the family’s well-being:</u></p> <p><i>The Roberts family lack social support because of relocating to a new city. They do not have extended family or close friends to help and support them. This has a negative impact on well-being and may leave the family feeling isolated. The children may also be feeling this way as they have left behind friends and are now having to cope with a new school setting. Anna is home alone for much of the day and could be extremely isolated. The family have started to go to church – this will in time give some support. Both parents work many hours, spending significant time travelling, and they are struggling to plan and cook nutritious meals for their children. If they had more social support from family or friends, they may get assistance with meal preparation, food shopping, etc. This could have a positive impact on the family’s health, as they may be more likely to eat nutritious meals. This could relieve some of the stress John and Marie are feeling. Support from family and friends is important for social and emotional well-being.</i></p> <p><i>John and Marie are under a lot of stress due to John losing employment and the family relocating to a larger city. John works long hours, and Marie works slightly unsocial hours, and both receive the minimum wage, and live in an overcrowded rental. Stress can have a negative impact on well-being. The mental and emotional effects of stress can include feelings of anxiety, anger, and low self-esteem. Physically, stress can affect sleep, increase blood pressure, and cause poor diet choices. John has been told he has hypertension (high blood pressure). Stress is a contributing factor in increased blood pressure. A diet high in salt can cause hardening of the arteries, which also causes high blood pressure, heart attacks, and strokes. Stress can cause an over-consumption and under-consumption of food, and poor food choices. An over-consumption of food can lead to unwanted weight gain. John is already overweight.</i></p> <p><i>The Roberts family struggle to access healthy food due to time, transport, and poor meal planning skills. This has a negative impact on their well-being, as their physical health is affected when they eat highly processed foods and takeaways such as fish and chips, and sausage rolls. In time, the fruit and vege garden will help to address this link in well-being with a sense of achievement and quality family time. Due to a lack of time and organisation, the family struggle to get to the supermarket, the butcher, and the fruit and vege shop. They could go Sunday, but this is the only day the family have together. John often resorts to buying fish and chips, as it is filling, and the children enjoy it. Takeaways and highly processed foods do not often follow the Healthy Plate Model, or the Food and Nutrition Guidelines (FNGs), as they are lacking in vegetables, and are often high in saturated fat and salt. These foods are energy dense and can lead to weight gain, heart disease, high cholesterol, and hypertension (high blood pressure). With John being overweight and having high blood pressure, his current food choices will be making his condition worse, which could lead to a fatal heart attack. John and Marie are also putting their children’s health at risk, and over a period of time, their children may also develop food-related diseases.</i></p>

(c)

How the interconnections between the three determinants of health (access to healthy food, social support, and stress), will affect the Roberts family, AND how the family's situation and their well-being could affect New Zealand society as a whole:

Stress can affect an entire family, not just an individual. Those who are stressed often have relationship difficulties due to the mental and emotional effects, which can result in individuals becoming withdrawn, and this affects their social well-being. John needs to speak to his doctor about the stress he and his wife are experiencing. Their doctor may be able to suggest coping mechanisms, or refer them to a support service. Mental health is a big issue in New Zealand society and stress is a leading contributing factor.

Many families living in lower socio-economic suburbs in New Zealand have difficulties accessing healthy food. John could be referred through his doctor to a public health doctor / dietitian, who will be able to help the family address their diet and make educated food choices, as well as teach them the importance of meal planning. The Green Prescription initiative is aimed at helping people make wiser food choices, and encourages activity, but also provides social support. This could help with the mental and emotional well-being of the Roberts family, as the initiative helps build self-esteem, and offers strategies to help with healthy food accessibility issues. The Roberts family, in particular John, Marie, and Anna, need to help and support each other. Anna needs to assist her parents with meal preparation and cooking, and use the confidence she is gaining now that Marie has started teaching the children to cook on weekends.

If John continues without making changes to his own, as well as his family's food choices, it could lead to long-term effects for both society and his family. He could live a shorter life and his children are at risk of developing the same health issues he has. 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, 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 the 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.