

# Personal Development, Health and Physical Education

## Section I (continued)

### Part B – 40 marks

#### Attempt Questions 21–22

Allow about 1 hour and 10 minutes for this part

Answer the questions in the spaces provided.

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In your answers you will be assessed on how well you:

- demonstrate an understanding of health and physical activity concepts
  - apply the skills of critical thinking and analysis
  - illustrate your answer with relevant examples
  - present ideas in a clear and logical way
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Marks

### Question 21 – Health Priorities in Australia (20 marks)

- (a) Describe the inequities of health status experienced by people of low socioeconomic status in Australia. 5

People of lower socioeconomic status in Australia are more likely to have a lower level of education, resulting in less knowledge regarding healthy lifestyle behaviours and less knowledge about health services. Many people of lower socioeconomic status may work in "blue collar" industries where smoking is considered normal, presenting a health risk. Unemployment may also be a problem resulting in stress and a predisposition to forms of mental illness such as depression. A lower income may result in inequitable access to health services if they cannot afford to pay for private health insurance to obtain particular services they need. Living conditions may also present health risks. This demonstrates inequity in health status.

Question 21 continues on page 14

## Question 21 (continued)

- make a judgement based on criteria
- (b) Evaluate the effectiveness of the application of the principles of the Ottawa Charter in addressing the areas of depression, and road and traffic-related injuries.

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The principles of the Ottawa Charter (1986) include: developing personal skills, creating supportive environments, encouraging community participation, reorienting health services, and building healthy public policy. These principles can be applied to the National Health Priority Areas of mental illness - in particular, depression, and injury - in particular, road and traffic related injuries, very effectively. In relation to ~~my~~ depression, personal skills can be developed by encouraging people to socialise and also by educating people to recognise the signs and symptoms of depression, and what action to take. Supportive environments can be effectively created by raising awareness of the incidence of mental illness - for example "1 in 5" advertisements on TV. Helplines such as the "Kids Helpline" and "Lifeline" also help to create an environment that is supportive. Community participation can be effective through self-help groups, giving the community a greater role in health. Health services are reoriented through allocating funds to preventative health services to prevent depression occurring, rather than only ~~providing~~ providing curative services once the problem has occurred.

Question 21 continues on page 15

## Question 21 (continued)

Healthy public policy can effectively address depression, for example harmful drugs such as cannabis - that increase the risk of depression - are illegal.

In relation to road and traffic related injuries, personal skills can be developed through educating people to make safer decisions, such as young drivers and also children - in terms of road safety. Supportive environments can be effectively created by raising awareness about related ~~injuries~~<sup>issues</sup>, for example the "Stop. Revive. Survive" campaign. This highlights the dangers associated with driver fatigue and creates an environment where there is less pressure on the driver.

Community participation can be very effective, such as in the community lobbying to obtain lower speed limits around schools and traffic devices such as roundabouts. Health services can be reoriented to promote safe behaviour to prevent the need for curative services later.

Healthy public policy can be implemented in the form of legislation, such as safety regulations for new cars, speed limits, random breath testing and compulsory use of available seatbelts. This shows how the principles of the Ottawa charter can be very effectively applied to the areas of depression and road and traffic related injuries.

End of Question 21