
Question 27 (10 marks)

Name a specific group in Australia whose health you have investigated.

Group: People with Indigenous Aboriginals

- (a) Identify a significant health concern for this group and explain why it is a concern. 2

A significant health concern for Indigenous aboriginals is Cardiovascular Disease (CVD). CVD has led to an increase in the mortality rates and a decrease in the life expectancy.

- (b) Explain the changes to dietary intake that would address the nutritional needs of this group. 4

Indigenous aboriginals will need to lower their intake of foods that produce high energy input and food that is high in cholesterol. Foods that build up the plaque within the arteries of these indigenous aboriginals are leading to the development of Cardiovascular disease. Indigenous aboriginals need to consume foods that are lower in fat and do not contain as much cholesterol as well as decreasing their intake of salts.

Question 27 (continued)

- (c) Propose and justify a strategy to promote optimum health through good nutrition for this group. 4

Indigenous aboriginals need to be educated on the health risks associated with Cardio-vascular disease. Governments should have education within schools to promote the benefits of healthy eating as well as the risks that come with unhealthy eating. As well because of their lifestyle, aboriginals should be given incentives for healthier eating, for example making unhealthy food more expensive and much less available to indigenous aboriginals.

End of Question 27