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2012 HSC - Aboriginal Studies

Band 4/5

Sample 1 Question 12(a)

Health → Part A

a) Currently the Aboriginal people in Australia are suffering from mental and physical illnesses ~~and~~ including diabetes, depression, and obesity. These have all been a result of the effects of colonialism on society. These mental illnesses such as depression have been noted as an effect of the Stolen Generation. Many individuals find it difficult to forget the harsh memories of being taken away from their families especially their parents and ~~being~~ having the upbringing on a mission that was isolated and a place they had no connection to. All their cultural awareness was stripped leaving them unsure of who they are. This mental illness led to the addiction to drugs and alcohol as they used it as an anti-depressant trying to mask the pain they were struggling to overcome. Physical illness impacts on the Aboriginal communities when it comes to be overweight and in most cases diabetic. As income is low in Aboriginal communities such as Yarrabah (it's just 30 mins south of Cairns, QLD) and this results in the individuals ~~be~~ buying food that is unhealthy ~~such~~ as it's the cheapest option. Through continual consumption of these fast foods diabetes is increased. ~~in~~ ~~Northern~~ in Australia, on average 62% of Indigenous people suffer from diabetes. Another health problem is the life expectancy and the mortality rates. The life expectancy is seen as about 20 years lower than the rest of the Non-Indigenous people with males at 67.2 years of age and women at 72.6 years. The mortality

rate is also seen at a shocking 5 times higher than the ~~Aboriginal~~ Non-Indigenous people. Both these statistics are worrying but particularly the mortality rates. These mortality rates are usually due to disease, obesity, diabetes, unintentional injuries and in some cases intentional.

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