

Question 27 (10 marks)

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

Group: Teenage / Adolescent females - (Anorexia/Bulimia)

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

Adolescent females have been increasingly conscious of their weight which is leading to cases of Anorexia Nervosa and Bulimia Nervosa.

It is a concern because the stigma attached to media and celebrities is allowing for the increase in malnutrition and death of teenage girls.

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

By increasing an adolescent female's dietary intake of calcium, to prevent osteoporosis in old age, protein and fibre for good digestion and bowel movement, through the addition of Omega 3 oils in the diet, skin, teeth and hair will become stronger, along with intakes of vitamins such as Iron, Zinc for a healthy menstrual cycle would all address the nutritional needs Anorexic / Bulimic recipients undergo.

all of these dietary intakes will increase associated with mental stability caused by the instability of Anorexic / Bulimic frame of mind.

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Question 27 (continued)

- (c) Propose and justify a strategy to promote optimum health through good nutrition for this group. There are 2 components of health needed to be addressed for Anorexic / Bulimic patients: Mental health and physical health.

Mental Health strategies includes: the abolition of celebrity health, diets, and trends in the media, by making it the least priorities or focused news, and the addition of curvy full figured models in advertisements.

Physical Healthy strategies include: good education about the importance of good health, vitamins, minerals and body weight.

Also, by Anorexic survivors sharing their battle with their nutrition to a female population.

End of Question 27