UNIT 3 AUSTRALIA’S HEALTH

AREA OF STUDY 1 – Understanding health and wellbeing

OUTCOME 1 – WORKSHEET 3

THE World Health Organisation - “WHO” 9 PREREQUISITES FOR HEALTH – PEACE, SHELTER, EDUCATION, FOOD, INCOME, STABLE ECOSYSTEM, SUSTAINABLE RESOURCES, SOCIAL JUSTICE AND EQUITY. (PSE,FIS,SSE) – MNEMONIC – People should eat food including some sustainable salad enjoyably

READINGS: Jacaranda 5th edition pages 26-42

1. The Ottawa Charter identifies 9 specific prerequisites or basic conditions and resources that must be available if any gains in health and wellbeing are to occur. Many of the 9 prerequisites impact each other – for example – a peaceful society results in children attending school and this increases education levels, which in turn results in meaningful employment and an income that can then be used to purchase shelter and food.

   Draw figure 1.25 on page 26 into your workbook which diagrammatically represents the 9 prerequisites for health that you will need to remember and recall. The mnemonic will also help you with the recall.

2. PEACE – define it and list the impacts that “peace” has on the lives and the health and wellbeing of individuals, nations and the world?

3. SHELTER – Adequate shelter is a basic human right – list all the impacts that “adequate shelter” has on our lives?

4. EDUCATION – How does education impact on health and wellbeing?

5. FOOD – Adequate food intake is a basic human right – food security is “The state in which all persons obtain nutritionally adequate, culturally appropriate, safe food regularly through local non-emergency sources.”
   List all the benefits of access to nutritious food?

6. INCOME – How does income impact on health and wellbeing?

7. STABLE ECOSYSTEM – Define an ecosystem? What do we rely on from our ecosystem to survive and experience optimal health and wellbeing?

8. SUSTAINABLE RESOURCES – Define “sustainability”? What are the impacts of ensuring sustainable resources for our health and wellbeing?

9. SOCIAL JUSTICE – Define social justice? How does the Australian Government define the concept of social justice – list the 4. Also, make a list of all the things a “just” society should ensure for its people?

10. EQUITY – Explain the difference between equity and equality? Do you understand the cartoon on page 34? What are the impacts of an equitable society?

WORK REQUIREMENT 4:
READ THROUGH THE KEY SKILL ON PAGE 39-40 – SHOWING HOW TO RESPOND TO QUESTIONS ON THIS TOPIC AND THEN ANSWER QUESTION 14 (A-C) AND SUBMIT FOR MARKING – REMEMBER SUBMIT ON LOOSE LEAF NOT IN YOUR WORKBOOK.