UNIT 3 – AUSTRALIA’S HEALTH

AREA OF STUDY 1- UNDERSTANDING HEALTH AND WELLBEING

OUTCOME 1 – WORKSHEET 5

FACTORS INFLUENCING HEALTH STATUS AND BURDEN OF DISEASE –
1. SMOKING, 2. ALCOHOL, 3. HIGH BODY MASS INDEX AND 4. DIETARY RISKS (under consumption of vegetables, fruit and dairy foods, high intake of fat, salt and sugar and low intake of fibre and iron)

Readings: Your Textbook Jacaranda 5th edition - pages 71-104 and write all the key terms on page 72 into your glossary of terms book.

1. This area looks at the 4 factors that are very influential in regards to the potential to improve Australia’s health status, they are all modifiable and all up the 4 factors make up for 25% of total burden of disease in Australia.
   List the interventions that have been introduced to reduce the rates of smoking in Australia?

2. Using Figure 3.5 on page 74 list all the conditions that smoking can cause?
3. Study Figure 3.6 on page 75 and list the 3 highest burden of disease from smoking?
4. How does tobacco smoking during pregnancy impact on the developing baby?
5. Study Figure 3.8 on page 76 and list the 3 most fatal burden and then the 3 top non-fatal burden?
6. Explain the terms “alcoholism and binge-drinking”?
7. Using Figure 3.10 on page 79 lists all the conditions that excessive alcohol consumption can cause?
8. Why does alcohol use cause weight gain? And why does it adversely affect the liver?
9. What affect can alcohol consumption during pregnancy have on the developing baby?
10. Using Figure 3.13 on page 80 and 81 – What are the 3 highest fatal components of alcohol use and then comparing males and females what is the 2 highest causes of fatal burden of disease for males and then for females?
11. Using Figure 3.14 – which age group contributed the DALY as a result of alcohol? How many DALY’s? and outline the difference in the diseases contributing to alcohol-related DALY for 15-19 year olds compared to 90-94 year olds?
12. Provide the formula for body mass index (BMI)?
13. Copy out table 3.1 which shows the 4 classifications for BMI
14. What conditions can a high BMI be a risk factor for?
15. List the statistics on page 84 from the ABS health survey on BMI in Australia?
16. In 2011 high body mass contributed to 5.5% of all disease and injury burden in Australia which is the second highest behind tobacco use – which 2 conditions have the highest % of burden – (see Figure 3.17 on page 84)
17. Studying Figure 3.18 on page 85 – what is the total disease burden total for males and females and which 3 conditions account for the most burden?
18. Using Figure 3.19 on page 86 – describe the change in total DALY contribution between the ages of 25-100 and then which disease group contributed to the most DALY for 60-64 year olds? How many was it?
19. Dietary risks are a preventable risk factor and the areas you will study are: 1. under consumption of vegetables, fruit and dairy foods
   2. The high intake of fat, salt and sugar
   3. And the low intake of fibre and iron
   What does “nutrient dense” mean? – why are veges so good for us?
20. What conditions can a low intake of vegetables lead to?
21. Why should we eat fruit?
22. What conditions can a low intake of fruit lead to?
23. Which sex had the highest disease burden attributed to the under consumption of fruit?
24. Define “Dairy”?
25. Why is the intake of dairy so important?
26. List the 4 different types of fats?
27. Explain LDL and HDL cholesterol?
28. What is the role of the 4 fats listed in question 26 on cholesterol?
29. What are the effects of high cholesterol on the body?
30. List the effects of excessive sodium intake on the body?
31. List the effects of a high intake of sugar has on the body?
32. What is the difference between soluble and insoluble fibre?
33. What are the positive effects that fibre has on our body?
34. A low intake of iron affects more women than men – why?

WORK REQUIREMENT 6:

READ THE CASE STUDY ON PAGES 100-101 AND ANSWER THE 7 QUESTIONS – SUBMIT FOR MARKING ON LOOSE LEAF PAPER NOT IN YOUR WORKBOOK