1. Describe the difference between Hale and Life Expectancy? – 2 marks
Life expectancy relates to the number of years a person can expect to live if death rates do not change (quantity of life), whereas HALE is health adjusted life expectancy and refers to the number of years a person can expect to live in good health (quality of life).

2. How does a physical health and wellbeing concern, for example, breaking a bone, impact on the other dimensions of health? – 2 marks

Social- unable to work, play sport, or even go to school. This may mean they are unable to maintain normal social networks with their friends, or it could mean a strengthening of social networks through friends calling in to see them and assisting them.
Emotional- opportunity to build resilience as they may be frustrated and experiencing a range of emotions.
Mental- thinking that they are missing out, therefore could lose confidence and have negative thought patterns.
Spiritual- they may feel like they are not achieving their purpose in life (e.g. cannot play sport, or play an instrument) and therefore lose sense of belonging.

3. Health and wellbeing can be dynamic and subjective – explain this? – 2 marks
Health and wellbeing is a concept that is continually changing, therefore it is dynamic. It is also a concept that can mean different things to different people (subjective), and will change due to changes in personal perception.

4. Explain the difference between prevalence and incidence? – 2 marks
Incidence refers to the number or rate of new cases of a disease during a specified period of time, whereas prevalence refers to the total number of people experiencing a condition at a given time.

5. Optimal health and wellbeing is important for us as a resource – Discuss? – 2 marks
It means a person is less likely to experience an infectious or chronic condition. With less illness, individuals are more equipped to work and earn and income. This income can provide food, shelter and healthcare, which can further promote optimal health and wellbeing.

6. Discuss how the WHO prerequisite of health – education – impacts on two other dimensions of health? – 2 marks
Those who are educated may have a higher paid job, they will have more income to purchase resources such as healthcare which will enhance physical health and wellbeing. Those who are educated may be more likely to work in an area of their choosing, this can promote a sense of purpose in life and enhance spiritual health and wellbeing.
7. Discuss the ways optimal health and wellbeing can act as a resource globally? – 2 marks
Reduces the risk of disease transmission between countries. Reduces the rates of premature death globally by providing adequate healthcare resources e.g. immunisations.

8. Spiritual health and wellbeing is a concept that is very new to the Health and Human Development study design – explain what spiritual health and wellbeing is all about? – 2 marks
A positive sense of belonging, meaning and purpose in life. It includes values and beliefs that influence the way people live, and can be influenced by an individual's connection to themselves, others nature and beyond. Examples include a sense of belonging, positive meaning and purpose in life, peace and harmony and acting according to one's values and beliefs.

9. What is the difference between self-assessed health status and health status? – 2 marks
Self-assessed health status is a health status indicator that relates to how individuals feel about their own level of health and wellbeing. The data is collected from population surveys. Health status relates to an individual's or populations health, taking into account various aspects such as life expectancy, amount of disability and health risk factors.

10. Explain why the mortality rates for infants and children are key indicators of the general health and wellbeing of the population? – 2 marks
They reflect the social and economic resources available. Infants and children rely on others to meet their needs for food, water and healthcare and are particularly susceptible to premature mortality. If children are surviving it generally means that these resources are available and this indicates that the general health and wellbeing of the population is positive.

11. Mortality rates from colorectal cancer have fallen by around 40% since the 1980’s – what could be the factors that may have contributed to this trend? – 2 marks
Better screening and diagnosing technologies
Improved understanding of how to prevent cancer e.g. bowel cancer testing kits and breast screen
Better surgical procedures and medication

12. Deaths from motor vehicles accidents have fallen by almost 80% since the 1970’s – what could be the factors that may have contributed to this trend? – 2 marks
Airbags, ABS brakes, seat belts, road barriers, more driver education, new car safety rules

13. How could living with cancer affect mental health and wellbeing? – 2 marks
People may feel depressed as a result of being sick and having to undergo treatment. They may have to stop working and feel frustrated and have negative thought patterns. They may have to think about the possibly of dying, and losing their hair if undergoing treatment, resulting in a lack of confidence and self-esteem.
14. What is one DALY equal to? And how are they calculated? – 2 marks
One DALY is equal to one healthy year of life lost due to either premature death or time lived with injury, illness or disability. Calculated by adding YLL (years of life lost from premature death) with YLD (years of life lost due to disability).

15. What is the difference between disease and illness? – 2 marks
Disease is a physical or mental disturbance involving symptoms, dysfunction or tissue damage, while illness if a more subjective concept related to personal experience of a disease.

16. Josie has just broken up with her boyfriend of six months and is feeling upset and anxious. During the course of the relationship, Josie had begun to associate with her boyfriend’s friends. She now feels that she has neglected her own friends and that it may be difficult to re-establish links with them. How might this break-up affect Josie’s health and wellbeing? – 3 marks
As Josie is feeling upset and anxious, she may not be eating properly or exercising. This may affect her fitness levels and body weight (physical). She is upset and anxious (mental), due to the brake up with her boyfriend. She may experience emotions such as grief and have to learn how to cope with this (emotional). Her friendship circle is also negatively affected, as she has lost the connection with her boyfriends’ friends and now has to re-establish bonds with her old friends (social). This may make her feel as though she does not belong (spiritual).

Sample SAC tasks
Health and Human Development
Outcome 1 SAC a) – Structured Questions

Question 1 (2 marks)
Health and wellbeing is a subjective concept.

Explain health and wellbeing as a subjective concept.

Health and wellbeing is subjective, as it means different things for different people, depending on their point of view. This can differ due to various reasons, such as race, religion, gender, age and life experiences.

Question 2 (6 marks)
Jonah was recently diagnosed with depression.

a. Briefly describe mental health and wellbeing. 1 mark
Mental health and wellbeing is the current state of the mind or the brain and refers to people’s thoughts, and ability to process information. It includes positive thought patterns, confidence and self-esteem and levels of stress and anxiety.

b. Use Jonah’s diagnoses to show the interrelationships between mental and physical health and wellbeing.

Jonah has been diagnosed with depression, which is characterized by negative thought patterns, feeling low and down and lacking energy. He currently isn’t experiencing optimal mental health and wellbeing. Due to his lack of energy, Jonah may not be motivated to be physically active and therefore may lose fitness and have trouble maintaining his body weight.

Sarah has contracted the flu (influenza).

c. Briefly describe spiritual health and wellbeing.

Spiritual health and wellbeing relates to ideas, beliefs and ethics that arise in the mind and conscience of human beings. It includes concepts of hope, peace and a reflection on one’s place in the world. It relates to someone’s sense of belonging and meaning and purpose in life, as well as the ability to act according to your values and beliefs.

d. Use Sarah’s illness to show interrelationships between physical and spiritual health and wellbeing.

Sarah has contracted the flu, and therefore isn’t experiencing optimal physical health and wellbeing as her immune system is low, and she is experiencing illness. She also may be lacking energy and not be motivated to participate in the activities she normally enjoys, impacting her spiritual health and wellbeing as she may not feel like she is following her meaning and purpose in life. Being sick, Sarah would need to take time off school to stay at home and recover. This may cause her to feel disconnected from her friendship group and affect her sense of belonging.

Question 3 (9 marks)

a. Using two examples, explain what is meant by ‘sustainable resources’.

Sustainable resources means meeting the needs of the present without compromising the ability for future generations to meet their own needs. It means ensuring that resources used for human survival such as food, clean water, timber to make shelter and materials to create electricity are available in the future and are not used up by our generation. For example, using solar and wind power to generate electricity instead of coal and oil, which will one day run out, is sustainable.

Another sustainable resource is ensuring that new trees in forests are planted after mature trees are cut down to use for timber, this way trees will grow in their place and be there to utilize in the future.

b. Besides peace and sustainable resources, identify two prerequisites for health as identified by the World Health Organization and explain how each can contribute to improved health and
Options include:
- Shelter is a structure that provides protection from the outside environment. If people have adequate shelter, it means they are protected from the elements (wind, rain, extreme temperatures etc.), and therefore are less likely to get sick. They are also more likely to get a good night’s sleep and have energy to be able to carry out daily tasks, thus promoting physical health and wellbeing. Shelter can also promote spiritual health and wellbeing as it provides people with a safe place to relax and experience peace and harmony. They may feel a sense of belonging to their home as they feel it is a place where they can come back to at the end of the day and have positive experiences with their family.

- Social justice means that all people are being treated fairly regardless of their culture, religion, age, gender and sexual orientation. If people are experiencing social justice, they are being treated fairly by those around them in their community and therefore are more likely to have a supportive network of friends. This then allows them to enhance their communication skills and promotes social health and wellbeing. Experiencing fair treatment also promotes mental health and wellbeing. It will lead to lower stress levels and higher confidence and self-esteem as they have the same opportunities as everyone else.

- Equity
- Education
- Food
- Income
- Stable Ecosystem

**Question 4 (6 marks)**

**a. Explain why health and wellbeing is important for individuals.**

3 marks - need to be backed up by an example - explain how it works as a cycle.

E.g. Experiencing good levels of health is important as it can help create a cycle of wellbeing. For example, good health at a basic level can mean an individual experiences less physical health issues and diseases, with less illness, individuals are more equipped to work and earn an income. This income can then be used to provide resources such as food, shelter, clothing and adequate healthcare, which can further promote health and wellbeing by reducing levels of stress (mental health and wellbeing), provide adequate levels of energy for socialising (physical and social health and wellbeing), give the individual a sense of purpose in life (spiritual health and wellbeing), and assist in experiencing positive emotions such as satisfaction (emotional health and wellbeing).

**b. Explain why health and wellbeing is important from a national (or country) perspective.**

3 marks

Health and wellbeing is important nationally as it provides both economic and social benefits. Economically, if a population has better overall health and wellbeing, they are more equipped to work productively in their jobs due to taking less sick days and better focus on tasks due to less stress/anxiety. This increases the ability of people to work and
earn an income, and in turn increases the economy of the country through higher taxation revenue. Fewer people rely on social security payments (the dole) as a result of reduced unemployment, further enhancing the economy of the country.

Question 6 (4 marks)

   1 mark

   Self-assessed health status is a measure of an individuals’ or populations’ overall health. It is a measure of a persons’ perception of their own health at a given time. The data is normally collected by population surveys.

b. Using data, briefly describe the difference in the proportion of Indigenous Australians assessing their health status as very good or excellent.
   3 marks

   Figure 5.2 shows us that in 2012-13, as age increases, there is a decreasing trend of Indigenous Australians assessing their health as very good or excellent. 55% of those aged 15-24 years old rate their health as very good or excellent, compared to approx. 20% of those aged 55+ rating their health in the same category.