

ASSESSMENT TASK: OUTCOME 2 – FITZROY STARS

UNIT 3	Australia’s health
AREA OF STUDY 1	Promoting health in Australia: Outcome 2
KEY KNOWLEDGE	<ul style="list-style-type: none"> Models of health and health promotion including: <ul style="list-style-type: none"> biomedical model of health social model of health the Ottawa Charter for Health Promotion The role of VicHealth including: <ul style="list-style-type: none"> the mission and strategic priorities of VicHealth potential health outcomes of a VicHealth funded project and how it reflects the social model of health Australia’s health system including: <ul style="list-style-type: none"> local, state and federal governments’ responsibilities for health and health funding the values that underpin the Australian health system Medicare, Pharmaceutical Benefits Scheme (PBS) and private health insurance The role of Australia’s governments in promoting healthy eating through: <ul style="list-style-type: none"> the information provided by nutrition surveys and how it is used. the Australian Guide to Healthy Eating and Dietary Guidelines for Australian Adults. The role of Australia’s non-government agencies, including Nutrition Australia, in providing dietary advice to promote healthy eating.
KEY SKILLS	<ul style="list-style-type: none"> Analyse the different models of health and health promotion. Identify and explain key components of Australia’s health system. Describe the role of VicHealth including the mission and strategic priorities. Identify the principles of the social model of health evident in a VicHealth project. Explain and draw informed conclusions about the role of government and non-government agencies in promoting healthy eating.
LEARNING AIM	Students will complete a Data Analysis assessment task of Unit 3 Outcome 2.
LEARNING PROCESS	Students will have 60 minutes to complete this task as an individual under examination conditions.
RESOURCES	Students will be provided ‘Fitzroy’s Shining Stars: A Case Study’. Video — ‘Fitzroy Stars help Close the Gap’: http://youtu.be/PBNMEeZaqM

LEARNING ACTIVITIES

*These are available as
Student Worksheets.*

ACTIVITY 1: ASSESSMENT TASK

Below is the Assessment Task for Unit 3 Outcome 2, worth 40 marks, and suggested solutions.

Instructions:

- Students are to complete all questions in the spaces provided.
- Responses should be written in English.
- Students are to use the document 'Indigenous Statistics' to answer questions within this assessment task.

Question 1

a) Outline how health promotion is defined by the Ottawa Charter. **(2 marks)**

'The process of enabling people to increase control over, and to improve, their health' (WHO 1998). The Ottawa Charter identifies three basic strategies for health promotion, which are enabling, mediating, and advocacy.

b) Identify and explain two priority areas of the Ottawa Charter for Health Promotion evident in the Fitzroy Stars Football and Netball Club. **(4 marks)**

1 mark for the priority area listed and 1 mark for the explanation relevant to the Fitzroy Stars

Priority Area 1: Create supportive environments (1 mark) the Fitzroy Stars is a community that supports and celebrates the indigenous culture supporting the members mental and emotional wellbeing.

Priority Area 2: Develop personal skills (1 mark) it supports participants to become involved in regular physical activity impacting on health it also offers other services to support individuals take better care of their health.

Question 2

a) Identify the strategic priority of VicHealth being addressed by the Fitzroy Stars Football and Netball Club. **(1 mark)**

Encourage regular physical activity.

b) Discuss the purpose of this strategic priority. **(2 marks)**

The purpose is to promote good health and address chronic conditions that can result from a sedentary lifestyle.

Question 3

Explain two ways the Fitzroy Stars Football and Netball Club helps to achieve VicHealth's mission. **(4 marks)**

2 marks per explanation on ways the Fitzroy Stars achieves VicHealth's mission.

1. Promotes good health by having members of the indigenous community involved in regular physical activity which should help with weight control a known factor in contributing to chronic conditions if not controlled.

2. The program is targeting a population of people known to have poorer health status and provide intervention through sport but also use the club to bring in other health professionals to educate and support better health outcomes.

Question 4

a) Identify and explain two principles of the social model of health that are evident in the Fitzroy Stars Football and Netball Club. **(4 marks)**

1 mark for the principle and 1 mark for the explanation of the principle, principles could include acts to reduce social inequalities, Empowers individuals and communities, involves inter-sectorial collaboration, acts to enable access to health care.

i.e Involves inter-sectorial collaboration, government and non government organisations working together to address the determinants of health.

b) Use examples from the Fitzroy Stars to demonstrate how these two principles are reflected in the VicHealth funded program. **(4 marks)**

2 marks per example linking to an appropriate principle

i.e. Involves inter-sectorial collaboration: Vichealth together with the Fitzroy Football and Netball Club and Oxfam are working to provide sporting opportunities for indigenous members of the community and use the location to access other important health services.

LEARNING ACTIVITIES

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Student Worksheets.

Question 5

a) List two values that underpin the Australian Health Care System. **(2 marks)**

1 mark per value listed

1. Appropriate
2. Accessible

b) Explain how the Fitzroy Stars reflect one of the values that underpin the Australian Health System. **(3 marks)**

Value selected: Appropriate

Explanation: The health care provided at the club is culturally relevant and tailored to the individuals needs and wants, i.e. there has been a program to reduce drug use in the community this has been a problem

c) List two services of Medicare a member of the Fitzroy Stars Football Club may utilise. **(2 marks)**

1. GP Clinic
2. X-ray

d) Outline how Medicare is funded. **(2 marks)**

Medicare is funded by the Medicare levy (1.5% tax placed on taxable income of Australian citizens over a certain income threshold), the Medicare levy surcharge (Australian citizens earning over a certain income with no private health insurance pay an extra 1% tax) and general taxation.

Question 6

The Fitzroy Stars Football and Netball Club work to support their members beyond just the playing field. They are considering offering dietary advice to the playing group.

a) Identify an Australian government resource used to promote healthy eating. **(1 mark)**

Australian Dietary Guidelines.

b) For the resource identified in 6a list and describe two items of dietary advice provided that would be of benefit to a member of the Fitzroy Star Football and Netball Club. **(4 marks)**

1. To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs. The exercise that members of the Fitzroy Stars are participating in should help them achieve a healthy weight and be physically active
2. Limit intake of foods containing saturated fat, added salt, added sugars and alcohol, this will help members of the Fitzroy Stars maintain a healthy weight range as stated in the previous guideline and following this guideline should help protect the members of the club from developing chronic conditions related to added salt and sugar intake such as coronary conditions and diabetes mellitus type II.

c) Identify an Australian non-government resource used to promote healthy eating. **(1 mark)**

Nutrition Australia's Healthy Living Pyramid

d) For the resource identified in 6c) list and describe two items of dietary advice provided that would be of benefit to a member of the Fitzroy Star Football and Netball Club. **(4 marks)**

2 marks per point made related to the resource identified in 6c

1. The legs at the bottom of the pyramid with the statement move more encourages users of the resource to be active to support maintaining a healthy weight.
2. The three sections of eat most, moderate and small amounts supports the individuals to understand the proportion of foods that should be consumed in a diet to ensure balance and nutrients required for a healthy functioning body are consumed.