

Study Journal



Name.....

Your revision starts now! The notes that you complete and include in this journal will form the basis of your revision material in the lead up to the exam.

Your Journal has two sections

1. Key terms
2. Key content summary notes

Section 1: Key Terms

Health-

Behavioural determinants –

Biological determinants –

Biomedical model of health –

Burden of disease –

Determinants of health –

Disability Adjusted Life Years –

Glycaemic Index -

Health adjusted life expectancy –

Health status –

Human Development –

Human development index –

Incidence -

Life Expectancy –

Mental dimension of health –

Morbidity –

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Mortality -

Physical dimension of health –

Prevalence –

Social determinants –

Social dimensions of health –

Social model of health –

Sustainability –

Section 2: Key content summary notes

a. Compare physical, social and mental health and provide examples of each

Physical

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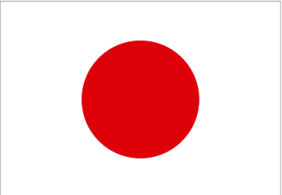
Social

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Mental

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b. Compare the health status of Australians with other developed countries
 (LE, burdens of disease, HALE, U5 Mortality, health care system)

		Compare health status (LE, burdens of disease, HALE, U5 Mortality, health care system)
	Australia	
	Sweden	
	United States	
	United Kingdom	
	Japan	

c. Compare the health status of population groups in Australia, including males and females, higher and lower socio-economic status groups, those in rural and remote populations and indigenous Australians (LE, burdens of disease, HALE, U5 Mortality)

Males and females



Higher and lower socio-economic status



Rural and remote populations



Indigenous Australians



d. Compare Biological, behavioural and social determinants and provide examples of each

Biological

Behavioural

Social

e. NHPA's.



- i. Name each of the NHPA's
- ii. Outline the key features of each NHPA
- iii. Explain why each of the NHPA's were selected
- iv. Identify an example of each determinant and explain how each can act as a risk factor for each NHPA.
- v. Outline the direct, indirect and intangible costs associated with each NHPA
- vi. Identify one health promotion program relevant to each of the NHPA's.

- f. Identify the food sources and explain the function for each of the following nutrient; Fat (mono, poly, saturated and trans), Carbohydrate (including fibre), Protein, Water, Calcium, Phosphorous, Iron, Fluoride, Iodine, Sodium, Vitamin C, Vitamin D, Vitamin A, folate and Vitamin B12.

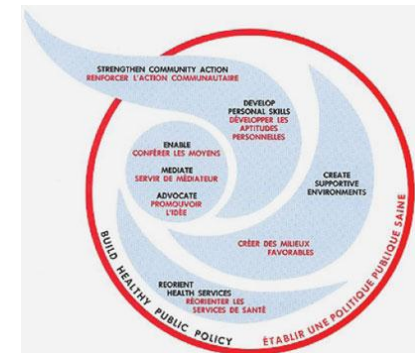
CARBOHYDRATE PROTEIN WATER CALCIUM PHOSPHOROUS IRON FLUORIDE
IODINE, SODIUM VITAMIN C VITAMIN D VITAMIN A FOLATE VITAMIN B12 FAT

g. Explain the role that the nutrients play in addressing the conditions recognized by the NHPA's: Cardiovascular health, diabetes mellitus, colorectal cancer, obesity and osteoporosis.

h. Explain the Glycaemic Index

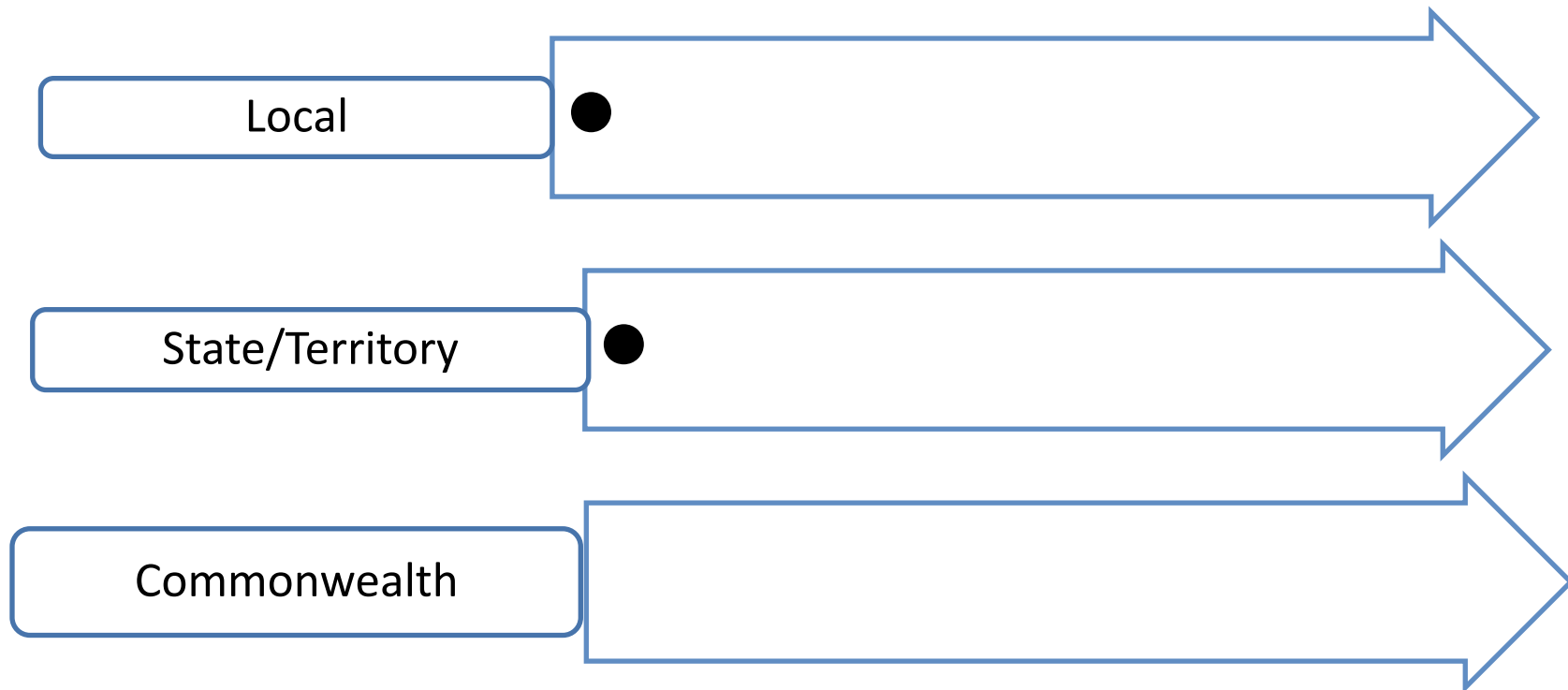
i. Models of health

- i. Explain the biomedical model of health
- ii. Explain the social model of health, including the 5 guiding principles.
- iii. Explain the Ottawa charter including the five elements of the Ottawa charter and provide an example of each.



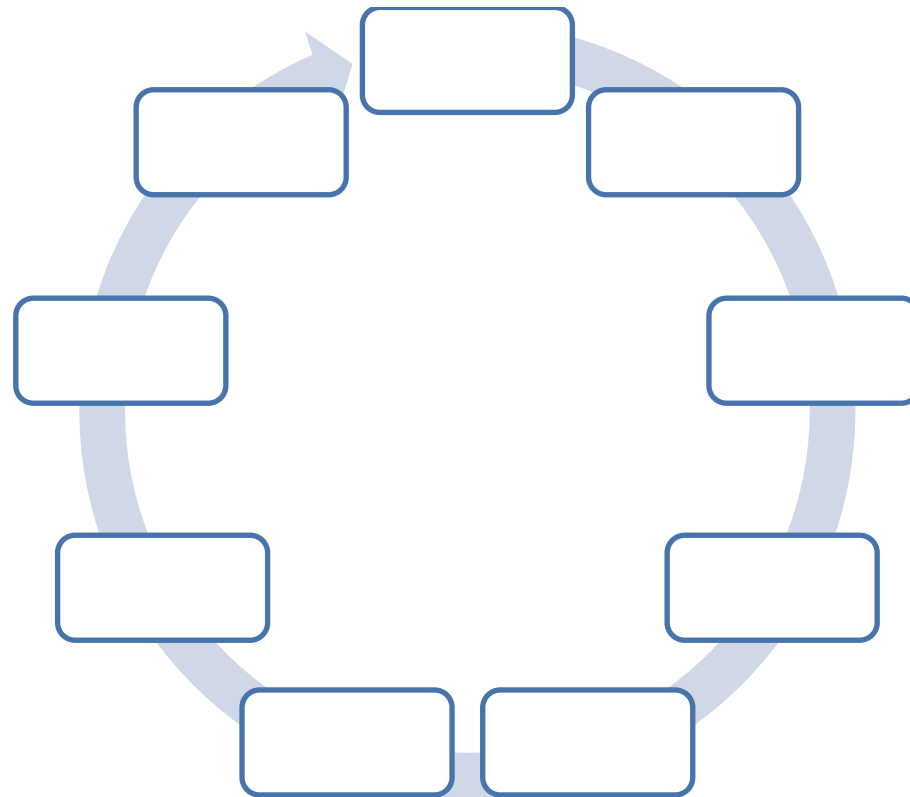
- j. Explain the role of Vic health in promoting health,
 - i. Identify their mission
 - ii. Identify their priorities
 - iii. Explain how their priorities reflect the social model of health
 - iv. Name a Vic health funded project and explain the potential health outcome of the project selected.

k. Outline the local, state and federal government's responsibilities in health



l. Explain Medicare and identify the strengths and weaknesses

m. List the values that underpin the health care system.



n. Summarise the PBS

o. Private health insurance

- i. Explain private health insurance, including the advantages and disadvantages
- ii. Name and explain one of the private health insurance incentive schemes.

p. Explain what nutrition surveys are, what information they provide and how that information can be used.

q. Explain what the NRV's are explain their role in promoting healthy eating

r. Outline the Australian Guide to Healthy Eating and explain how it can promoting healthy eating

s. Explain who FSANZ is and outline the legislation developed by FSANZ that governs the safety and quality of food in Australia.

t. Outline the Dietary Guidelines and their role in promoting healthy eating.

u. Outline the role of Nutrition Australia and the healthy living pyramid in promoting healthy eating.

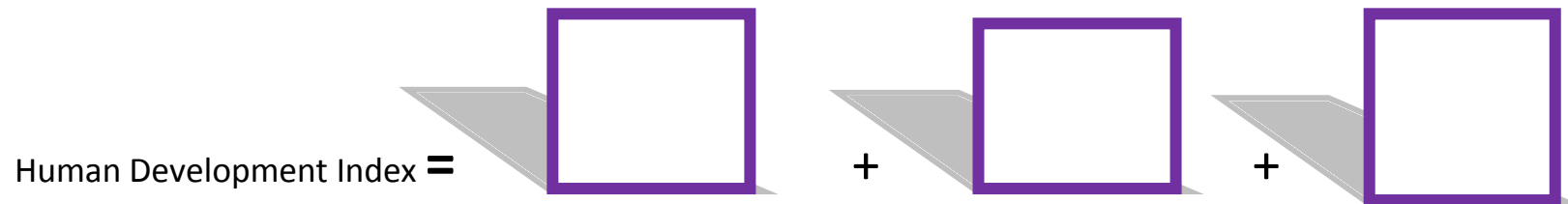
v. Outline the role of the heart foundation and the Tick program in promoting healthy eating

UNIT 4

a. Identify each of the mortality strata

b. Explain the Human Development index, what it measures and how it is calculated
The Human Development Index is.....

It is calculated by



- c. Compare health status and human development between Australia and developing countries. (including, mortality, morbidity, life expectancy, burden of disease and human development index.)

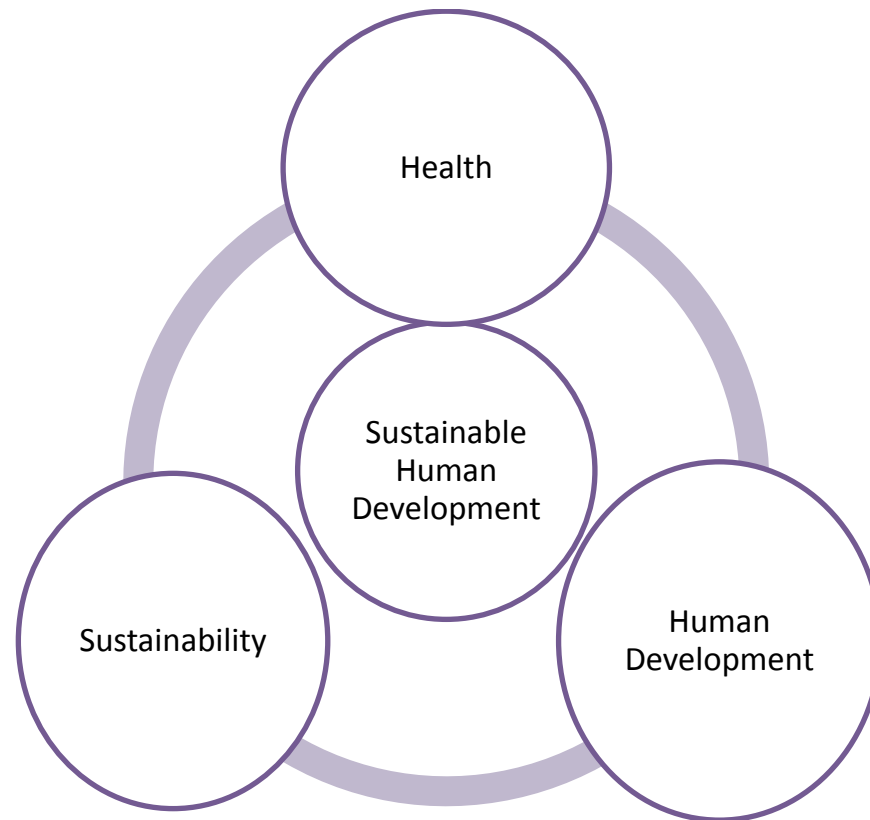
d. Explain how Income, gender equality, peace, education, access to health care, political stability, global marketing, and physical environments contribute to differences in health between Australia and developing countries.

 Income	 gender equality	 peace	 education
 access to health care	 political stability	 global marketing	 physical environments

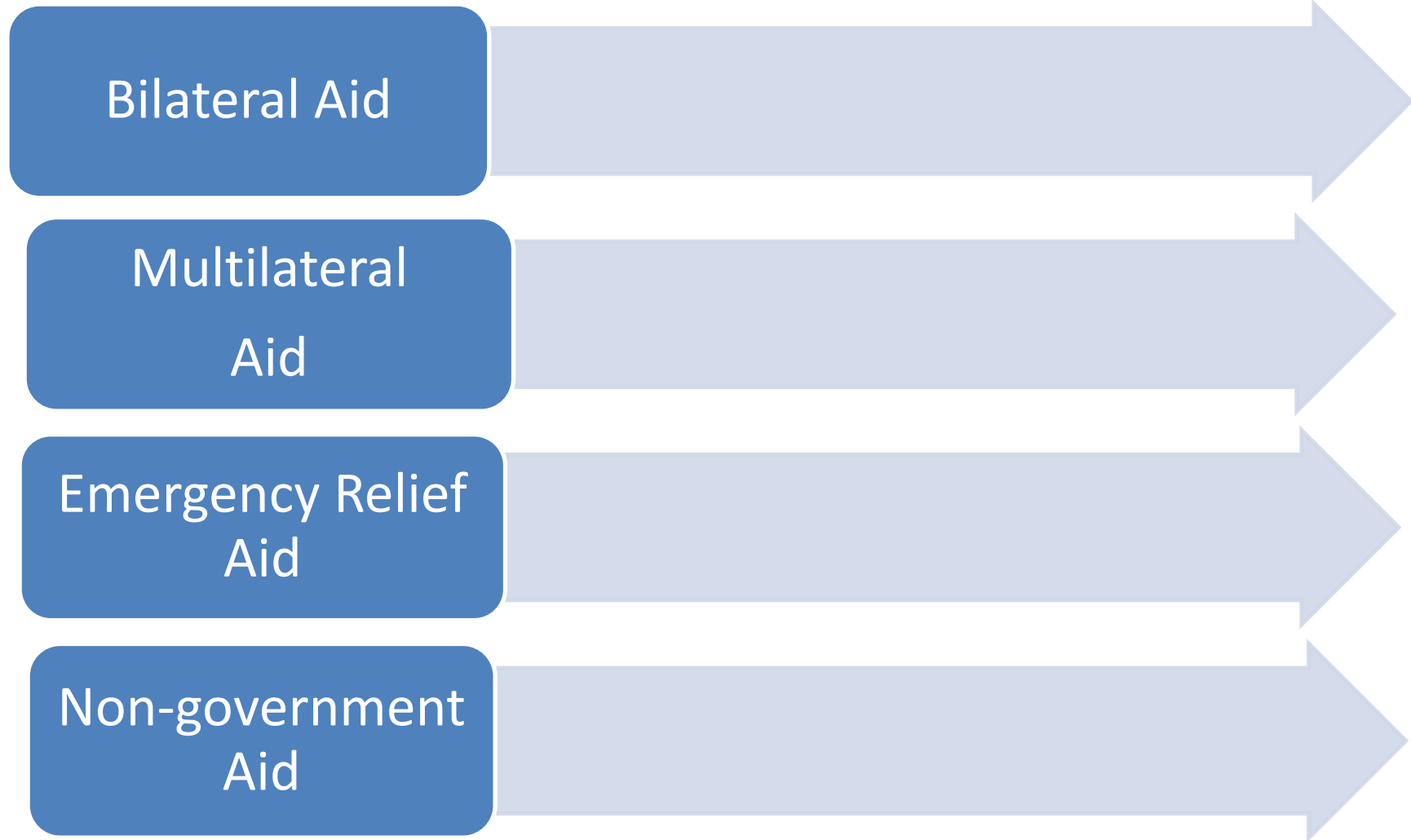
e. Millennium development goals

Goal	Purpose	Why it is important

f. Explain the interrelationship between health, human development and sustainability to produce sustainable human development.



g. Explain the difference between bilateral, multilateral and emergency relief aid and explain how each promotes sustainable human development.



h. The UN

- i. Explain who the UN is.
- ii. Explain the role of the UN in providing global health and sustainable human development through;

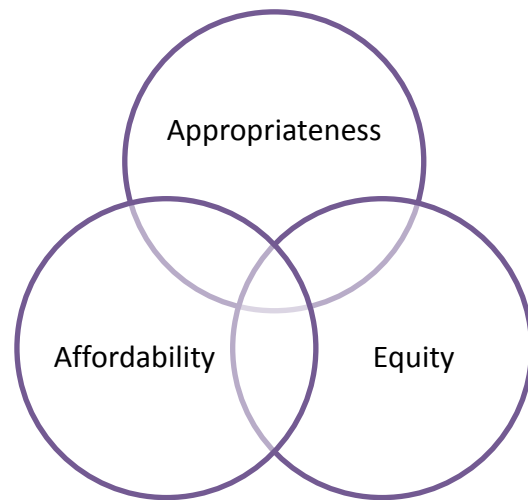


- i. Explain the role of WHO in providing global health and sustainable human development, including their core functions.

- j. Explain the role of AusAID
 - i. Who they are
 - ii. Their objectives
 - iii. Examples of Aus AID projects
 - iv. How they promote global health and sustainable human development

k. Identify one non-government organization that is based in Australia and explain how they aim to promote global health and sustainable human development.

I. Explain the role of the elements of sustainability in ensuring the sustainability of programs to promote health.



m. Identify and outline a program to address each of the following global issues;

Global issue	Name of program and who implemented it	description of program and how it is implemented	Why it was implemented and how it can address the issue	Type of aid involved
Literacy				
Food Security				
HIV/AIDS and Malaria				
Safe water and sanitation				

