

# Health and Human Development 1/2

## Exam Revision

### **UNIT 1 AOS 1 – Health perspectives and influences**

- Various definitions of health and wellbeing, including physical, social, emotional, mental and spiritual dimensions.
- Youth perspectives on the meaning and importance of health and wellbeing
- Variations in perspectives of and priorities relating to health and wellbeing, according to age, culture, religion, gender and socioeconomic status
- Aboriginal and Torres Strait Islander perspectives on health and wellbeing
- Indicators used to measure the health status of Australians, including incidence and prevalence of health conditions, morbidity, rates of hospitalisation, burden of disease, mortality, life expectancy, core activity limitation, psychological distress and self-assessed health status
- The health status of Australia's youth
- Sociocultural factors that contribute to variations in health behaviours and health status for youth such as peer group, family, housing, education, employment, income, and access to health information and support services (including through digital technologies).

### **UNIT 1 AOS 2 – Health and nutrition**

- The function and food sources of major nutrients (macro and micro nutrients) important for health and wellbeing
- The use of food selection models and other tools to promote healthy eating among youth, such as the Australian Guide to Healthy Eating, the Healthy Eating Pyramid and the Health Star Rating System
- The consequences of nutritional imbalance in youths' diet on short- and long-term health and wellbeing
- Sources of nutrition information and methods to evaluate its validity
- Tactics used in the marketing of foods and promoting food trends to youth, and the impact on their health behaviours
- Social, cultural and political factors that act as enablers or barriers to healthy eating among youth, including nutrition information sourced from social media and/or advertising.

### **UNIT 1 AOS 3 – Youth health and wellbeing**

- Aspects of youth health and wellbeing requiring health action, as indicated by health data on burden of disease and health inequalities, and research on the concerns of young people
- Government and non-government programs relating to youth health and wellbeing
- Community values and expectations that influence the development and implementation of programs for youth
- Key features of one health and wellbeing focus relating to Australia's youth including:
  - Impact on different dimensions of health and wellbeing
  - Data on incidence, prevalence and trends – risk and protective factors

# Health And Human Development Practice Exams

**J Rink**



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