

# Health and Human Development

## Unit 3 – Australia's health in a globalised world

In this unit, students look at health and wellbeing, disease and illness as being multidimensional, dynamic and subject to different interpretations and contexts. They explore health and wellbeing as a global concept and take a broader approach to inquiry. Students consider the benefits of optimal health and wellbeing and its importance as an individual and a collective resource. They extend this to health as a universal right, analysing and evaluating variations in the health status of Australians.

Students focus on health promotion and improvements in population health over time. Through researching health improvements and evaluating successful programs, they explore various public health approaches and the interdependence of different models. While the emphasis is on the Australian health system, the progression of change in public health approaches should be seen within a global context.

### AREA OF STUDY 1

#### Understanding health and wellbeing

- Concepts of health and wellbeing
- Benefits of optimal health and wellbeing and its importance as a resource individually, nationally and globally
- Indicators used to measure and understand health status
- Biological, sociocultural and environmental factors that contribute to variations in health status between population groups
- The contribution to Australia's health status of:
  - smoking and vaping
  - alcohol
  - overweight and obesity
  - nutritional imbalance (under-consumption of fruit and vegetables, and dairy foods; high intake of fat, salt and sugar; low intake of fibre)

### OUTCOMES

**Outcome 1:** to explain the complex, dynamic and global nature of health and wellbeing, interpret and apply Australia's health status data, and analyse variations in health status.

### AREA OF STUDY 2

#### Promoting health and wellbeing

- Reasons for improvements in Australia's health status since 1900
- The role of health promotion in improving population health
- Programs to improve Aboriginal and Torres Strait Islander Peoples' health, including how they promote social justice
- Initiatives to promote healthy eating in Australia
- Challenges in bringing about nutritional change
- Australia's health system, including Medicare, private health insurance, the Pharmaceutical Benefits Scheme (PBS) and the National Disability Insurance Scheme (NDIS)

### OUTCOMES

**Outcome 2:** To explain changes to public health approaches, analyse improvements in population health over time and evaluate health promotion strategies and initiatives.

## Unit 4 – Health and human development in a global context

In this unit, students examine health and human development in a global context. They use data to investigate health status and human development in different countries, exploring factors that contribute to health inequalities between and within countries, including the physical, social and economic conditions in which people live. Students build their understanding of health in a global context through examining changes in health status over time and studying the key concept of sustainability. They consider the health implications of increased globalisation and worldwide trends relating to climate change, digital technologies, world trade, tourism, conflict and the mass movement of people.

Students consider global action to improve health and human development, focusing on the United Nations' (UN's) Sustainable Development Goals (SDGs) and the goal and objectives of the World Health Organization (WHO). They also investigate the role of non-government organisations and Australia's overseas aid program. Students evaluate the effectiveness of health initiatives and programs in a global context and reflect on their own capacity to act.

### AREA OF STUDY 1

#### Health and wellbeing in a global context

- The concept of human development
- Advantages and limitations of the Human Development Index
- Characteristics of low-, middle- and high-income countries
- Similarities and differences in health status and human development in low-, middle- and high-income countries, including Australia
- Factors that contribute to similarities and differences in health status and human development
- The concept and dimensions of sustainability (environmental, social and economic) and its role in the promotion of health and human development
- Implications for health and human development of global trends

### OUTCOMES

**Outcome 1:** to analyse similarities and differences in health status and human development globally and analyse the factors that contribute to these differences.

### AREA OF STUDY 2

#### Health and the sustainable development goals

- The importance of the UN's SDGs for health and human development in a global context
- Key features of SDG 3
- Relationships between SDG 3 and SDGs 1, 2, 4, 5, 6 and 12
- Goal and objectives of the WHO
- The purpose and characteristics of different types of aid
- The role of Australia's aid program in supporting the achievement of the SDGs and the partnerships involved
- Features of effective aid programs
- Ways to take individual and social action that promotes health and human development.

### OUTCOMES

**Outcome 2:** Analyse relationships between the SDGs and their role in the promotion of health and human development and evaluate the effectiveness of global aid programs.