



VEA

Bringing Learning to Life

Program Support Notes

Influences on the Health of Individuals

18 mins

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Influences on the Health of Individuals

For Teachers:

Introduction

An individual's health is determined and controlled by a range of factors. These factors can range from genetics, to socioeconomic background, and education. Some of these factors can be changed by the individual to improve their current health status and their health in the future. The program addresses the determinants of health and how they apply to individuals who have varying lifestyles, backgrounds and circumstances. It teaches students how the choices that they make, the environment that they live in, their education, job and social circumstances can all influence their health. The program demonstrates how individuals can take positive actions towards improving their health using practical examples that are relevant to young people.

The program features insights from Todd Harper, the CEO of Victorian Health about current health problems that are seen across Australia today. He explains why there is an inequity in health status for specific groups of people in our community, and he suggests strategies to overcome these inequities. Visual stimulus is used to provide images of how the health determinants have impacted on the health of individuals in modern society. The images show a range of health issues and are targeted at young people.

Program Timeline

00:00:00	Introduction
00:00:45	Determinants of health
00:04:36	Individual factors
00:07:02	Socio – cultural factors
00:11:03	Socio – economic factors
00:14:18	Environmental factors
00:17:17	Conclusion
00:17:49	Credits
00:18:23	End program

Website References

- www.health.vic.gov.au/healthpromotion/what_is/determinants.htm
- www.who.int/hia/evidence/doh/en/
- www.who.int/social_determinants/final_report/en/
- www.aihw.gov.au/publications/index.cfm/title/10014
- www.health.vic.gov.au/healthpromotion/evidence_evaluation/
- www.crcah.org.au/research/socialdeterminants.html
- www.healthpromotion.org.au/issues/104?task=view
- www.aihw.gov.au/publications/index.cfm/title/10321

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Influences on the Health of Individuals

Student Worksheet:

Before Viewing the Program

1. Define health.

2. Define health status.

3. Discuss in groups what influences your health in a positive and negative way.

4. Outline two things that you can do to improve your own health.

Influences on the Health of Individuals

While Viewing the Program

1. List the four categories of the 'Determinants of Health'

2. List two organizations that help keep you informed about health choices.

3. List three non-modifiable determinants of health.

4. How can education help to improve your health?

5. List two things that can be modified to improve your health.

6. Outline how an individual's attitude can influence their health? Give an example.

7. Fill in the missing words from the statement below:

People's attitudes about _____, _____, _____ and _____ are strongly influenced by family.

Influences on the Health of Individuals

8. Complete the table using examples that represent positive and negative influences on health.

Positive family, peer, media influences	Negative family, peer, media influences

9. Explain how having a higher income can positively influence your health. Use practical examples.

10. Fill in the missing words from the statement below.

Lower levels of education are linked to lower _____ , increased _____
and poorer _____ .

11. Outline how living in a remote location can impact on your health.

12. Complete the table below with examples of factors that can determine health.

Individual Factors	Socio-cultural Factors	Socio-Economic Factors	Environmental Factors

Influences on the Health of Individuals

After Viewing the Program

1. Outline three things that you could do this year to improve your health. What goals could you set to achieve these improvements?
2. Discuss with your family how they can help you improve your health.
3. In small groups discuss strategies that can be implemented at school to improve your health.
4. Research three organizations that help individuals improve their health. Outline the goals and strategies of each organization.
5. Explain two things an employer can do to improve the health of their employees.

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Suggested Student Responses

Before Viewing the Program

1. Define health.
Health is 'a state of complete physical, mental and social well-being and not merely the absence of disease'.
2. Define health status.
Health Status is a term used to describe the current state of health of an individual, a group or a population.
3. Discuss in groups what influences your health in a positive and negative way.
Positive influences on health – Parents who cook healthy meals, friends who like exercising and eating well, healthy food options at McDonalds, living close to health care.
Negative influences on health - Junk food ads, parents who don't encourage exercise, friends who pressure you to drink alcohol, living in a remote town.
4. Outline two things that you can do to improve your own health.
Examples – eat more fruit and vegetables, wear sunscreen when outside, exercise every day

Influences on the Health of Individuals

While Viewing the Program

1. List the four categories of the 'Determinants of Health'
Individual factors
Socio cultural factors
Socioeconomic factors
Environmental factors
2. List two organizations that help keep you informed about health choices.
Cancer Council
Victorian Health
3. List three non-modifiable determinants of health.
Age
Gender
Genetics
4. How can education help to improve your health?
Education teaches you about risks, risk taking and decision making. If you know what the risks are you can make better decisions to stay healthy. You also need knowledge and skills to make healthy decisions.
5. List two things that can be modified to improve our health
Behavior and environment
6. Outline how an individual's attitude can influence their health? Give an example.
People who are interested in keeping healthy and avoiding risky behavior have a better chance of staying healthy. For example, a person who thinks sun tanning is healthy is more likely to have too much exposure to UV rays and put themselves at a higher risk of skin cancer.
7. Fill in the missing words from the statement below:

People's attitudes about **health, fitness, nutrition** and **medicine** are strongly influenced by family.
8. Complete the table using examples that represent positive and negative influences on health

Positive family, peer, media influences	Negative family, peer, media influences
<ul style="list-style-type: none"> • Healthy food • Positive attitudes towards health • Playing sport together • Regular exercise • Healthy ads 	<ul style="list-style-type: none"> • Unhealthy foods • Taking drugs • Sun tanning • Excessive drinking • Unhealthy body shapes / images • Drinking Ads • Smoking

Influences on the Health of Individuals

9. Explain how having a higher income can positively influence your health. Use practical examples.
Having more money can help a person to access better education, employment opportunities, health services, exercise options, stress relief, food options.
10. Fill in the missing words from the statement below:
- Lower levels of education are linked to lower **incomes**, increased **stress** and poorer **health**.
11. Outline how living in a remote location can impact on your health
Living in a remote location can affect access to health care, education, employment opportunities, isolation, and technology.
12. Complete the table below with examples of factors that can determine health.

Individual Factors	Socio-cultural Factors	Socio-Economic Factors	Environmental Factors
Skills	Family	Employment	Geographic Location
Knowledge	Peers	Education	Access to Health Care
Education	Media	Income	Access to Health Services
Attitudes	Culture		Technology
Risk-taking Behavior	Religion		Working Conditions
Genetics			

Influences on the Health of Individuals

After Viewing the Program

1. Outline three things that you could do this year to improve your health. What goals could you set to achieve these improvements?
Increase amount / level of exercise
Eat more fruit and vegetables
Have a dental check up
Help cook healthier meals
Wear a hat and sunscreen when in the sun
Drink more water
2. Discuss with your family how they can help you improve your health.
Cook healthier meals
Do exercise together
No smoking in or near the house
Have open communication
3. In small groups discuss strategies that can be implemented at school to improve your health.
More shaded areas
Provide only healthy food in the canteen
Have more exercise options
More health education
4. Research three organizations that help individuals improve their health. Outline the goals and strategies of each organization.
Heart foundation
Asthma Foundation
Cancer Council
Beyond Blue
5. Explain two things an employer can do to improve the health of their employees.
An employer can enforce OHS regulations, no smoking rules, exercise breaks, healthy food options, and good working conditions.