TASMANIAN ASSESSMENT, STANDARDS & CERTIFICATION

External Assessment 2026

Attach your candidate label here

HEALTH STUDIES

HLT315118

Section A Introduction to Health/Personal Health

Pages: 16

Questions: 5

Preparation time for this exam: 15 minutes

Suggested working time: 60 minutes

Instructions:

- There are **two (2) parts** to this section:
  - **Part 1** – answer **all** questions and **all** items within each question
  - **Part 2** – answer **one (1)** question.
- Write your answers in the spaces provided in this exam paper.
- The exam is **three (3) hours** in length. The suggested working time for this section is **approximately 60 minutes**.
- All answers must be written in **English**.
- You **must** make sure your answers address the listed criteria.

Marker use		
Q1	C8	/ 10
Q2	C1	/ 10
Q3	C4	/ 10
Q4 or Q5	C1	/ 30
Q4 or Q5	C7	/ Alpha

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Guide to Exam Structure

	Parts	Questions available	Questions to answer	Suggested working time	Marks available
Section A	Part 1	3	3	30 minutes	30 marks
	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Section B	Part 1	3	3	30 minutes	30 marks
	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Section C	Part 1	3	3	30 minutes	30 marks
	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Totals		**15**	**12**	**180 minutes (3 hours)**	**180 marks and A+ to z rating**

Criteria

You **must** make sure your answers address:

- Criterion 1 differentiate and analyse key factors that influence the health of individuals
- Criterion 4 investigate specific health issues, including options for preventative, curative and treatment strategies
- Criterion 7 communicate ideas and information in a variety of forms (only assessed in extended response)
- Criterion 8 analyse and interpret health related data and information.

Part 1

- Answer **all** questions in this part.
- This part is worth 30 marks. The suggested working time for this part is **approximately 30 minutes**.

Question 1 (10 minutes)

This question assesses **Criterion 8**.

Using the information provided in Figure 1, answer the following questions **using figures from the data in ALL answers**.

Health Service	Females	Males	Persons
Admitted to hospital	7.6%	6.1%	6.7%
Had a telehealth consultation for own health	27.0%	15.6%	20.9%
Received a prescription for medication	60.5%	41.6%	50.7%
Saw a dental professional	53.0%	48.9%	50.8%
Saw a general practitioner (GP)	77.5%	64.8%	70.9%
Saw a medical specialist	26.0%	24.2%	25.0%
Saw an after-hours GP	6.3%	4.5%	5.3%
Saw a GP for urgent medical care	7.3%	6.5%	6.9%
Saw three or more health professionals for the same condition	12.5%	11.6%	12.0%
Visited hospital emergency department	15.1%	14.1%	14.6%

Note:

1. Includes only prescriptions received from a general practitioner (GP).
2. Telehealth services refers to an appointment with a health professional over the phone, by video conferencing or through other communication technologies.

Figure 1: Experiences of health services in the last 12 months for people aged 15–24, by sex, 2022–23.

Question 1 continues

Question 1 continued

Marker use

a) Which group (females, males, or persons) had the highest percentage of people who saw a general practitioner, and what was the percentage? /1

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b) Compare the percentage of females and males who had a telehealth consultation for their own health. Which group had the higher percentage, and what was the difference in percentage points? /2

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c) Identify the **two (2)** services with the smallest percentage difference between females and males, and calculate the difference for **one (1)** of these services. /3

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d) Using the data, analyse **one (1)** health service where usage differs significantly between groups. Identify the health service and describe the pattern shown in the data across the groups. Support your analysis with data. /4

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Total Q1 /10

Question 2 (10 minutes)

Marker use

This question assesses **Criterion 1**.

a) Explain what is meant by the term **determinants** of health. Provide **one (1)** example. /2

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b) Explain **one (1)** cause of health inequalities and provide **one (1)** current example. /2

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c) Define health literacy. Why is it an important skill for individuals? /3

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d) Identify **two (2)** expected health benefits from banning social media for young people under 16 and link each to a **dimension** of health. /3

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Total Q2 /10

Question 3 (10 minutes)

Marker use

This question assesses **Criterion 4**.

Briefly outline a leading cause of morbidity and mortality among adolescents. Use evidence to explain why it is a significant issue for this age group. Describe **one (1)** prevention strategy an adolescent could implement. Explain how this strategy reduces the risk of harm.

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Total Q3

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Part 2

- Answer **one (1)** question in this part.
- This part is worth 30 marks. The suggested working time for this part is **approximately 30 minutes**.
- This part assesses **Criteria 1** and **7**.

Question 4

Risk-taking behaviour during adolescence can have both positive and negative impacts on wellbeing.

Respond to the following:

- define the term risk-taking, outlining the difference between a positive and a negative risk
- describe **one (1)** example of an emotional risk and identify the potential positive and negative impacts this risk could have on all aspects of an individual's wellbeing
- discuss **two (2)** key factors that may prevent an adolescent from engaging in positive risk-taking behaviour.

OR

Question 5

Individual health is influenced by a range of interacting personal and environmental factors.

Respond to the following:

- describe the personal dimensions of health and explain how they contribute to overall wellbeing
- discuss how the physical, socio-cultural and political environments influence health outcomes
- explain how a current Australian health promotion initiative addresses **one (1)** of these environments and supports health literacy.

Question Number:

Marker use

Write the question number you are answering in the box.

Marker use

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Marker use

Marker use

Total Q4/Q5

C1 /30

C7 /A+ to z

Acknowledgements

Sources:

Figure 1: Australian Institute of Health and Welfare (AIHW) 2026, *Australian Institute of Health and Welfare*, Australian Government, Canberra, https://www.aihw.gov.au

End of Section A



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TASMANIAN ASSESSMENT, STANDARDS & CERTIFICATION

External Assessment 2026

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HEALTH STUDIES

HLT315118

Section B Introduction to Health/Australian Health

Pages: 16

Questions: 5

Suggested working time: 60 minutes

Instructions:

- There are **two (2) parts** to this section:
  - **Part 1** – answer **all** questions and **all** items within each question
  - **Part 2** – answer **one (1)** question.
- Write your answers in the spaces provided in this exam paper.
- The exam is **three (3) hours** in length. The suggested working time for this section is **approximately 60 minutes**.
- All answers must be written in **English**.
- You **must** make sure your answers address the listed criteria.

Marker use		
Q6	C8	/ 10
Q7	C2	/ 10
Q8	C4	/ 10
Q9 or Q10	C2	/ 30
Q9 or Q10	C7	/ Alpha

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Guide to Exam Structure

	Parts	Questions available	Questions to answer	Suggested working time	Marks available
Section A	Part 1	3	3	30 minutes	30 marks
	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Section B	Part 1	3	3	30 minutes	30 marks
	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Section C	Part 1	3	3	30 minutes	30 marks
	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Totals		**15**	**12**	**180 minutes (3 hours)**	**180 marks and A+ to z rating**

Criteria

You **must** make sure your answers address:

- Criterion 2 analyse influences on health status of populations within Australia
- Criterion 4 investigate specific health issues, including options for preventative, curative and treatment strategies
- Criterion 7 communicate ideas and information in a variety of forms (only assessed in extended response)
- Criterion 8 analyse and interpret health related data and information.

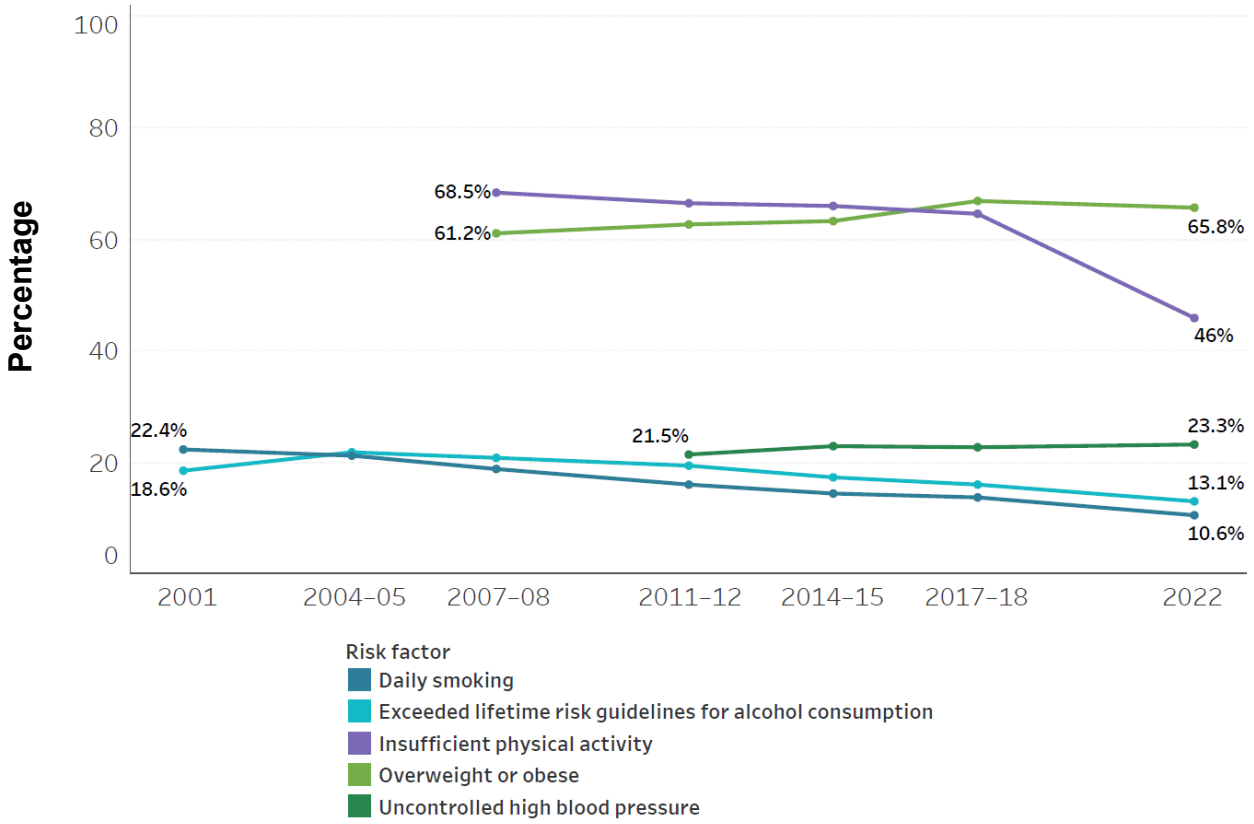
Part 1

- Answer **all** questions in this part.
- This part is worth 30 marks. The suggested working time for this part is **approximately 30 minutes**.

Question 6 (10 minutes)

This question assesses **Criterion 8**.

Using the information provided in Figure 2, answer the following questions **using figures from the data in ALL answers**.



Notes

1. Data are self-reported.
2. Data on Daily smoking, Exceeded lifetime risk guidelines for alcohol consumption, Overweight or obese and Uncontrolled high blood pressure are sourced from ABS 2023d. Data on these risk factors include responses from people whose sex at birth is male, female or a term other than male or female.
3. Data on insufficient physical activity are sourced from AIHW 2024f. Due to small numbers and the need to protect privacy, data on insufficient physical activity does not include responses from people who reported sex at birth as a term other than male or female.

Figure 2: Trends in selected health risk factors, 2001 to 2022.

Question 6 continues

Question 6 continued

Marker use

a) Identify **one (1)** risk factor that decreased between 2001 and 2022. /2

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b) Compare the percentage of people who were overweight or obese in 2007–08 and 2022. State the change shown in the data. /2

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c) Analyse the pattern of insufficient physical activity between 2007–08 and 2022. Support your analysis with data. /3

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d) Other than insufficient physical activity, describe **two (2)** trends shown across time. Include data. /3

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Total Q6 /10

Question 7 (10 minutes)

Marker use

This question assesses **Criterion 2**.

a) Explain how **one (1)** political factor can influence the health of Australians. /2

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b) Outline **one (1)** strategy currently used in Australia to reduce health inequalities. /2

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c) Using **one (1)** example, explain how a community resource or service contributes to improved health outcomes in Australia. /3

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d) Explain how Years of Life Lost (YLL) differs from Years Lost to Disability (YLD). /3

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Total Q7 /10

Question 8 (10 minutes)

Marker use

This question assesses **Criterion 4**.

Briefly outline **one (1)** major chronic condition affecting Australians.

Respond to the following:

- identify **two (2)** modifiable risk factors associated with this chronic condition
- describe **one (1)** prevention strategy used in Australia to reduce the incidence of this chronic condition
- explain **one (1)** treatment option currently used to manage this condition.

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Total Q8

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Part 2

- Answer **one (1)** question in this part.
- This part is worth 30 marks. The suggested working time for this part is **approximately 30 minutes**.
- This part assesses **Criteria 2** and **7**.

Question 9

Health outcomes are not equal across all population groups in Australia.

Respond to the following:

- identify **one (1)** population group experiencing health inequality in Australia and describe their key health concerns
- analyse how physical, socio-cultural and political environments contribute to these inequalities
- explain how the social justice principles of equity, diversity and supportive environments relate to improving health outcomes for this group
- evaluate **one (1)** current strategy aimed at reducing these inequalities.

OR

Question 10

Australia's health care system plays a key role in preventing and managing disease.

Respond to the following:

- outline the key components of Australia's health care system
- explain how **one (1)** piece of medical technology has impacted health care in Australia
- discuss the role of health promotion in Australia
- analyse the strengths and limitations of Australia's current approach to managing chronic disease.

Question Number:

Marker use

Write the question number you are answering in the box.

Marker use

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Marker use

Total Q9/Q10

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Acknowledgements

Sources:

Figure 2:

Australian Bureau of Statistics (ABS) 2023, *Australian Bureau of Statistics*, Australian Government, Canberra, https://www.abs.gov.au

Australian Bureau of Statistics (ABS) 2024, *Australian Bureau of Statistics*, Australian Government, Canberra, https://www.abs.gov.au

Australian Institute of Health and Welfare (AIHW) 2024, *Australian Institute of Health and Welfare*, Australian Government, Canberra, https://www.aihw.gov.au

End of Section B



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HEALTH STUDIES

HLT315118

Section C Introduction to Health/Global Health

Pages: 16

Questions: 5

Suggested working time: 60 minutes

Instructions:

- There are **two (2) parts** to this section:
  - **Part 1** – answer **all** questions and **all** items within each question
  - **Part 2** – answer **one (1)** question.
- Write your answers in the spaces provided in this exam paper.
- The exam is **three (3) hours** in length. The suggested working time for this section is **approximately 60 minutes**.
- All answers must be written in **English**.
- You **must** make sure your answers address the listed criteria.

Marker use		
Q11	C8	/ 10
Q12	C3	/ 10
Q13	C4	/ 10
Q14 or Q15	C3	/ 30
Q14 or Q15	C7	/ Alpha

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	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Section B	Part 1	3	3	30 minutes	30 marks
	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Section C	Part 1	3	3	30 minutes	30 marks
	Part 2	2	1	30 minutes	30 marks and A+ to z rating
Totals		**15**	**12**	**180 minutes (3 hours)**	**180 marks and A+ to z rating**

Criteria

You **must** make sure your answers address:

- Criterion 3 analyse and compare global health status across populations
- Criterion 4 investigate specific health issues, including options for preventive, curative and treatment strategies
- Criterion 7 communicate ideas and information in a variety of forms (only assessed in extended response)
- Criterion 8 analyse and interpret health related data and information.

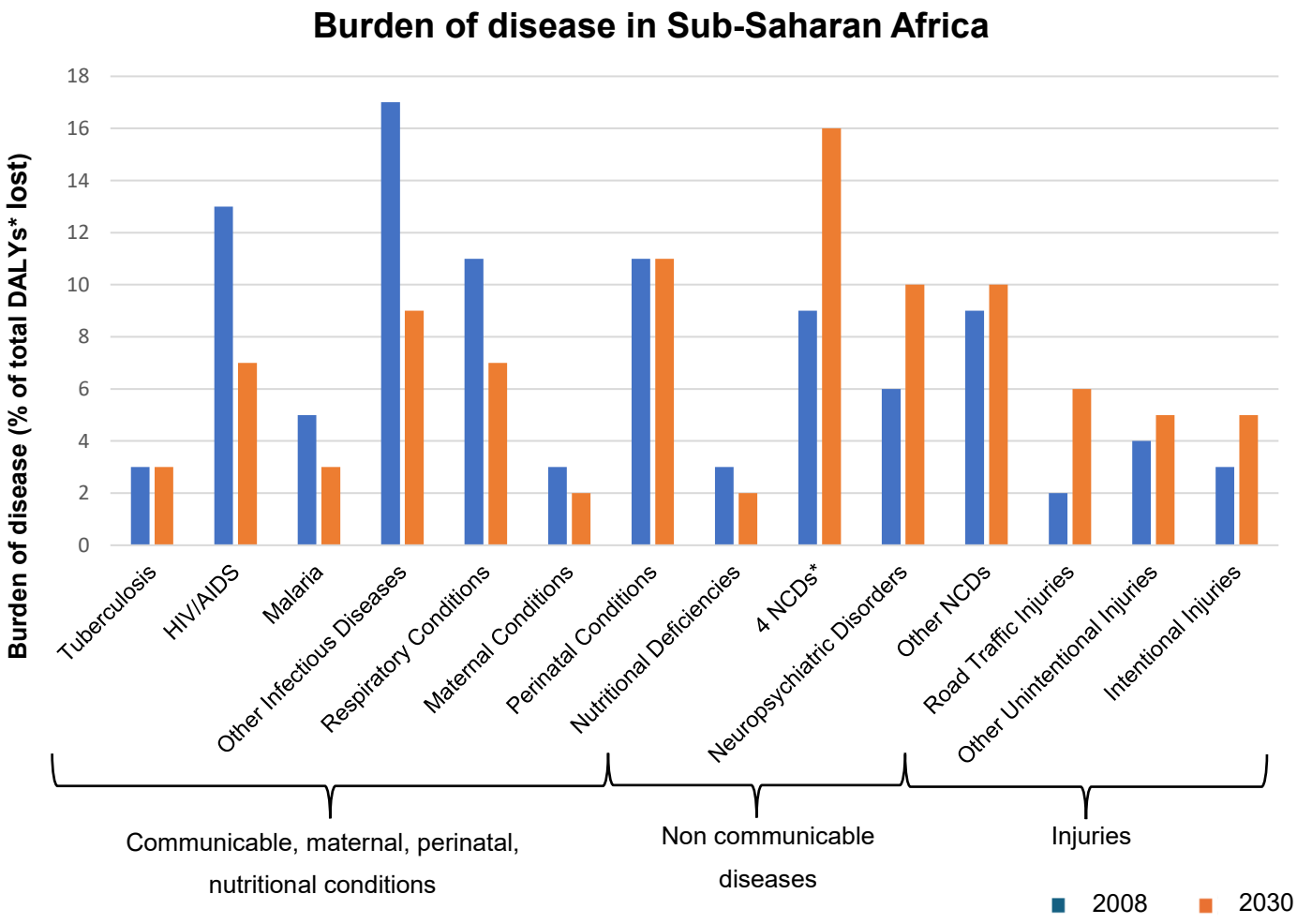
Part 1

- Answer **all** questions in this part.
- This part is worth 30 marks. The suggested working time for this part is **approximately 30 minutes**.

Question 11 (10 minutes)

This question assesses **Criterion 8**.

Using the information provided in Figure 3, answer the following questions **using figures from the data in ALL answers**.



Note:

**NCDs: Cardiovascular diseases, cancer, diabetes, chronic respiratory diseases.*

**DALYs: Disability adjusted life years.*

Figure 3: Projected burden of diseases in Sub-Saharan Africa.

Question 11 continues

Marker use

a) Identify **one (1)** disease category that is projected to increase between 2008 and 2030. /1

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b) State the projected change (increase or decrease) in communicable diseases from 2008 to 2030 and describe the overall trend. /2

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c) Compare the burden of non-communicable diseases in 2008 and 2030. Use data from the graph to support your response. /3

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d) Describe **two (2)** significant changes shown in the projected burden of disease in Sub-Saharan Africa between 2008 and 2030. Support your answer with reference to the data. /4

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Total Q11 /10

Question 12 (10 minutes)

Marker use

This question assesses **Criterion 3**.

a) Identify and describe **one (1)** current global health issue of concern. /2

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b) State the purpose of the Sustainable Development Goals (SDGs) and name the organisation that developed them. /2

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c) Outline **one (1)** difference in health status between Least Developed Countries (LDCs) and More Developed Countries (MDCs), and identify **one (1)** reason for this difference. /3

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d) Outline why women are important in the delivery of Primary Health Care (PHC). /3

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Total Q12 /10

Question 13 (10 minutes)

Marker use

This question assesses **Criterion 4**.

Identify **one (1)** leading cause of morbidity and mortality in a Least Developed Country (LDC). In your response:

- describe the health issue and explain **why** it is a leading cause of morbidity and/or mortality in LDCs
- describe **one (1)** preventive strategy and **one (1)** treatment or curative strategy used to address this issue
- explain **one (1)** challenge LDCs face in accessing or implementing these strategies.

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Total Q13

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Part 2

- Answer **one (1)** question in this part.
- This part is worth 30 marks. The suggested working time for this part is **approximately 30 minutes**.
- This part assesses **Criteria 3** and **7**.

Question 14

Analyse the role of foreign aid in improving global health outcomes.

In your response, you should:

- identify and explain **two (2)** types of foreign aid used to support global health
- explain how foreign aid can influence health outcomes in Least Developed Countries (LDCs)
- discuss **one (1)** example of foreign aid or a non-government organisation (NGO) initiative linked to improving health
- evaluate **one (1)** potential negative impact of foreign aid.

OR

Question 15

Analyse how the Sustainable Development Goals (SDGs) aim to reduce global health inequalities.

In your response, refer to **one (1)** Least Developed Country (LDC) you have studied.

You should:

- explain the purpose of the SDGs, with reference to at least **two (2)** of Goals 1–6
- analyse how **two (2)** of the following factors contribute to health outcomes in your chosen LDC:
  - physical
  - socio-cultural
  - political.
- discuss **one (1)** strategy used to address a global health issue linked to the SDGs
- evaluate **one (1)** challenge in measuring progress towards achieving the SDGs.

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Write the question number you are answering in the box.

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Total Q14/Q15

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Acknowledgements

Sources:

Figure 3: ResearchGate 2026, *Projected Burden of diseases in Sub-Saharan Africa: 2008 and 2030*, https://www.researchgate.net/figure/Projected-Burden-of-diseases-in-Sub-Saharan-Africa-2008-and-2030-Source-of-data_fig1_

End of Section C



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