PDHPE

Health of Young People Assessment

QUESTION 1
Describe the health of young people.

In today's society, generally speaking young people enjoy good health and will continue to in the future. In comparison to the other population groups, young people's health remains the best. Elderly people often suffer from long term illnesses, while young people's major issue revolves around temporary conditions. Although, people with an indigenous background often have a lower health status than Australians. This could be caused by low socio-economic status and little education.

In young people, mortality trends and leading causes of death are likely to be a result of preventable causes. In this group, male's death rates are higher than females due to behavioural causes in the workplaces and social situations. The major causes of death are accidents (motor vehicle accidents 30%, likely to be a result of social attitudes, peer pressure, knowledge and maturity), intentional self harm (suicide 18%, result of changing families, stress and lack of confidence), Accidental poisoning (12%, due to lack of knowledge of drugs), violence (through media) and cancer. These leading causes of death have been decreasing in cases over the previous ten years, as a result of health promotion and education.

While morbidity trends and leading causes of burdens of disease are mental disorders such as anxiety and depression, injury (mainly in males) and poisoning. The incidences of mental disorders are continuing to increase in cases. The reason mental disorders have such a high incidence and will continue to do so, are often a result of factors beyond their control. For example, the media's perpetuation of unrealistic body images which affects self esteem and high unemployment in youth leads to frustration in achieving independence.

QUESTION 2
Explain the sociocultural factors affecting the health of young people.

Sociocultural factors relate to the influence of family, peers, media, religion and culture. These factors can have a positive or negative impact.

The dynamic nature of a family can have a significant impact on a young person's health. In the 21st century, there is an increasing marriage separation rate. Consequently resulting in more single parent and or blended families. This can have a negative impact on young people in changing schools, lifestyle, relationships and friends, which can lead to health issues such as depression and self harm. Conversely the changing nature of the family unit can help develop resilience and coping mechanisms. To ensure good health is achieved, young people should ensure they have strong support networks, create mentor relationships and share family responsibilities.

Peers become some of the most important people in young people's lives as they go through puberty. Peers can have a strong influence on their lives both positive and negative. Friends act as role models and provide a strong support network. Positive examples include discouraging drug use and encouraging physical activity. They can also be a negative influence, encouraging poor decision making such as risk taking on roads which may lead to accidental injury or death. To ensure your peers positively affect your life you should choose friends with positive influences and act as a role model.

The media, newspapers, billboards, television, digital and electronic media, plays a major role in young people's perceptions of the world and themselves. Like peers it can have a positive and

negative impact. The media promotes and provides health information like vaccinations in year ten for females to prevent cervical cancer. On the other hand, it largely stereotypes, demoralises and exposes young people to violence, drugs and sex. This exposure can have a significant impact on a young person's self esteem and confidence, through such things as unhealthy body images. It is important for young people to avoid stereotypes and become involved in the community to break down the stereotypes.

Religion in young people is important in developing a sense of purpose. It encourages involvement and increases their mental health. Religion can also cause conflict and stress and be demanding in that they have to follow a set of rules and requirements such as females wearing a burqa. This can cause young people to rebel, and develop mental illnesses. Young people should develop a sense of spirituality by exploring different religions and establish links to your community like offering to help out at churches during Sunday school.

Finally, is the socio-cultural factor of Aboriginality. The aboriginal and Torres Strait islander (ATSI) group suffer from inequalities. They have lower levels of health and high levels of suicide and substance abuse. Their lifestyles factors such as lower education and low socio economic status can influence this. A statistic released says that 48% of young people in correctional facilities are from the ATSI group. To decrease this percentage and achieve better health for ATSI we need to promote the need for cultural diversity.

QUESTION 3
With your two chosen areas of study, analyse the non government and government agencies that play a significant role in the health of young people.

Motor vehicle accidents are the one of the greatest causes of unintentional death and injury in young people. This is a result of poor perception of risks such as not wearing seatbelts, speeding and fatigue. Although trends in deaths have decreased as a result of health promotion and awareness, specifically young people are more likely to take risks. This means that it's important for government and non-government agencies to specialise attention on this area.

Body image is dynamic in its nature and refers to the mental image we create of ourselves. The media is seen as a significant contributor to the development of unhealthy bodies. It is said that only 16% of Australians are happy with their body. If they aren't happy with their body, they are more likely to suffer from a mental illness. This indicates the need to all agencies to take action in promoting body image.

Social action is associated with the strategies and tactics needed to co-ordinate community action and enhance the wellbeing of others and one's self. Young people without social support have higher rates of morbidity and mortality than those with social networks. Social action addresses both road safety and body image. Social action affects road safety though improving road design that divides oncoming traffic; providing access to specialised health services (brain injury units to deal with victims of motor vehicle accidents) and ensuring young people are educated to increase chances of employment and high socio-economic status to make certain the individual has money to maintain a car. On the other hand, social action is evident in the area of body image. Communities aim to create supportive environments (healthy canteens that promote more nutritious foods and lower obesity levels), encourage the media to be realistic, avoid stereotypes and promote healthy bodies.

Road Safety Education, Driver Education and Training Policy is a New South Wales department of education policy created to educate all students from kindergarten to year 12. This is important in that they learn about safe behaviours in the car, road rules and safe driving habits when they learn to drive. The policy was established in order to minimise the number of deaths and injuries in young people relating to motor vehicle accidents.

A health policy aimed at body image is the healthy canteen policy in most schools that aim to move young people towards making more nutritious food choices. If young people are making healthier choices, they are more likely to have a healthier weight range. Studies show that poor body image is a result of young people viewing themselves a 'fat' and 'overweight.' So eating healthy will help increase a person's confidence and health.

Legislations are applied through laws, rules and legislations that protect us from being harmed by others or harming ourselves. The government has implemented legislations for road safety such as specialised motor and driving laws for young people including g extended L plates, restricted P plates, blood alcohol limits, passenger limits at certain times and restrictions on high-performance vehicles. These laws help to reduce the number of accidents and deaths on roads among young people. Similarly, the government has enforced legislations in reference to body image such as compulsory food labelling which allows young people to make healthy food choices and limits the possibility of developing obesity and diabetes.

Finally, health promotion initiatives established by federal, state and local governments along with non-government organizations aim to improve the health status of young people through various health promotions. These initiatives use a variety of strategies based on the five action areas of the Ottawa Charter .The strategies used included providing education and information regarding the dangers of lifestyle behaviours (speeding), organising communities to come together to discuss health issues and changing environmental factors.

Government initiatives for road safety include 'drink, drunk, the difference is you,' 'drinking kills driving skills,' are driving education programs which the government allocates money to spend on the priority group. Non-government initiatives include 'u turn the wheel' another specialised driver education program aimed at creating supportive environments and re-orientating health services.

Government initiatives promoting healthy body image and nutrition are healthy canteens and 'go for 2 and 5.' A non-government initiative 'Nobody's perfect' is a part of the PDHPE curriculum and develops positive beliefs and attitudes and develops healthy eating habits. It focuses n the two parts of the Ottawa charter developing person skills and creating supportive environments.