



National Certificate of Educational Achievement  
TAUMATA MĀTAURANGA Ā-MOTU KUA TAEA

## Exemplar for Internal Achievement Standard

### Health Level 3

This exemplar supports assessment against: 91461

Analyse a New Zealand health issue

An annotated exemplar is an extract of student evidence, with a commentary, to explain key aspects of the standard. It assists teachers to make assessment judgements at the grade boundaries.

New Zealand Qualifications Authority

To support internal assessment

	Grade Boundary: Low Excellence
1.	<p>For Excellence, the student needs to analyse, perceptively, a New Zealand health issue.</p> <p>This involves recommending strategies based on a coherent explanation that connects the health issue and the influence of the major determinants of health on the issue to underlying health concepts (hauora, socio-ecological perspective, health promotion, and attitudes and values).</p> <p>The analysis needs to be supported by the coherent and consistent use of evidence.</p> <p>The student has explained how three major determinants of health contribute to the issue of alcohol misuse by 16-24 year olds in New Zealand. The student has explained the influence of the political determinant (1) and its contribution to the underlying health issue. The explanation focuses on key aspects of the determinant, supported by relevant evidence.</p> <p>The student has explained implications at societal, interpersonal and personal levels. The societal impacts exemplified (2) show the development of short-term impacts into long-term impacts, supported by evidence. The student makes reference to the underlying concept of attitudes and values and shows evidence of critical thinking, explaining who is disadvantaged by the societal impacts.</p> <p>The student has recommended strategies - linking one to the political determinant (3). The student clearly explains what is involved in the action, how it seeks to address the political determinant, how it links to New Zealand drug policy, and how it leads to equitable health outcomes.</p> <p>For a more secure Excellence, the student should connect their strategies to the underlying concept of health promotion, incorporating ideas from existing models into their response (e.g. aspects of te Pae Mahutonga or the Ottawa Charter). The student could develop links to the concept of attitudes and values, for example within the 'implications' section, and when explaining how equitable health outcomes (social justice) can be achieved.</p>

Alcohol misuse by 16-24 year olds is a health issue in New Zealand because [...]

Three major determinants of health that contribute to alcohol misuse in youth in New Zealand are social, political and cultural.

The social determinant refers to the interactions that youth have with each other in the environments in which they live, work and play. Due to the widespread availability of alcohol through factors such as political and the binge-drinking culture in New Zealand, in many peer groups and across many social situations, drinking alcohol (and drinking to get drunk) is seen as the normal and expected thing to do when socialising [...]

The political determinant of health can also influence alcohol use in young people. Political determinants can include government laws and policies that influence young people's attitudes and behaviours regarding alcohol. Two main ways the political determinant influences alcohol misuse in youth in NZ is because of the laws around advertising/sponsorship and the laws around sale and supply of alcohol.

Alcohol advertising has the potential to encourage young people's alcohol use. According to NZ research, constant exposure to alcohol, especially at a young age increases positive expectations about drinking (1). The media can have a large influence encouraging young people to drink alcohol. Alcohol advertisements cannot be shown on TV between 6.am and 8.30pm, but through magazines, billboards and social media, alcohol advertising is easily accessed at any time of the day. Alcohol is used to sponsor sporting events (eg the Heineken Open) and sporting teams (eg the All Blacks – Steinlager) (2). This creates the association with drinking alcohol with role models, which encourages youth to drink.

1

The legal purchasing age of alcohol in New Zealand is 18. Since the legal purchasing age dropped back to 18 years, more young people have had access to alcohol so have been consuming alcohol and the age at which youth begin drinking is getting younger: "In the past decade drinking behaviour of youth has grown more steadily more extreme and is increasingly normalised in younger age groups" (3). It is important to note that (unlike in some other countries) we do not have a 'drinking age' in New Zealand, therefore some youth may legally access alcohol before they reach the purchase age of 18. This may influence youth to drink to excess, as they are not as mature as adults, and may set up the situation where they begin to rely on alcohol when socialising with others or to cope with the demands of a stressful life (3).

The cultural determinant [...]

Alcohol misuse by 16-24 year olds has many implications for the well-being of New Zealand society, people's relationships and for individuals.

At a societal level, alcohol misuse by young people can have an impact in the short-term on services like hospitals and policing. According to Paul Quigley from Wellington Hospital's Emergency Department, young people who are intoxicated are a huge drain on the

emergency department, and take resources away from other ill people. Nearly three quarters of those who come to the emergency department on weekend evenings are drunk (4). ACC says that a quarter of claims are related to injuries that occurred due to alcohol use (5). These figures show that these young people are lacking a positive attitude to their own well-being and are outing others in danger as well. In the long-term, alcohol is associated with a variety of serious illnesses, which are a strain on the taxpayer. According to the Healthy Christchurch paper on alcohol harm, the direct cost of alcohol harm in NZ is \$1,200 million per year (5). This includes costs to the health system, policing, local councils for vandalism/clean-ups, car crashes.

2

A number of people and community groups are disadvantaged by these short and long term societal impacts. Taxpayer money is spent on alcohol-related harms, when it could otherwise be used to support families and communities, and healthcare services to treat those who are ill from non-alcohol causes. With policing, more time could be spent on keeping communities safe, and communities will be safer if there was less fighting, car accidents, vandalism and injuries due to alcohol use.

Interpersonally, alcohol misuse by young people can cause problems in relationships and can interfere with a person's performance at school or in the workplace [...]

Personally, alcohol is associated with a large number of short-term and long-term negative health effects, but also has some positives [...]

I recommend two major strategies to address alcohol misuse by young people in New Zealand. These strategies seek to address the determinants of health I have explained above, and link to the National Drug Policy 2015-2020.

The first strategy is to place a ban on alcohol sponsorship by sports teams and sporting events in New Zealand, and place firmer restrictions on alcohol advertising across print, TV and social media. This has been recommended in 2014 by the Ministerial Forum on Alcohol Advertising and Sponsorship, who found that restricting advertising and sponsorship would have a positive impact on youth drinking (12). This would involve finding new sponsors for teams such as the All Blacks and events such as the Heineken Tennis Open, but this should not be too difficult, due to popularity. This would address part of the political determinant discussed earlier in my work, and relates to 'demand reduction' from the National Drug Policy because with less advertising and sponsorship, young people will see alcohol being promoted less, so demand for drinking might be reduced. This will lead to equitable health outcomes in relation to the health issue by reducing the chance of early drinking behaviour and harms to young people.

3

The second strategy is to [...]

Note that a chart was provided by the student to show bibliographic details for the references used in the analysis.

	Grade Boundary: High Merit
2.	<p>For Merit, the student needs to analyse, in-depth, a New Zealand health issue.</p> <p>This involves recommending strategies for addressing the health issue that take account of:</p> <ul style="list-style-type: none"> <li>• the influence of the major determinants of health on the health issue</li> <li>• the impact of the major determinants of health on well-being.</li> </ul> <p>The analysis needs to be supported by detailed evidence.</p> <p>The student has explained three major determinants of health which contribute to teenage pregnancy and parenthood in New Zealand. The influence of the social determinant is shown here (1), and in this answer the student has explained the nature of the influence and how it contributes to the health issue, with supporting evidence from one source.</p> <p>The student has explained implications at societal, interpersonal and personal levels, with the personal impacts exemplified (2). The student discusses a combination of short and long term, as well as positive and negative impacts, with supporting evidence from one source.</p> <p>The student has recommended strategies - a strategy linked to the social and economic determinant is shown here (3). The answer provides a detailed description of what is involved, and how/why the action would benefit a teenage mother and lead to equitable health outcomes.</p> <p>To reach Excellence, the student would need to develop the explanations by providing further detail, using more supporting evidence and making explicit links to the underlying concepts.</p>

Teenage pregnancy and parenting is a health issue in New Zealand for two main reasons [...]

I am going to explain three determinants of health that influence teenage pregnancy/parenting in NZ. These are cultural, economic and social.

Culturally [...]

In terms of the economic determinant [...]

The social determinant is one of the key factors influencing teenage pregnancy and parenthood in New Zealand, as proven by a lot of research into the issue in this country. Firstly, it has been shown that teenage pregnancy is more likely for girls who have not done well at school, who have dropped out of school early, or who do not have clear goals and plans for the future (1). Because of this sort of schooling experience, girls may see becoming a parent as their best option, or do not have career goals to act as a protective factor against getting pregnant. Therefore they might be more likely to get pregnant, decide against an abortion and become a teenage mother. The other part of this determinant is the home background of the teenager. Statistics and research shows that teenage mothers in NZ are much more likely to also be the child of a teenage mother (1). Obviously the influence of home life and upbringing is important here. The teenager may get pregnant as it is the 'normal' thing to do in her family, rather than break the cycle.

1

There are implications of teenage pregnancy and parenthood for well-being at the personal, interpersonal and societal levels.

Personally, the health issue impacts upon the well-being of the girl who gets pregnant. The girl might drop out of school or will have to take a break from school. If there is no teenage parent unit near her, then it will be difficult for her to go back to school after the baby is born. This means that her options for the future might be limited. She will also have changes to her social life – she may lose friends because of this. Becoming a mum at a young age may affect her self-esteem and she may become depressed, especially if she does not have a lot of support. Our guest speaker, Olivia from the parent unit attached to our school, said that she felt “alone and scared” during her pregnancy and that this made her doubt herself and her ability to raise a child (3). On the other hand, there are some possible positive effects, such as the teenager maturing and feeling a sense of pride and accomplishment. Olivia said that after her initial fears, she developed some confidence and now feels happy with her choices and her ability to be a good mum (3).

2

Interpersonally [...]

The well-being of society is affected [...]

Two strategies to address the health issue are to provide better support for teenage mothers through teen parent units and to provide access to a range of health services for teenagers.

The first strategy is to provide better support for teenage mothers by having better access to teenage parent units in schools across New Zealand. These units are important because they provide teenage mums with the opportunity to return to school and get qualifications, while her child is looked after on-site. Other supports are accessed through the unit, for example WINZ and Plunket. By returning to school, the girl will get support from teachers and service providers, meet other mothers, and hopefully gain qualifications. This links to the social determinant of not achieving well at school. It also links to the economic determinant because if she gains qualifications, she will be more likely to earn a good income to support herself and her child. This reflects social justice as it promotes fair and inclusive access to education and services.

3

The second strategy is to [...]

Note that a chart was provided by the student to show bibliographic details for the references used in the analysis.

	Grade Boundary: Low Merit
3.	<p>For Merit, the student needs to analyse, in-depth, a New Zealand health issue.</p> <p>This involves recommending strategies for addressing the health issue that take account of:</p> <ul style="list-style-type: none"> <li>• the influence of the major determinants of health on the health issue</li> <li>• the impact of the major determinants of health on well-being.</li> </ul> <p>The analysis needs to be supported by detailed evidence.</p> <p>The student has explained three major determinants of health which contribute to alcohol misuse by 16-24 year olds in New Zealand. The student has explained the nature of the cultural influence (1), and how it contributes to the health issue, supported by evidence from one source.</p> <p>The student has explained implications at societal, interpersonal and personal levels, with interpersonal impacts shown here (2). The explanation includes short-term negative impacts, with supporting evidence from two sources.</p> <p>The student has recommended strategies - a strategy linked to the cultural determinant is shown here (3). The answer provides a detailed description of what is involved, and shows consideration of how/why the action would lead to equitable health outcomes, however it is not clearly established how the strategy links to the cultural determinant.</p> <p>For a more secure Merit, the student would need to:</p> <ul style="list-style-type: none"> <li>• provide more detail about binge drinking culture in New Zealand and its contribution to the health issue</li> <li>• develop the answer for interpersonal implications, for example by explaining long term and/or positive impacts for relationships</li> <li>• explain, in more detail, links between the strategy and the cultural determinant, and how equitable health outcomes may be achieved.</li> </ul>



Alcohol misuse by 16-24 year olds is a health issue (a cause for concern) in New Zealand because of the harms related to young people drinking. It is well known that alcohol is linked to crime, violence and health harms, and this is even worse because young people are drinking before their bodies are fully grown. Alcohol costs the taxpayer over \$1 Billion per year in New Zealand through costs to health and other services (crime, vandalism, days off work sick with a hangover). Evidence is from ALAC, 2012.

Three major determinants of health that contribute to alcohol misuse in youth in New Zealand are economic, political and cultural.

The economic determinant [...]

The political determinant [...]

The cultural determinant is a significant influence on young people's alcohol misuse in New Zealand. Ever since the days of the "Six O'clock Swill", NZ has been known as having a binge drinking culture, even amongst adults. Many adults (and young people) believe that it is OK to drink to get drunk and over 25% of adults do so once a week (ALAC, 2012). Culture refers to attitudes, values and beliefs held by people/groups in society and these statistics show that many New Zealanders have an unhealthy attitude towards alcohol. Because many people in NZ believe it is OK to drink to get drunk, young people are influenced to follow in their footsteps and begin to drink too excess, thinking it is a normal part of being a New Zealander.

1

Alcohol misuse by 16-24 year olds has many implications for well-being at personal, interpersonal and societal levels.

Personally, alcohol is associated with a large number of short-term and long-term effects for well-being, some of these being positive but most being negative [...]

Interpersonally, alcohol misuse by 16-24 year olds can cause problems in relationships and can interfere with a person's performance at school or in the workplace. It is well known that alcohol is linked with violence in New Zealand (The Police, 2013). Although this is at the extreme end, alcohol is also commonly linked with fights and arguments between friends and family members. Our school survey showed that 65% of year 13 students said they have had an argument or falling out with friends after drinking too much and doing or saying something that they now regret. The other thing is that alcohol misuse can affect a young person's performance at work or school. They may be too hung-over to go to school or work, which will cause conflict with teachers, family and employers. If drinking becomes a common pattern, this might lead a young person to start missing a lot of work or school, and may fail at assessments or lose their job because of this.

2

At the community/societal level [...]

I recommend two strategies to address alcohol misuse by 16-24 year olds in New Zealand.

The first strategy is to educate teenagers in school about the harms of alcohol use. This will involve health education lessons for all year levels at school, not just up to year 10. It is important for teenagers to be fully educated about the harms of alcohol use and how they can keep safe in social situations involving alcohol. The lessons can include information about why alcohol is harmful and develop skills in decision-making. It is also important to address the issue of peer pressure. Activities such as role plays can be used to help students practice saying “no”. This strategy links to the cultural determinant because it might help to change young people’s attitudes towards drinking alcohol. It leads to equitable health outcomes because it allows young people the opportunity to explore alcohol-related issues at school and hopefully then be able to make better choices.

3

The second strategy is to [...]

Note that full references were provided by the student at the end of the piece of work.

	Grade Boundary: High Achieved
4.	<p>For Achieved, the student needs to analyse a New Zealand health issue.</p> <p>This involves applying a critical perspective to a New Zealand health issue through:</p> <ul style="list-style-type: none"> <li>• explaining the nature of the health issue and its implications for the well-being of people and society</li> <li>• explaining how the major determinants of health influence the health issue</li> <li>• recommending strategies to bring about more equitable outcomes in relation to the health issue.</li> </ul> <p>The analysis needs to be supported by evidence.</p> <p>The student has explained three major determinants of health which contribute to teenage pregnancy/parenting in New Zealand. The influence of the cultural determinant is shown here (1). The student has briefly explained what the nature of the influence is, as well as how it is contributing to the health issue. Evidence from one source has been used to support this explanation. A statement is made about links to other determinants, but the idea is not developed.</p> <p>The student has explained implications at societal, interpersonal and personal levels, with the societal impacts exemplified (2). The explanation includes positive as well as negative impacts, with supporting evidence from one source.</p> <p>The student has recommended strategies, with a strategy linked to the cultural determinant exemplified (3). The answer provides a limited description of what is involved as well as some consideration of how/why the action would address the cultural determinant and lead to equitable health outcomes.</p> <p>To reach Merit, the student would need to further develop all explanations, in order to provide the detail needed for an in-depth analysis. This is likely to require the inclusion of a wider range of (detailed) evidence.</p>

Teenage pregnancy and parenting is a health issue in New Zealand because [...]

The three major determinants of health that influence teenage pregnancy/parenting in NZ are cultural, economic and social.

The cultural determinant refers to people's attitudes, values and beliefs or the characteristics of a group of people (class notes). In New Zealand, the cultural determinant influences the issue of teenage pregnancy/parenthood mainly in relation to the beliefs and values held by the Māori culture towards parenthood. It is well known that the teenage birthrate of Māori girls is much higher than European or Asian teens in New Zealand. This is because they hold a much different attitude and view towards teenage pregnancy and motherhood. In many Māori whānau, a child born to a teenage mother will be cared for by many family members. Raising a family is highly valued, and it may be seen as a sign of cultural strength for Māori girls to begin a family as a teenager (1). The cultural determinant overlaps with the social and economic determinants of health.

1

The economic determinant [...]

The social determinant [...]

There are implications of teenage pregnancy and parenthood for well-being at the personal, interpersonal and societal levels.

Personally [...]

Interpersonally [...]

The well-being of society is affected by the health issue for several reasons. Firstly, New Zealand is well known for having the 2<sup>nd</sup> highest rate of teenage pregnancy/parenthood across developed nations (4). This might lead people to judge teenagers in New Zealand, but at the same time it might lead the government to invest more money in health and social services for teenagers, which is a good thing. Another impact is that more of tax payers' money is spent on paying benefits and paying for support services for young mothers and their children. The third impact is that higher numbers of teenage pregnancy and parenting might mean that there are less women undertaking university study or gaining employment.

2

Two strategies to address the health issue:

The first strategy is to provide a range of support services that are culturally appropriate for young mothers and their whānau in New Zealand. By showing cultural respect towards different groups, and an understanding of their different cultural needs, the young mothers will be more likely to feel supported and be able to parent with confidence, and perhaps return to school or gain employment. This links to the cultural determinant as it is showing an understanding of different groups in society and a commitment to families and young

3

people's futures. Equitable health outcomes will be encouraged by being inclusive of cultural differences.

The second strategy is to [...]

Note that a chart was provided by the student to show bibliographic details for the references used in the analysis.

	Grade Boundary: Low Achieved
5.	<p>For Achieved, the student needs to analyse a New Zealand health issue.</p> <p>This involves applying a critical perspective to a New Zealand health issue through:</p> <ul style="list-style-type: none"> <li>• explaining the nature of the health issue in and its implications for the well-being of people and society</li> <li>• explaining how the major determinants of health influence the health issue</li> <li>• recommending strategies to bring about more equitable outcomes in relation to the health issue.</li> </ul> <p>The analysis needs to be supported by evidence.</p> <p>The student has explained three major determinants for the health issue of alcohol misuse by 16-24 year olds in New Zealand. The student has explained the nature of the economic influence (1) and its contribution to the health issue. Evidence from one source supports this explanation.</p> <p>The student has explained implications at societal, interpersonal and personal levels. The discussion of personal impacts includes both positive and negative (2), supported by evidence from one source.</p> <p>The student has recommended strategies, with an example that links to the economic determinant (3). The answer provides a description of what is involved, with some consideration of how/why the action would address the economic determinant and thus address the health issue.</p> <p>For a more secure Achieved, the student would need to:</p> <ul style="list-style-type: none"> <li>• develop the explanation of how the economic determinant influences the health issue</li> <li>• provide more detail in the discussion of implications - a number of ideas are identified that could be expanded</li> <li>• include further explanation of how/why the strategy would address the health issue and lead to equitable health outcomes in relation to it.</li> </ul>

Student 5: Low Achieved
NZQA Intended for teacher use only

Alcohol misuse by 16-24 year olds is a health issue in New Zealand because [...]

Three major determinants of health that contribute to alcohol misuse in youth in New Zealand are economic, political and cultural.

The economic determinant is linked to the price at which alcohol is made available for young people to purchase, as well as advertising, sponsorship and promotion of alcohol, which is the way in which alcohol companies sell their product, to make money. Wine and beer are often sold in supermarkets for cheap prices (evidence: Countdown weekly specials flyer, 2015). Another cheap product that is popular with young drinkers is low quality vodka (and other spirits). Because of competition between liquor outlets including supermarkets, alcohol can be priced cheaply and this encourages the purchase of alcohol by young people. Alcohol advertising is everywhere, and this also encourages young people to drink to excess.

1

The political determinant [...]

The cultural determinant [...]

Alcohol misuse by 16-24 year olds has many implications for well-being at personal, interpersonal and societal levels.

Personally, alcohol is associated with a large number of short-term and long-term effects for well-being. In the short-term, alcohol is associated with a number of negative and positive effects, such as relaxation, dizziness, loss of co-ordination, loss of inhibitions and vomiting (ALAC brochure, 2012). When drinking, people may also be more talkative and find it easier to socialize, which many teenagers report as a positive effect. In the long-term, however, alcohol is linked to a number of serious diseases, such as cancers, liver disease and heart disease (ALAC brochure). Alcohol is also linked to mental health issues and accidents. These long-term effects are often not considered by young people, who are 'living in the moment'.

2

Interpersonally [...]

Societal well-being is also affected by the health issue [...]

I recommend two strategies to address alcohol misuse by 16-24 year olds in New Zealand.

The first strategy is to place firmer restrictions on the price at which alcohol can be sold in Supermarkets, as well as on the way alcohol is promoted to young people and adults in New Zealand. At the moment, liquor outlets are not allowed to promote discounts on alcohol of 25% or more (eg in their mail-outs – ALAC fact sheet), but this could be revisited to make sure it is strict enough. Further restrictions could be placed on alcohol advertisements or sponsorship of events and sporting teams. By considering tighter restrictions, young people may be less likely to be enticed into buying/drinking alcohol in large quantities and this will

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reduce the issue of alcohol misuse by young people.

The second strategy is to [...]

Note that full references were provided by the student at the end of the piece of work.



	Grade Boundary: High Not Achieved
6.	<p>For Achieved, the student needs to analyse a New Zealand health issue.</p> <p>This involves applying a critical perspective to a New Zealand health issue through:</p> <ul style="list-style-type: none"> <li>• explaining the nature of the health issue and its implications for the well-being of people and society</li> <li>• explaining how the major determinants of health influence the health issue</li> <li>• recommending strategies to bring about more equitable outcomes in relation to the health issue.</li> </ul> <p>The analysis needs to be supported by evidence.</p> <p>The student has explained three major determinants of health which contribute to teenage pregnancy/parenting in New Zealand. The influence of the social determinant is shown here (1). The student has briefly explained what the nature of the influence is, but not explained how it contributes to the health issue. Evidence from one source has been used to support the answer.</p> <p>The student has explained implications at societal, interpersonal and personal levels, with personal impacts exemplified (2). The brief explanation includes positive and negative impacts, but with no supporting evidence provided.</p> <p>The student has recommended strategies, linking one to the social determinant (3). The answer provides a limited description of what is involved, with some consideration of how/why the action would address the health issue and encourage social justice.</p> <p>To reach Achieved, the student would need to develop all explanations in order to provide the detail needed for analysis at this level. Further supporting evidence is also needed.</p>

Student 6: High Not Achieved

NZQA Intended for teacher use only

Teenage pregnancy and parenting is a health issue in New Zealand because [...]

There are three major determinants of health that influence teenage pregnancy/parenting in NZ. These are cultural, economic and social.

Culturally [...]

In terms of the economic determinant [...]

The social determinant is one of the key factors influencing teenage pregnancy and parenthood in New Zealand, as proven by a lot of research into the issue in this country. Firstly, it has been shown that teenage pregnancy is more likely for girls who have not done well at school, who have dropped out of school early, or who do not have clear goals and plans for the future (1). The other part of this determinant is the home background of the teenager. Statistics and research shows that teenage mothers in NZ are much more likely to also be the child of a teenage mother (1).

1

There are implications of teenage pregnancy and parenthood for well-being at the personal, interpersonal and societal levels.

Personally, the health issue impacts upon the well-being of the girl who gets pregnant. The girl might drop out of school or will have to take a break from school. She will also have changes to her social life – she may lose friends because of this. Becoming a mum at a young age may affect her self-esteem and she may become depressed, especially if she does not have a lot of support. On the other hand, there are some possible positive effects, such as the teenager maturing and feeling a sense of pride and accomplishment.

2

Interpersonally [...]

The well-being of society is affected [...]

Two strategies to address the health issue are to provide better support for teenage mothers through teen parent units and to provide access to a range of health services for teenagers.

The first strategy is to provide better support for teenage mothers by having better access to teenage parent units in schools across New Zealand. By returning to school, the girl will get support from teachers and service providers, meet other mothers, and hopefully gain qualifications. This reflects social justice as it promotes fair and inclusive access to education and services.

3

The second strategy is to [...]

Note that a chart was provided by the student to show bibliographic details for the references used in the analysis.