



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
January 2014

Home Economics
Assessment Unit AS 2

assessing

Priority Health Issues

[AN121]



THURSDAY 16 JANUARY, AFTERNOON

TIME

1 hour 30 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number on the Answer Booklet provided.

Answer **three** questions.

Answer **one** question from Section A and **two** questions from Section B.

INFORMATION FOR CANDIDATES

The total mark for this paper is 60.

Quality of written communication will be assessed in **all** questions.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Section A

Answer **one** question from this section.

- 1 (a) The incidence of cardiovascular disease continues to rise in Northern Ireland. Propose and justify lifestyle advice that could help prevent the development of cardiovascular disease. [10]
- (b) Explain the role of homocysteine and dietary fat as risk factors for cardiovascular disease. [10]

Or

- 2 (a) Outline a range of self help strategies used by adults to deal with mental or emotional health problems. [10]
- (b) Describe some of the factors that could increase the risk of children developing mental or emotional health problems. [10]

Section B

Answer any **two** questions from this section.

3 The Sexual Health Promotion Strategy (2008–2013) has identified the following four action areas to improve the sexual health of the population:

- Prevention
- Training
- Services
- Research and monitoring.

Describe how each of these action areas is being implemented in Northern Ireland. [20]

4 Discuss the current theories linked to the increased prevalence of obesity. [20]

5 Eating and health: A food and nutrition strategy for Northern Ireland makes the following recommendations:

Fruit and vegetables	The average consumption of fruit and vegetables should increase to at least five portions of fruit and vegetables each day.
Fish	The average consumption of fish should increase to at least two portions of fish each week, of which one should be oily fish, e.g. tuna, mackerel, salmon.
Alcohol	For those who drink alcohol the consumption of alcohol should be within the recommended limits of 3–4 units per day for men and 2–3 units per day for women.
Sugar/non-milk extrinsic sugars (NMES)	The average consumption of NMES to dietary energy should be reduced to approximately 10% (equivalent to a reduction to 60g per day from 103g per day).

Source: Eating and health: A food and nutrition strategy for Northern Ireland

Discuss the rationale for each recommendation. [20]

THIS IS THE END OF THE QUESTION PAPER

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