

Assessment: Write a report outlining a program to help someone to improve his/her health.

Choose one of the scenarios regarding an adolescent and write a report in which you recommend a program to assist the person with a health issue. It must be a program that individual is likely to follow.

In consultation with your teacher, you may like to develop a different scenario.

Choose to assume the role of one of the following:

- A dietician
- A physiotherapist
- Personal trainer
- General Practitioner
- Parent
- Naturopath/Complementary Therapies
- Practice Nurse
- Social worker

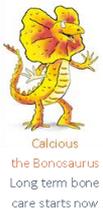


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Scenario 1

Fred, a 14 year old boy who is 160cm tall and weighs 92kg. He dislikes sport and is a whizz on the computer. He lives with his mother who works long hours (working two jobs to support herself and her son). His mum leaves for work early in the morning so Fred has to get himself up and off to school independently. His mum gets home around 6.30pm and often buys take-away (three times/week as she is too tired to cook). The other nights, Fred has baked beans on toast, two-minute noodles, "Easy Mac" or cereal (Cornflakes) for dinner. His mother buys many 'treats' (on special eg buy 2, get 1 free) to try to make up for the lack of time she spends with her son. It is her way of showing she still loves him, despite not having the time to spend with him.



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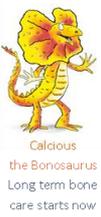


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Scenario 2

Kim is a 15 year old girl who is 171cm tall and weighs 51kg. Kim is a champion athlete and is in the school netball, hockey and basketball teams. She is an excellent student and usually attains A/A+ grades. Her parents are very supportive without being 'pushy'. Kim has set herself some high goals – she is aiming to play netball for Australia and she wants to become a doctor. Kim studies for four hours every night and drinks about eight cups of coffee a day to stay alert. She has trouble sleeping and only gets around three hours sleep. She is always feeling tired so she relies on energy drinks to keep her going. She currently trains twice/week with her netball team, and she goes to the gym on the other five days. She spends two hours at the gym doing cardio and weights. She usually skips breakfast and grabs a muesli bar and an apple on the way out the door. She prefers not to eat dinner with her family, so she uses study as an excuse then will usually feed her dinner to the dog. She is worried about gaining weight. If she is too heavy, she will not be able to run as quickly on the netball court.



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Scenario 3

Barney, a 16 year old boy, is 182cm and weighs 75kg. He is an avid surfer. He gets up really early to go for a surf before school, he eats four bowls of cereal with two teaspoons of sugar for breakfast but is starving by recess. He usually goes to the canteen and buys a pie and sauce and chocolate milk at recess. Both of his parents work long hours. He does not think it looks 'cool' to bring lunch from home, so the nutritious lunch packed by his mother or father goes into the bin. Barney buys another pie and sauce for lunch plus a bag of chips and chocolate bars for all of his mates. He tries to go surfing every afternoon so he drinks an energy drink, around 3pm every day. He figures he is burning off the energy with his surfing. He has to be home for dinner every night. He usually has two helpings of dinner but is still hungry afterwards so he has a stash of chocolate bars under his bed which he munches on late at night.



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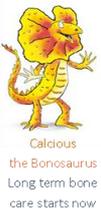


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Scenario 4

Jason is a 14 year old Torres Strait Islander who lives in a large country town. He is 158cm tall and weighs 65kg. He is really shy and feels 'different' from the other kids so he tends to keep to himself. He is really good at football (rugby). He lives with his parents and sister in a house they share with his dad's brother and family. At meal times, it is "every man for himself" as the food is not quite enough to feed two families. Jason is frequently going to bed hungry. He has started going through other students' bags at school to find and eat their lunches. It is easiest to take fruit so that becomes the mainstay of his diet. On average, Jason would eat between 8-10 pieces of fruit every day. He finds that he is feeling really tired all the time, his football is suffering because of his fatigue. He has also been accused of drinking alcohol as some kids said they smelt it on his breath. He swears he has not.



Adolescent Health and Food

Scenario 5

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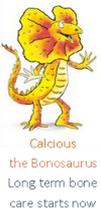


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Scenario 5

Iris is a 12 year aboriginal girl who lives in a remote community in the Kimberley in Western Australia. She enjoys school but finds it challenging as she is the only person in Year 8. As her home is far from supermarkets and can only be reached by gravel roads, the fresh fruit and vegetables that come by road are often damaged and do not last long. They are also very expensive: an apple may cost \$1.50. Some food is flown in and these provisions are also extremely expensive. The local shop offers a range of foods but many are highly processed as these products have a long shelf life. Often the only snacks that are available are muesli bars, potato chips and sweets. The community also hunts traditional foods such as kangaroo, goannas and collects local fruits and vegetables including desert quandong and bush tomatoes. When the community's electric generation plant breaks down, the frozen foods are spoiled. Type 2 Diabetes and Kidney disease run in her family.



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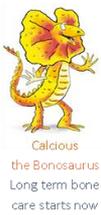
Scenario 6

Tom is a 15 year old boy who is 190cm tall and weighs 85kg. His mother is a nurse and his father is a plumber. He is an only child. Tom eats 'all day' according to his mother – he is a 'bottomless pit'! He always has a cooked meal at night and will usually have two large helpings. He also buys from the canteen extra food (sausage roll and chiko roll) at recesses and lunchtimes. His parents are now aware that this is how he spends the \$70/week he earns from working after school at a local newsagency.

Tom is an excellent footballer and is also very good at basketball. He has been approached by a talent scout from the WAFL who has told Tom he has great potential to play football for the State.

Tom is going to the gym 5 days per week and is mainly lifting weights to build muscle bulk. Tom has noticed the professional footballers have very muscly shoulders, and he is disappointed he doesn't have the same build. He has tried taking protein powder but it has not made any difference. He knows a few of the men at the gym have been taking steroids and they have big shoulders so Tom asks for some. He has no problems paying for it due to his job.

Initially, Tom is very pleased at the rapid improvement in his muscle bulk, but then he begins to notice some disturbing things happening to his body. His skin is usually quite good, but he now has terrible acne over his face and back. He noticed his breasts had grown larger and he was sure his 'boxer shorts' were looser at the front? Have his testicles shrunk! He is usually a well-behaved student but lately he has been getting into fist fights for almost no reason. His parents are starting to quiz him about his health.

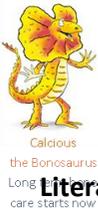


Teachers

Diagnoses for Scenarios

- Scenario 1. Obese (BMI = 36), lack of exercise, high fat, high sugar, high salt from processed food and take-aways.
- Scenario 2. Underweight (BMI = 17.5), poor nutrition, anxiety, anorexia, losing weight from over-exercise, likely has 'body dysmorphic disorder', poor sleep, high anxiety (perfectionist/high achiever usually not 'psychologically flexible').
- Scenario 3. BMI = 22.6 which is healthy at present but he is very active, high sugar, high fat, always hungry so he should choose low GI foods to maintain steady blood sugar level especially to fuel his exercise.
- Scenario 4. Overcrowding in house (possible hygiene issues?), inadequate food, high fructose = sugar from the 8-10 pieces of fruit, tiredness and smell of alcohol is due to undiagnosed type 1 diabetes mellitus (alcohol smell on breath is due to 'ketoacidosis'/breakdown of ketones, at risk of kidney damage, eye damage or death if not treated (diabetic coma)).
- Scenario 5. Remote, no peers to discuss schoolwork with/socialise so she probably feels isolated, maybe depressed, high processed foods, poor nutrition, availability of food, at risk of diabetes.
- Scenario 6. Anabolic steroids side effects;
- In males, breasts grow larger, testes shrink, acne over face and back, hair falls out (male pattern baldness), aggressive, angry, easily lose temper, poor sleep, stunted height. In females, increase in coarse body hair and coarse skin, deep voice (irreversible), lose breast size/body fat
 - Rising levels of testosterone and other sex hormones usually trigger the growth spurt seen during puberty but these same hormones also signal when to stop growth. When a growing adolescent uses anabolic steroids this could result in prematurely signalling the bones to stop growing.
 - Steroid use has been linked to cardiovascular diseases like heart attacks and strokes. They also change the levels of lipoproteins that carry cholesterol in the blood. Steroids (particularly oral steroids) increase LDL cholesterol, and decrease HDL cholesterol.

He is obsessed with his body image (needing to gain muscle) so likely will develop high anxiety. As he is always hungry, he should choose low GI foods to maintain steady blood sugar levels.



Adolescent Health and Food

Name

Date

Literacy strategy: Writing a report using a framework

When writing anything it is useful to consider how the text (the report) needs to be constructed: how the information will be presented in order to be clear to the reader. A framework such as the one below can help. Once it is filled in, you have a good idea about what your report will look like. You will need to construct one on your own paper.

Writing hint: It is a good idea to separate the data collection and organisation phase of a task from the writing up as it allows you to focus on the information and then the crafting of the writing.

Name of section	Purpose (for you to complete)	What sub-headings?
Cover (You may wish to create a name and logo for your business)	To promote your company To identify who is the audience of the report Date	
Table of contents	To enable readers to identify and locate sections	
Background		
Issues to be addressed		
Plan for each issue		
Timeline		
Success indications		
References	A list of the texts from which you used quoted or referred to specifically in your report Ask your librarian to advise you of the correct way to reference texts	
Bibliography	A list of the texts you read but did not mention specifically	

Reflect on the use of a framework

Did you find the framework useful? Yes/No

Give the reasons for your answer.

Next time, would you be able to develop your own framework for a writing task?

Yes/No/I would give it a go