

Case 5

Question 1

A patient presents to their GP. They have noticed that their consumption of food has increased considerably and are worried about the consequences of over-eating. The GP agrees that some dietary changes may benefit this patient.

- a) Describe the consequences of over-nutrition. [2]

- b) Using the information in the question, suggest and justify the stage of the “cycle of change” you think this patient is in. [1]

The patient and GP also discuss physical activity. The patient is keen increase their physical activity.

- c) Suggest two reasons that the patient may want to increase their physical activity. [2]

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Question 2

Health systems vary significantly around the world. Germany is a high-income country which has a social health insurance system in which employers pay for their employee's health insurance.

- a) State three of the WHO's essential components of a health system. [3]

- b) Suggest what the balance of communicable and non-communicable disease might be in Germany, and two reasons for this. [3]
