

X236/302

NATIONAL
QUALIFICATIONS
2010

TUESDAY, 25 MAY
10.50 AM – 12.05 PM

MODERN STUDIES
HIGHER
Paper 2

Summary of Decision Making Exercise

You are a health policy adviser. You have been asked to prepare a report for the Scottish Government Cabinet Secretary for Health and Wellbeing in which you recommend or reject a proposal to introduce Well Man Clinics to every part of Scotland.

Before beginning the task, you must answer a number of evaluating questions (Questions 1–3) based on the source material provided. The source material is:

SOURCE A: Well Man Clinics are an Urgent Priority

SOURCE B: Well Man Clinics are a Waste of Resources

SOURCE C: Statistical Information



SOURCE A: WELL MAN CLINICS ARE AN URGENT PRIORITY

Numerous reports prove that the health of men in this country is worse than the health of women. Urgent Government action to close the gender health gap is required. Year after year, male death rates are higher than female death rates for all causes and men have lower life expectancy across Scotland. While attention has, in the past, been focused on improving
5 women's health, recent equality legislation now demands that all groups receive equal access to health advice and health care services. Therefore, one immediate and practical response to reduce the gender health gap must be to expand the number of Well Man Clinics to every part of Scotland.

Well Man Clinics are appointment-free, drop-in facilities where men can choose to receive
10 expert health advice on a range of health matters such as diet and fitness or on those issues particular only to males. Any man voluntarily attending would have the opportunity to speak to a dedicated health professional and the advice offered would be given in a supportive and non-judgemental way. In some parts of Scotland, Well Man Clinics have already been piloted. So far these appear to have worked well. Initial reviews show that the opening of
15 Well Man Clinics has been welcomed by men. Establishing Well Man Clinics in the rest of Scotland would have a significant impact on reducing male ill-health. For a relatively small NHS investment there would be enormous long-term financial savings. Prevention is always better than cure.

Well Man Clinics would work alongside the many educational health campaigns already being
20 run by the Scottish Government. These clinics will offer men positive choices in life. This is not a case of government lecturing men to live healthier lives. As things stand, there is a need to encourage men to consider their own health. Men are not making full use of traditional GP services. Health studies indicate that most men want to live healthier lifestyles but they need advice and support within their communities to enable this to happen. Studies show
25 that too many men are making the wrong lifestyle choices. They continue to smoke, they fail to take enough exercise or they eat a poor diet. Recent figures on alcohol consumption make uncomfortable reading. Annually, the number of males exceeding the recommended alcohol intake guidelines continues to increase.

Everyone knows there is no "quick fix" to improving men's health. Well Man Clinics would
30 be just one part of a wider approach to health care that looks at tackling the various causes of Scotland's poor health. However, targeted intervention at the men who are most at risk does work. Well Man Clinics should be set up in all areas of Scotland.

Karen MacDonald, University Lecturer

SOURCE B: WELL MAN CLINICS ARE A WASTE OF RESOURCES

Expanding the number of Well Man Clinics is not the correct approach to tackling Scotland's poor health record. Well Man Clinics will make no impact on those men who most need to change their lifestyles. The "nanny state" approach will make little or no impact on the group of men putting themselves at the greatest risk. Instead, it is the "worried well" who will attend. Well Man Clinics will be used, in the main, by health-conscious, middle class professionals who already lead healthy lifestyles. There can be very few men who do not already know that smoking, alcohol, a lack of exercise or poor diet are bad for their health. In any event, more women now smoke than men in every age group. An increase in the number of male-only clinics targeting men's health will do nothing to reduce gender health inequality.

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10 Instead of wasting scarce NHS resources on expanding the number of Well Man Clinics, the Scottish Government needs to address the underlying causes of social and economic inequality. For example, the link between poverty and poor health has been well documented. Priority must be given to policies that reduce poverty and not those that deal exclusively with male ill-health. There are already plenty of support agencies available to help those men who wish to lead healthier lifestyles. Resources allocated to expanding Well Man Clinics can only mean a reduction in services elsewhere in the NHS.

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Well Man Clinics are well intentioned but they do not work. One evaluation of the pilot projects suggests that "one size does not fit all". Not all men want separate daytime health services for males. Surveys show most men wanted Well Man Clinics open in the evenings and a majority were unhappy with the information they received. Instead a variety of approaches to changing men's attitudes to their health is required. The previous Scottish Government spent £4 million on Well Man Clinics yet the success of these clinics has been, at best, mixed. This is in stark contrast to other health education programmes, such as those dealing with the use of illegal drugs, which have been far more successful. At a time when there are many competing demands on the NHS budget, £4 million does not represent best value in the use of taxpayers' money.

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Tackling the health inequalities that exist in Scotland today requires something greater than what is offered by Well Man Clinics. In other countries where health inequalities have been successfully reduced a collectivist approach has been adopted. The Scottish Government, and the UK Government, have introduced some imaginative policies to improve health for all. Unfortunately, Well Man Clinics is not one of them.

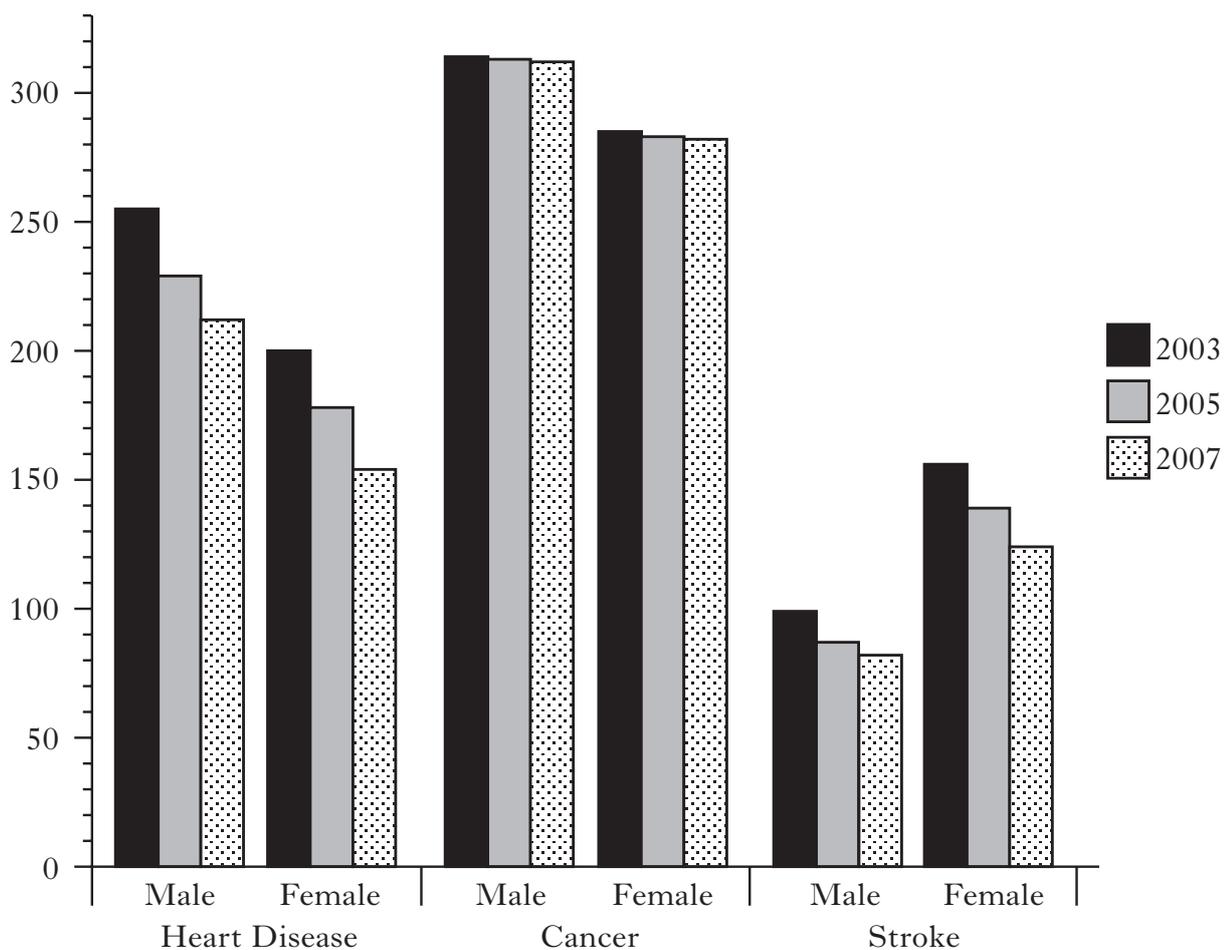
30

William Walker, Anti-Poverty Campaigner

[Turn over for Source C on Pages four, five and six

SOURCE C: STATISTICAL INFORMATION

SOURCE C1 (a) Male and female death rates by selected causes in Scotland, 2003–2007 (per 100 000 population)



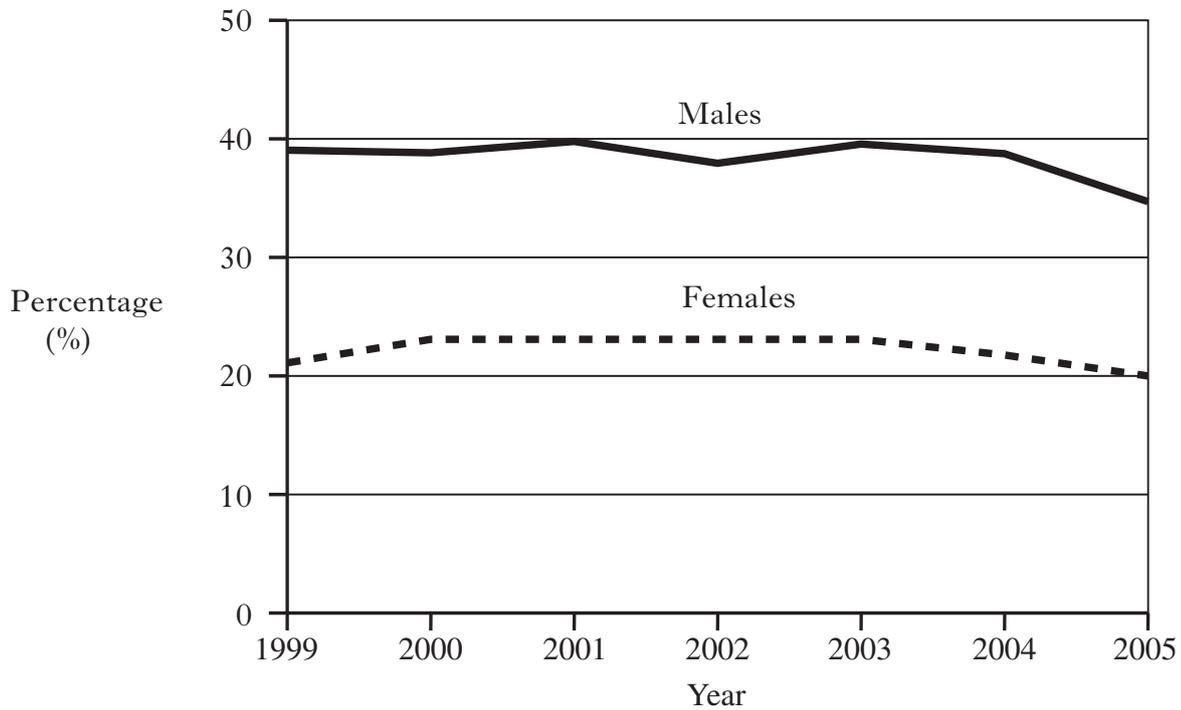
SOURCE C1 (b) Male and female life expectancy at birth in Scotland, 2005 (by selected council area)

	<i>Male</i>	<i>Female</i>
Aberdeen City	75.0	79.9
Dundee City	73.0	78.4
East Ayrshire	73.7	78.0
East Renfrewshire	76.8	81.0
Glasgow City	69.9	76.7
Highland	75.0	80.3
Inverclyde	71.1	77.9
Perth and Kinross	76.4	80.6
Scottish Borders	75.8	80.0
West Dunbartonshire	71.0	77.5
All Scotland	74.2	79.2

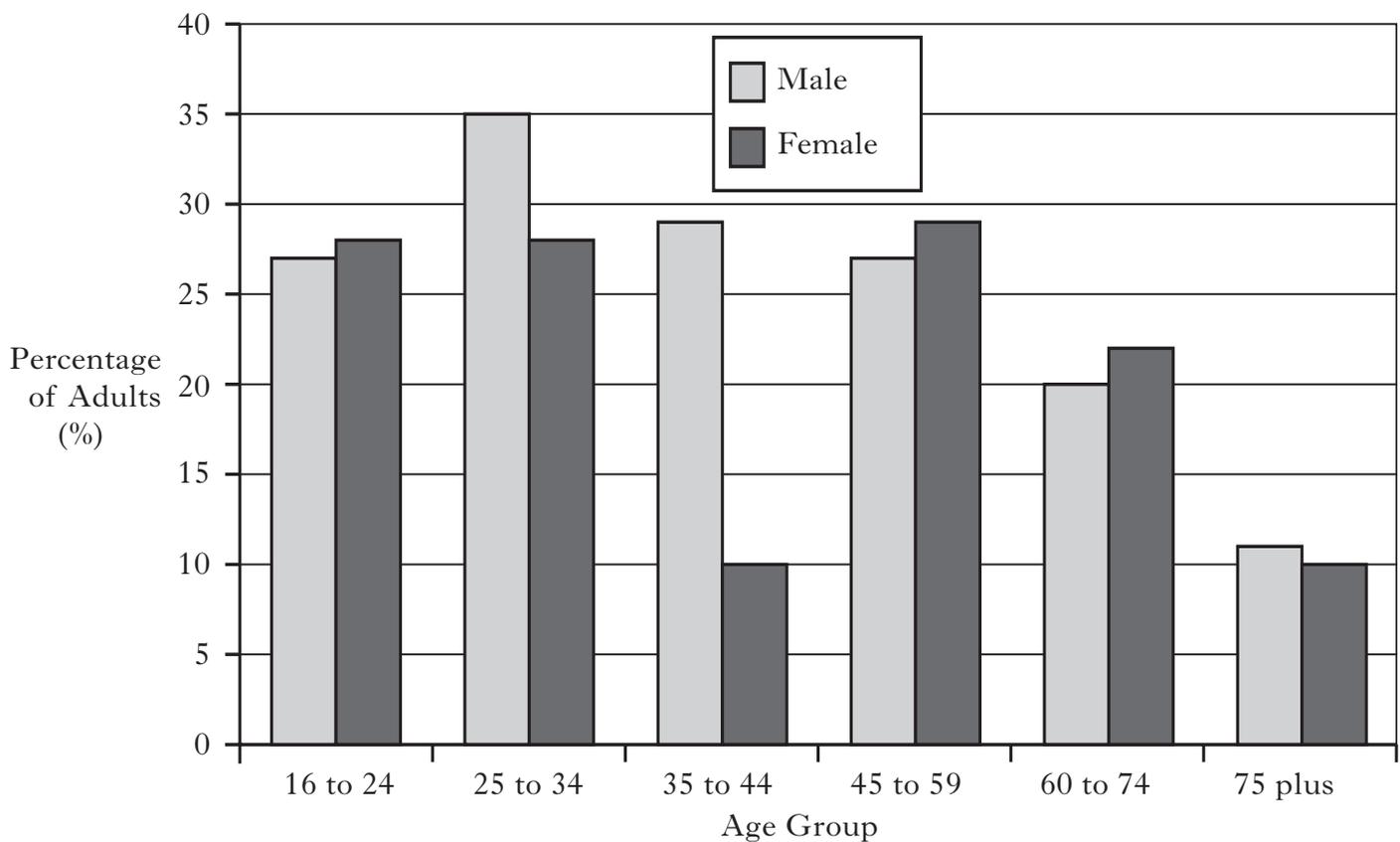
Both Sources: Adapted from General Register Office for Scotland data

SOURCE C: (continued)

SOURCE C2 (a) Percentage of Scottish adults exceeding recommended guidelines on alcohol intake: 1999–2005



SOURCE C2 (b) Percentage of Scottish adults who smoke; by age and sex (2005)

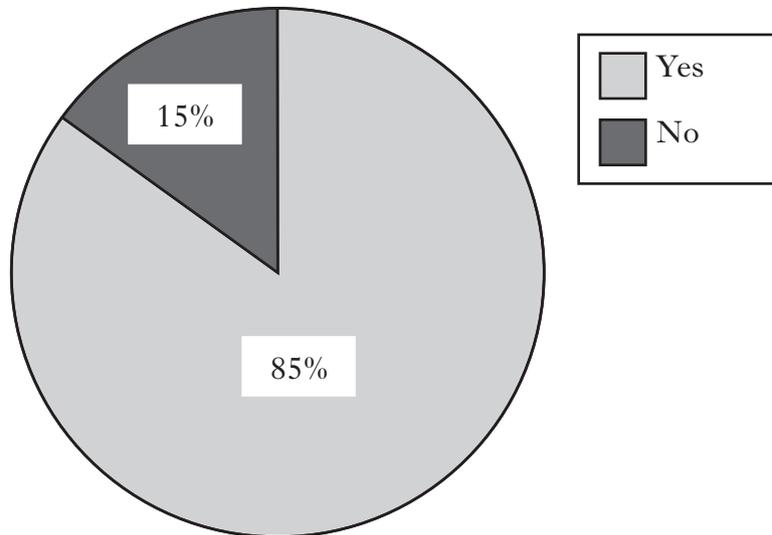


Both Sources: Adapted from Scottish Government data

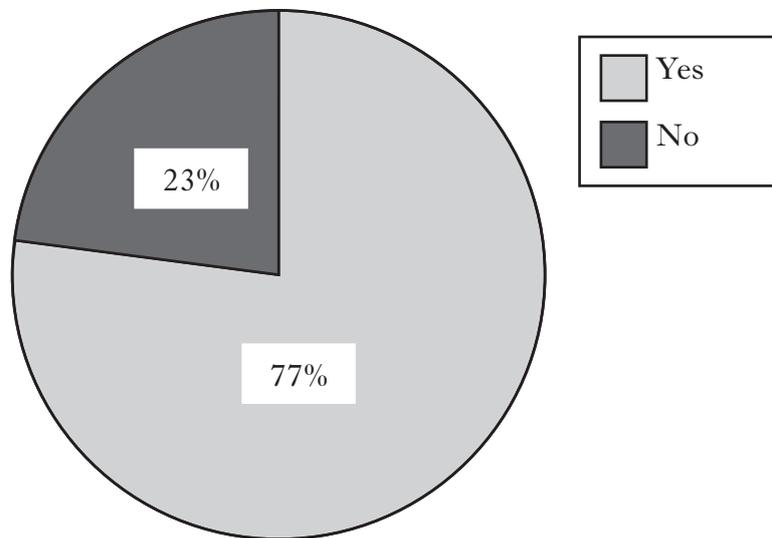
SOURCE C: (continued)

SOURCE C3 SURVEY OF THE ATTITUDES OF MEN ATTENDING SOME OF THE WELL MAN CLINICS PILOT PROJECTS

SOURCE C3 (a) Were you happy with the information you received at the Well Man Clinics?



SOURCE C3 (b) Would you have liked to have seen Well Man Clinics open in the evenings?



Source: East Glasgow Well Man Clinics Final Evaluation Report, September 2006

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DECISION MAKING EXERCISE

QUESTIONS

Questions 1 to 3 are based on Sources A to C on Pages 2–6. Answer Questions 1 to 3 before attempting Question 4.

In Questions 1 to 3, use only the Sources described in each question.

Question 1

Use **only** Source C1(a), Source C1(b) and Source A.

To what extent does the evidence support Karen MacDonald? **3**

Question 2

(a) Use **only** Source C2(a) and Source A.

Why might Karen MacDonald be accused of exaggeration? **2**

(b) Use **only** Source C2(b) and Source B.

Why might William Walker be accused of exaggeration? **2**

Question 3

Use **only** Source C3(a), Source C3(b) and Source B.

To what extent does the evidence support William Walker? **3**

(10)

Question 4

DECISION MAKING TASK

You are a health policy adviser. You have been asked to prepare a report for the Scottish Government Cabinet Secretary for Health and Wellbeing in which you recommend or reject a proposal to introduce Well Man Clinics to every part of Scotland.

Your answer should be written in the style of a *report*.

Your report should:

- recommend or reject the proposal to introduce Well Man Clinics to every part of Scotland
- provide arguments to support your recommendation
- identify and comment on any arguments which may be presented by those who oppose your recommendation
- refer to all Sources provided

AND

- **must** include relevant background knowledge.

The written and statistical sources which are provided are:

SOURCE A: Well Man Clinics are an Urgent Priority

SOURCE B: Well Man Clinics are a Waste of Resources

SOURCE C: Statistical Information

(20)

Total: 30 Marks

[END OF QUESTION PAPER]