



This worksheet has been designed to help you focus your notetaking during the What is Health? discussion between Joel and Sophie. The questions are what we hope that you will get out of the talk from an academic perspective. Learning, however, is more than about gathering information. We hope that talking with Joel and Sophie will get you thinking differently about this complex, difficult and wonderful thing we call health. Enjoy!

Why is an Acknowledgement of Country important?

- What's significant about doing this in a first-year unit of study about health?

What is health?

- What are the different ways of defining health?
- Who is responsible for good health? What are the challenges and opportunities that come with thinking about the variety of people who are responsible for good health?
- What do we mean when we talk about health as being about more than individual health?

Health as social justice

- What do we mean when we say this?
- Is the health system fair? Who does it exclude and why?
- What are social determinants of health? Why is it important for us to know about them?
- What are some of the trade-offs that we need to make in health care? What are the implications of these trade-offs?

What are the next steps for health?

- What are the key challenges for our health system in Australia and beyond?
- What are some important trends that we need to keep in mind?

Other thoughts / ideas, or interesting people.