

LIFESTYLE DISEASES PART 1

Listening

1. Listen to the conversation and choose the best summary.

- A. How modern medicine treats non-communicable diseases
- B. What civilizational diseases are, what causes them, and why prevention matters
- C. Why people today are less healthy than their ancestors
- D. How different types of cancer develop

2. Listen again and answer the questions.

1. What are civilizational diseases also often called?
2. Are civilizational diseases infectious?
3. What four types of factors can contribute to civilizational diseases?
4. Which type of diabetes is mentioned as an example?
5. Name **two** cardiovascular diseases mentioned in the conversation.
6. Which type of respiratory disease is mentioned?
7. What condition is described as a possible precursor to many other diseases?
8. What major lifestyle factor does Professor Finch identify as a contributor to civilizational diseases?
9. What three places does he mention where people commonly spend their days sitting?
10. What has modern sedentary living been compared with?
11. What type of foods does Professor Finch identify as a major dietary problem?
12. What three things are these processed foods said to be high in?
13. Which two health problems are these dietary habits specifically said to contribute to?
14. What three other factors or habits does Professor Finch mention?
15. According to Professor Finch, what is the first step toward prevention and management?

Vocabulary

1. Match the words and phrases from the conversation (1-8) with their meanings (A-H).

1. non-communicable
2. precipitated by
3. prevalent
4. sedentary
5. proliferation
6. detrimental
7. catalyst
8. multifaceted

- A. having several different aspects or causes
- B. harmful or damaging
- C. not spread from one person to another
- D. existing in large numbers or occurring frequently
- E. involving very little physical activity
- F. a factor that causes or speeds up a change

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G. the rapid increase or spread of something

H. caused or brought about by something

2. Complete each sentence with a word or phrase from the box. Use each answer once.

genetic · behavioral · sedentary · unhealthy fats · chronic stress · insufficient sleep · precursor · root causes

1. Spending most of the day sitting at a desk is an example of a _____ lifestyle.
2. Professor Finch explains that civilizational diseases can be influenced by _____ factors, including the way people behave and the habits they develop.
3. Some people may have a higher risk of certain diseases because of _____ factors.
4. Obesity can act as a _____ to a number of other health problems.
5. Processed foods may contain large amounts of _____, sugar, and salt.
6. _____ can have a long-term negative effect on a person's health.
7. Getting too little sleep can be described as _____.
8. Understanding the _____ of a problem is important for preventing and managing it.

Grammar Focus: Passive Voice

The passive voice is common in academic and formal English, especially when the action or result is more important than the person who performs it.

Example:

Civilizational diseases **are** often **referred to** as lifestyle diseases.

Structure:

subject + be + past participle

are + referred to

Practice

Complete each sentence with the correct passive form of the verb in brackets.

1. Cardiovascular diseases _____ frequently _____ (link) to unhealthy lifestyle factors.
2. More attention _____ _____ (give) to the importance of regular physical activity in recent years.
3. Many processed foods _____ _____ (know) to contain high levels of sugar and salt.
4. The health effects of chronic stress _____ still _____ (study) by researchers.
5. Smoking and excessive alcohol consumption _____ widely _____ (recognise) as risk factors for various diseases.
6. People with sedentary lifestyles _____ often _____ (encourage) to become more physically active.

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Answer Key

Listening 1

B

Listening 2

1. Lifestyle diseases.
2. No.
3. Genetic, physiological, environmental, and behavioral factors.
4. Type 2 diabetes.
5. Hypertension and coronary artery disease.
6. Asthma.
7. Obesity.
8. A sedentary lifestyle / lack of physical activity.
9. At desks, in cars, and on sofas.
10. Our ancestors' more active existence.
11. Processed foods.
12. Unhealthy fats, sugars, and salt.
13. Obesity and high cholesterol.
14. Chronic stress, insufficient sleep, and smoking/excessive alcohol consumption.
15. Understanding the root causes.

Vocabulary 1

- 1 — C
- 2 — H
- 3 — D
- 4 — E
- 5 — G
- 6 — B
- 7 — F
- 8 — A

Vocabulary 2

1. sedentary
2. behavioral
3. genetic
4. precursor
5. unhealthy fats
6. chronic stress
7. insufficient sleep
8. root causes

Grammar

1. are / linked
2. has been / given
3. are / known to contain
4. are / still being studied
5. are / widely recognised
6. are / often encouraged

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Transcript

Host: Welcome back to Academic Insights. Today we're delving into a topic that affects millions globally: civilizational diseases. I'm here with Professor Alistair Finch, a leading expert in public health. Professor, could you start by defining what we mean by civilizational diseases?

Professor Finch: Certainly, it's a pleasure to be here. Civilizational diseases, often referred to as lifestyle diseases, are non-communicable conditions that are largely a result of our modern way of life. They are not infectious. Rather, they are precipitated by a combination of genetic, physiological, environmental, and behavioral factors.

Host: Could you give us some prominent examples?

Professor Finch: Absolutely. The most prevalent examples include type 2 diabetes, a range of cardiovascular diseases such as hypertension and coronary artery disease, certain types of cancer, and chronic respiratory diseases like asthma. Obesity is another significant one, often acting as a precursor to many others.

Host: And what are the primary root causes of this widespread issue?

Professor Finch: The causes are multifaceted. A major contributor is our increasingly sedentary lifestyle. Many of us spend our days sitting at desks, in cars, and on sofas. This lack of physical activity is a significant departure from our ancestors' more active existence. Another crucial factor is diet. The proliferation of processed foods high in unhealthy fats, sugars, and salt has had a detrimental impact on public health. These dietary habits contribute directly to conditions like obesity and high cholesterol. Furthermore, chronic stress, insufficient sleep, and habits such as smoking and excessive alcohol consumption are all powerful catalysts.

Host: It sounds like a complex web of interconnected factors. Thank you for that clear explanation, Professor. It's evident that our modern conveniences have come with some unintended health consequences.

Professor Finch: Precisely. Understanding these root causes is the first step toward prevention and management.

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Glossary

Delving into (phrasal verb): Exploring or examining a subject in deep detail.

Civilizational / Lifestyle diseases (noun phrase): Health conditions that are primarily linked to modern habits and societal ways of living.

Non-communicable (adjective): Medical conditions that are not infectious and cannot be passed from person to person.

Precipitated by (verb phrase): Brought about, triggered, or caused to happen by a combination of genetic, physiological, environmental, and behavioral factors.

Prevalent (adjective): Very common or widespread, such as type 2 diabetes and certain types of cancer.

Cardiovascular (adjective): Relating to the heart and blood vessels, like hypertension and coronary artery disease.

Precursor (noun): A condition or situation that comes before another and often leads to it, such as obesity acting as a precursor to other diseases.

Multifaceted (adjective): Having many different aspects, causes, or features.

Sedentary lifestyle (noun phrase): A way of living that involves a lot of sitting at desks, in cars, and on sofas, lacking physical activity.

Proliferation (noun): A rapid increase in the number or amount of something, such as the spread of processed foods.

Detrimental (adjective): Tending to cause harm or have a negative impact on public health.

Catalysts (noun): Elements or habits that speed up or provoke a significant change or event, such as smoking, excessive alcohol consumption, and chronic stress.

Unintended consequences (noun phrase): Outcomes that are not the ones foreseen or intended by a purposeful action, such as the health issues that have come with our modern conveniences.

LIFESTYLE DISEASES PART 1**Quick Vocabulary Quiz****A. Choose the best word or phrase**

1. The researchers are _____ the possible relationship between sleep patterns and chronic disease.
A. delving into
B. resulting in
C. referring to
D. departing from
2. High blood pressure, or _____, is one of the cardiovascular conditions mentioned in the discussion.
A. obesity
B. hypertension
C. asthma
D. diabetes
3. The effects of poor health are often _____, involving biological, social and environmental factors.
A. sedentary
B. infectious
C. multifaceted
D. prevalent
4. The introduction of new technology can sometimes produce _____ that were not anticipated when it was developed.
A. root causes
B. unintended consequences
C. lifestyle diseases
D. physical activities
5. A disease that affects the heart and blood vessels is described as _____.
A. cardiovascular
B. physiological
C. behavioural
D. respiratory

B. Choose the closest meaning

6. If something is **civilizational** in the context of health, it is primarily associated with:
A. infectious organisms
B. modern ways of living
C. inherited physical characteristics
D. medical treatment
7. If a factor is described as **physiological**, it relates to:
A. how the body functions
B. how society is organised
C. how people behave
D. how the environment changes
8. A **behavioural** factor is connected primarily with:
A. a person's genes
B. the physical environment
C. the way a person acts or behaves
D. the functioning of the cardiovascular system

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9. A **coronary artery disease** affects:
- A. the airways and lungs
 - B. the arteries supplying the heart
 - C. the body's ability to regulate blood sugar
 - D. the muscles and joints
10. **Chronic** stress is stress that:
- A. develops suddenly and disappears quickly
 - B. occurs repeatedly or continues for a long time
 - C. is caused exclusively by work
 - D. affects only physical health

C. Choose the option that completes each sentence most naturally.

11. The study examines how _____ factors such as air pollution may affect people's health.
- A. environmental
 - B. infectious
 - C. cardiovascular
 - D. sedentary
12. Poor dietary habits can contribute to _____.
- A. high cholesterol
 - B. physical activity
 - C. coronary arteries
 - D. chronic respiratory
13. Unlike infectious diseases, non-communicable diseases _____.
- A. are always caused by poor diet
 - B. cannot be passed from one person to another
 - C. affect only older people
 - D. are always linked to smoking
14. Someone who regularly drinks more alcohol than is considered healthy may be described as engaging in _____.
- A. excessive alcohol consumption
 - B. sedentary behaviour
 - C. cardiovascular activity
 - D. environmental exposure
15. The professor argues that identifying the _____ of a problem is essential if we want to prevent it effectively.
- A. modern conveniences
 - B. root causes
 - C. unintended consequences
 - D. processed foods

Answer key

1 A | 2 B | 3 C | 4 B | 5 A | 6 B | 7 A | 8 C | 9 B | 10 B | 11 A | 12 A | 13 B | 14 A | 15 B

LIFESTYLE DISEASES PART 1

SPEAKING COMPANION

IELTS-Style Speaking Practice

Part 1 — Answer the questions in 2–4 sentences.

1. How important is a healthy lifestyle to you?
2. What do you usually do to stay physically active?
3. Do you think people in your country are active enough?
4. What makes it difficult for people to exercise regularly?
5. Have people's eating habits changed in recent years?
6. Do you think most people get enough sleep nowadays?

Part 2 — Describe a change people could make to improve their health.

You should say:

- what the change would be
- why it could be beneficial
- what might prevent people from making this change

and explain whether you think most people would be willing to make this change.

Preparation time: 1 minute

Speaking time: 1–2 minutes

Part 3 — Discuss the questions below. Give reasons and examples to support your ideas.

1. Why are lifestyle-related health problems becoming increasingly common?
2. To what extent is individual behaviour responsible for poor health?
3. What role should governments play in encouraging healthier lifestyles?
4. Should companies take responsibility for the health effects of the products they sell?
5. Do modern conveniences make our lives healthier or less healthy overall?
6. How might technology change people's lifestyles in the future?
7. Should schools do more to teach young people about healthy lifestyles?
8. Is prevention more important than treatment?

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Cambridge B2 First-Style Speaking Practice

Collaborative Task

Your school or college wants to help students develop healthier lifestyles.

Discuss these ideas and decide which **two measures would be most effective**:

- encouraging students to walk or cycle to school
- providing healthier food and drink options
- limiting sugary drinks on campus
- introducing regular physical-activity breaks
- offering workshops on sleep and stress management

Try to:

- give your opinion
- respond to your partner's ideas
- agree or disagree politely
- compare the different options
- reach a decision together

Useful language

I think...

What do you think about...?

That's a good point, but...

I'm not sure I agree because...

Perhaps we should consider...

I'd say ... would be more effective because...

Shall we agree on...?

So, shall we choose these two?

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WRITING COMPANION

IELTS-Style Writing: Essay Practice

Option 1

Some people believe that modern lifestyles are making people less healthy, while others believe that modern life has made it easier for people to take care of their health.

Discuss both views and give your own opinion.

Write at least 250 words.

Option 2

Lifestyle-related diseases are becoming increasingly common in many countries.

What are the main causes of this trend, and what measures could individuals and governments take to address it?

Write at least 250 words.

Cambridge B2 First-Style Writing

Your English teacher has asked you to write an essay.

People today have more opportunities to live healthily than people did in the past. Do you agree?

Write about:

- access to information
- modern technology

and give your own idea.

Write 140–190 words.

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