

EPREUVE ECRITE D'ANGLAIS

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Lifestyle Diseases Pose New Burden for Africa

"Diabetes, cancer, heart and respiratory diseases will be the leading killers by 2030," World Health Organization states.

After battling diabetes for almost a decade now, the 63 year-old matriarch has just been hospitalized after her blood sugar level hit a record high. Her blood pressure also shot up, raising fears she could also be hypertensive (...).

Ms Nakazi, 26, is careful about her selection of food, avoiding sugar and alcoholic drinks. She fears succumbing to diabetes or one of the other relatively new diseases on the continent whose numbers have more than doubled in recent years.

Diabetes type 2 falls in the category of non-communicable diseases (NCDs), along with cardio-vascular diseases, cancer and chronic respiratory diseases often referred to as "lifestyle diseases" because they are largely linked to the way people live their lives and to surrounding environmental factors.

The key risk factors for these diseases are unhealthy diets (foods high in fats, sugar or salt) tobacco use, harmful use of alcohol and physical inactivity.

These behaviors set the stage for later development of lifestyle diseases such as high blood pressure, overweight respiratory diseases, high blood sugar and high cholesterol levels.

It is during adolescence or adulthood that these risky behaviours are typically established, experts say, and they are easily modifiable. Millions of lives could be saved by healthy diets, exercise and the avoidance of tobacco and alcohol.

In Africa Renewal, December 2016, p.10.

I) Guided commentary (14 points)

- 1) Relying on the text, give a definition of a lifestyle disease. (2 points)
- 2) Basing on the text, say why we should pay attention to the food we eat. (3 points).
- 3) Find in the text four main causes of diabetes. (4 points)
- 4) Enumerate from the text four measures we can take to fight non-communicable diseases. (5 points)

II) Short essay (6 points)

According to you, what should be done to eradicate non-communicable diseases from your country? (About 80 words)