



Responsibility for Health

Part 1

- A. Rank the countries from 1 (the most) to 10 (the least) for the number of people with diabetes. Then rank them from 1 (highest) to 7 (lowest) for the percentage of the population with diabetes. (Some countries have the same percentage.)

Country	Number of people with diabetes	Percentage of population with diabetes
Bangladesh	8.4 million _____	9.2% _____
Brazil	16.8 million _____	10.4% _____
China	116.4 million _____	9.2% _____
Egypt	8.9 million _____	17.2% _____
Germany	9.5 million _____	10.4% _____
India	77 million _____	10.4% _____
Indonesia	10.7 million _____	6.3% _____
Mexico	12.8 million _____	13.5% _____
Pakistan	19.4 million _____	19.9% _____
USA	31 million _____	10.8% _____

- B. Look at the infographic. Choose T (True) or F (False) for the statements below.

Risk Factors

- Obesity
- Physical inactivity
- Unhealthy diet
- Family history

Community Effects of Diabetes

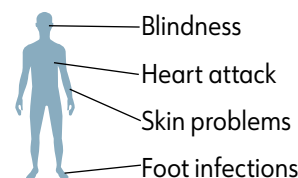
- Diabetes can cause depression.
- Many people with diabetes can't work.
- Diabetes is expensive for families and communities.

422 million
adults with diabetes
in the world

One person in 11 has
diabetes

1.5 million people
per year die
from diabetes.

Physical Effects of Diabetes



Actions

- Eat a healthy diet.
- Be active.

1. Ten percent of the people in the world have diabetes. T / F
2. Obesity is a risk factor for diabetes. T / F
3. People who play a lot of sports often have diabetes. T / F
4. Diabetes can cause a lot of different health problems. T / F
5. Diabetes is expensive for families and communities. T / F
6. People with diabetes should eat a lot of sugar and fat. T / F



sports



sport

- C. In pairs, discuss what actions you can take to avoid problems with diabetes.



Secondary

Part 2

A. Listen to a student presentation about a health problem. Number the slides in the order they are mentioned.

a. Reasons why most deaths are in poor countries and communities



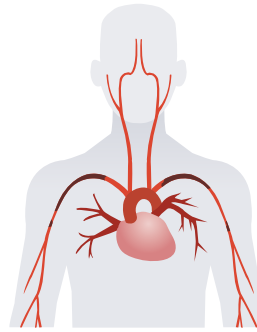
Poor health care systems

Unhealthy diet

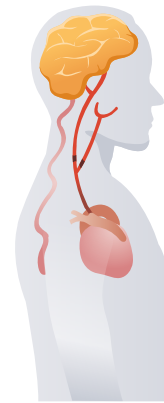


Little information and education about diet, exercise, and healthy habits

b. Heart disease - #1 cause of death



Heart Attack



Stroke

c. Actions to prevent heart disease

- Don't smoke
- Eat healthy food
- Get daily exercise
- Get regular medical check-ups



d. Risk factors for cardiovascular disease

- Obesity
- Unhealthy diet
- Physical inactivity
- Smoking
- Diabetes
- High blood pressure
- Over age 50



B. In pairs, discuss the questions.

1. How can you avoid problems with heart disease?
2. How can governments, businesses, and community groups help people avoid problems with heart disease?



Part 3

A. Work in pairs. Find out about a common health problem in your country. Answer the questions and add any other important information.

1. What is the health problem?

2. What are the effects in the body?

3. What are the risk factors?

4. Which people in the country have this health problem more often?

5. How can people avoid this health problem?

6. Where can people get more information about this health problem?

B. Work with your partner. Use the information you found about a health problem in your country to prepare a presentation.



Extension

A. Read the questions and complete each chart.



1. How does improving your health affect the people and things below?

Who or What It Affects	Effects of Improving your Health
Me	
My friends and classmates	
My family	
Community doctors and hospitals	
My country	

2. What actions can I take in each category to be as healthy as possible?

Category	Action
Food and drink	
Physical activities and sports	
Fun and friends	
Rest and sleep	
Medical check-ups and vaccinations	

B. Work in groups. Discuss your answers from activity A.