Health and lifestyle

VOCABULARY PRACTICE

ADVANCED | C1

Name: _____ **Date:** _____

1 Match each advanced population-health concept with its meaning.

1 commercial determinants of health	____	a cumulative physiological burden from repeated stress
2 syndemic	____	b interaction of health problems intensified by social conditions
3 allostatic load	____	c focus on factors that create and sustain health
4 upstream intervention	____	d action addressing root social or economic causes
5 proportionate universalism	____	e population-wide action delivered with intensity matching need
6 prevention paradox	____	f small individual benefit producing large population benefit
7 obesogenic environment	____	g commercial practices shaping exposure and health choices
8 salutogenesis	____	h surroundings promoting excess intake and low activity
9 behavioural spillover	____	i stepwise improvement in health as social position rises
10 social gradient in health	____	j one behaviour change influencing another behaviour

2 Complete the analytical collocations.

determinants | gradient | intervention | load | paradox | spillover | syndemic | universalism

1 regulate commercial _____

2 identify a disease _____

3 measure allostatic _____

4 design an upstream _____

5 apply proportionate _____

6 explain the prevention _____

7 observe behavioural _____

8 reduce the social _____

3 Choose the concept that best captures the distinction.

1 Housing policy addresses root causes: *upstream intervention / individual counselling*.

2 Universal support is intensified for greater need: *proportionate universalism / targeted exclusion*.

3 Repeated stress creates cumulative bodily strain: *allostatic load / acute stress*.

4 Food marketing and pricing shape diets: *commercial determinants / health literacy*.

5 Several epidemics interact with inequality: *syndemic / comorbidity*.

6 Health improves step by step with social position: *social gradient / health disparity*.

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4 Complete the population-health analysis with terms from the box.

allostatic load | behavioural spillover | commercial determinants of health | obesogenic environment | prevention paradox | proportionate universalism | salutogenesis | social gradient in health | syndemic | upstream intervention

The strategy treats advertising and pricing as **1** _____ and neighbourhood design as a possible **2** _____. Rather than relying solely on education, it proposes an **3** _____. Services follow **4** _____, while evaluation examines the **5** _____. Chronic stress is measured through **6** _____. Analysts frame interacting disease and disadvantage as a **7** _____. The report also considers the **8** _____, possible **9** _____ and a **10** _____ approach centred on resources for health.

5 Read the text and answer the questions concisely.

Beyond individual responsibility

Lifestyle campaigns often frame behaviour as a sequence of personal choices. Yet choices are patterned by income, time, marketing, housing, transport and access to safe public space. Recognising these constraints need not deny agency; it changes which policy levers are considered legitimate and effective. A rigorous evaluation asks who can act on advice, who bears costs, whether benefits persist and whether intervention narrows or widens inequalities. It also examines unintended effects such as stigma, displacement of responsibility and commercial adaptation.

1 How do campaigns often frame behaviour? _____

2 Name four factors shaping choices. _____

3 Does recognising constraints remove agency? _____

4 What four questions should evaluation ask? _____

5 Name two unintended effects. _____

6 How does this perspective change policy? _____

6 Paraphrase using the expression in capitals.

1 The policy tackles the social causes before illness develops. **UPSTREAM** ___

2 Services are universal but stronger where need is greater. **PROPORTIONATE** ___

3 Repeated stress has created cumulative physical strain. **ALLOSTATIC** ___

4 A healthier habit encouraged another positive habit. **SPILLOVER** ___

OVER TO YOU

Write a **160-190 word** critical response: How should public policy promote healthier lifestyles without blaming individuals or ignoring agency?

[ ] Use at least ten target terms or collocations. [ ] Address structural and behavioural mechanisms. [ ] Evaluate distribution and unintended effects.

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ANSWER KEY

1 Advanced population-health concepts

1 **g** 2 **b** 3 **a** 4 **d** 5 **e** 6 **f** 7 **h** 8 **c** 9 **j** 10 **i**

2 Analytical collocations

1 **determinants** 2 **syndemic** 3 **load** 4 **intervention** 5 **universalism** 6 **paradox** 7 **spillover** 8 **gradient**

3 Conceptual distinctions

1 **upstream intervention** 2 **proportionate universalism** 3 **allostatic load** 4 **commercial determinants**
5 **syndemic** 6 **social gradient**

4 Population-health analysis

1 **commercial determinants of health** 2 **obesogenic environment** 3 **upstream intervention** 4 **proportionate universalism** 5 **social gradient in health**
6 **allostatic load** 7 **syndemic** 8 **prevention paradox** 9 **behavioural spillover** 10 **salutogenesis**

5 Reading - suggested answers

1 As personal choices. 2 Any four: income, time, marketing, housing, transport or safe space. 3 No.
4 Who can act, who pays, whether benefits persist and whether inequality narrows. 5 Any two: stigma, displaced responsibility or commercial adaptation. 6 It broadens the policy levers considered.

6 Paraphrasing - possible answers

1 It is an **upstream intervention**. 2 The model uses **proportionate universalism**. 3 The person has high **allostatic load**. 4 There was positive behavioural **spillover**.

Over to you: Answers will vary. Check conceptual precision, agency, structural analysis and distributional effects.