Health and lifestyle

VOCABULARY PRACTICE

UPPER-INTERMEDIATE | B2

Name: _____ **Date:** _____

1 Match each public-health term with its meaning.

1 protective factor	____	a knowledge and skills for understanding health information
2 behavioural risk	____	b feature of surroundings shaped by buildings and infrastructure
3 health literacy	____	c avoidable difference in health between groups
4 social determinant	____	d action taken before illness develops
5 preventive intervention	____	e condition reducing the chance of harm
6 health promotion	____	f practice supporting healthy sleep
7 built environment	____	g work-related physical and mental wellbeing
8 sleep hygiene	____	h modifiable action associated with poorer health
9 occupational health	____	i condition in which people are born, live, learn and work
10 health disparity	____	j process enabling people and communities to improve health

2 Complete the public-health collocations.

determinant | disparity | environment | factor | health | intervention | literacy | promotion

1 strengthen a protective _____

2 reduce a health _____

3 improve health _____

4 address a social _____

5 design a preventive _____

6 fund health _____

7 redesign the built _____

8 protect occupational _____

3 Choose the most precise term for the context.

1 Safe housing influences health beyond individual choice: *social determinant / sleep hygiene*.

2 A clear medicine label improves understanding: *health literacy / health promotion*.

3 A cycle path changes opportunities for activity: *built environment / protective factor*.

4 Vaccination offered before illness: *preventive intervention / occupational health*.

5 Smoking is a modifiable action linked to harm: *behavioural risk / social determinant*.

6 Consistent bedtime routines: *sleep hygiene / health literacy*.

7 Unequal outcomes between income groups: *health disparity / personal preference*.

8 Measures reducing injury at work: *occupational health / health promotion*.

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4 Complete the community assessment with terms from the box.

behavioural risk | built environment | health disparity | health literacy | health promotion | occupational health | preventive intervention | protective factor | sleep hygiene | social determinant

The assessment treats secure housing as a **1** _____ and access to green space as a **2** _____. The local **3** _____ currently discourages walking. A **4** _____ campaign alone may not overcome these barriers. Materials should improve **5** _____, while a targeted **6** _____ could reduce disease risk. The plan distinguishes a **7** _____ from structural conditions and monitors any **8** _____. Workplace measures address **9** _____, and school sessions support **10** _____.

5 Read the text and answer the questions briefly.

Choice architecture in a canteen

A college placed water and fruit at eye level while keeping all existing options available. It also reduced queues for freshly prepared meals and displayed simple nutrition information. Sales of water and fruit increased, but researchers cautioned against calling the trial a complete success. They had not measured total diets outside the canteen, and students with limited budgets still prioritised price. The intervention changed the immediate environment; it did not remove financial or cultural influences on food choices.

1 What items were placed at eye level? _____

2 Were other options removed? _____

3 What two additional changes were made? _____

4 What sales increased? _____

5 Why was success uncertain? Give two reasons. _____

6 Which wider influences remained? _____

6 Rewrite using the expression in capitals.

1 Housing conditions influence population health. **DETERMINANT** ___

2 The programme helps people understand health information. **LITERACY** ___

3 The street design discourages walking. **BUILT** _____

4 Health outcomes differ unfairly between groups. **DISPARITY** ___

OVER TO YOU

Write a **120-150 word** public-health proposal for a school, workplace or neighbourhood. Address behaviour, social determinants, environment, literacy and equity.

[ ] Use at least ten target expressions. [ ] Distinguish individual behaviour from structural conditions. [ ] Include evaluation and equity.

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ANSWER KEY

1 Public-health terms

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

2 Public-health collocations

1 **factor** 2 **disparity** 3 **literacy** 4 **determinant** 5 **intervention** 6 **promotion** 7 **environment** 8 **health**

3 Precise terms

1 **social determinant** 2 **health literacy** 3 **built environment** 4 **preventive intervention**
5 **behavioural risk** 6 **sleep hygiene** 7 **health disparity** 8 **occupational health**

4 Community assessment

1 **social determinant** 2 **protective factor** 3 **built environment** 4 **health promotion** 5 **health literacy** 6 **preventive intervention** 7 **behavioural risk** 8 **health disparity** 9 **occupational health** 10 **sleep hygiene**

5 Reading - suggested answers

1 Water and fruit. 2 No. 3 Shorter queues and nutrition information. 4 Water and fruit.
5 Outside diets were unknown and budgets influenced choices. 6 Financial and cultural influences.

6 Rewriting - possible answers

1 Housing is a social **determinant** of health. 2 It improves health **literacy**. 3 The **built environment** discourages walking. 4 There is a health **disparity**.

Over to you: Answers will vary. Check structural analysis, precise terms, evaluation and equity.