



Reduce Diabetes and Cancer Risk with One Dietary Change

Description

Cutting down on processed meat consumption by approximately one-third could help avoid over 350,000 diabetes cases in the US within a decade, according to a recent study. Researchers from the University of Edinburgh and the University of North Carolina developed a simulation tool to analyze the potential health impacts of reducing both processed and unprocessed red meat consumption. The study found that reducing processed meat intake by 30 percent could also lead to tens of thousands of fewer cases of cardiovascular disease and colorectal cancer.

The researchers used a microsimulation to estimate the effects of reducing processed and unprocessed red meat consumption on multiple health outcomes in the US adult population. By analyzing data from a national health survey, they found that cutting processed meat intake could prevent more than 350,000 cases of diabetes, 92,500 cases of cardiovascular disease, and 53,300 cases of colorectal cancer over a decade.

Furthermore, reducing consumption of both processed and unprocessed red meat by 30 percent could result in even greater health benefits. This reduction would lead to 1,073,400 fewer diabetes cases, 382,400 fewer cardiovascular disease cases, and 84,400 fewer colorectal cancer cases. The study also highlighted that reducing unprocessed red meat intake alone could prevent more than 732,000 diabetes cases.

The research suggests that making dietary changes to reduce meat consumption not only benefits health but also aligns with recommendations to reduce greenhouse gas emissions. This win-win situation emphasizes the importance of addressing both health and environmental sustainability concerns. The study was published in *The Lancet Planetary Health* and was funded by The Wellcome Trust. Further research is needed to explore the impact of reducing unprocessed red meat consumption on chronic disease risk.

Vocabulary List:

1. **Consumption** /kən'sʌmpʃən/ (noun): The act of using up a resource or the amount used.
2. **Cardiovascular** /,kɑ:ɹ.di.ɒs'væ.s.kjʊ.lər/ (adjective): Relating to the heart and blood vessels.
3. **Simulation** /,sɪm.jə'leɪ.ʃən/ (noun): The act of imitating a situation or process.
4. **Colorectal** /,kɒl.ɒs'rɛk.təl/ (adjective): Relating to the colon and rectum.
5. **Micro-simulation** /,maɪ.krɒs,sɪm.jə'leɪ.ʃən/ (noun): A simulation that focuses on detailed individual-level modeling to predict outcomes.
6. **Sustainability** /sə'steɪ.nə'bɪl.ɪ.ti/ (noun): The ability to be maintained at a certain rate or level particularly regarding environmental health.



Comprehension Questions

Multiple Choice

1. Who conducted the study on the health impacts of reducing processed and unprocessed red meat consumption?
 - Option: University of Edinburgh and University of North Carolina
 - Option: Harvard University
 - Option: Stanford University
 - Option: Oxford University
2. How many cases of cardiovascular disease could be avoided by reducing processed meat intake by 30 percent?
 - Option: Tens of thousands
 - Option: Hundreds
 - Option: Thousands
 - Option: Millions
3. What is the potential benefit of reducing both processed and unprocessed red meat consumption by 30 percent?
 - Option: 1,073,400 fewer diabetes cases
 - Option: 1,000,000 fewer cardiovascular disease cases
 - Option: 100,000 fewer colorectal cancer cases
 - Option: 10,000 fewer diabetes cases
4. Which health outcomes were analyzed in the study regarding meat consumption reduction?
 - Option: Diabetes cardiovascular disease and colorectal cancer
 - Option: Hypertension obesity and arthritis
 - Option: Asthma allergies and depression
 - Option: Stroke osteoporosis and liver disease
5. Where was the study published?
 - Option: The Lancet Planetary Health
 - Option: New England Journal of Medicine
 - Option: British Medical Journal
 - Option: Journal of the American Medical Association



6. What is a major benefit of reducing meat consumption according to the research?

Option: Health benefits and reduced greenhouse gas emissions

Option: Increased meat production and economic growth

Option: Obesity and diabetes prevention

Option: Environmental conservation and water preservation

Answer

Multiple Choice: 1. University of Edinburgh and University of North Carolina 2. Tens of thousands 3. 1,073,400 fewer diabetes cases 4. Diabetes cardiovascular disease and colorectal cancer 5. The Lancet Planetary Health 6. Health benefits and reduced greenhouse gas emissions

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which word means extremely painful or intense?

Option: Excruciating

Option: Complications

Option: Alleviate

Option: Consumption

2. Which word means failure to take proper care?

Option: Negligence

Option: Culprit

Option: Silicosis

Option: Collaborative

3. Which word describes breathing too quickly or deeply?

Option: Hyperventilating

Option: Panic

Option: Reframe

Option: Mortality

4. Which word refers to the ability to be maintained at a certain rate?

Option: Sustainability

Option: Ordeal

Option: Incidence

Option: Prevalence



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5. Which word relates to the heart and blood vessels?
Option: Cardiovascular
Option: Consumption
Option: Surge
Option: Micro-simulation
6. Which word means persisting for a long time or constantly recurring?
Option: Chronic
Option: Intensity
Option: Dysmorphia
Option: Incidence
7. Which word means the proportion of a population found to have a condition?
Option: Prevalence
Option: Surge
Option: Regulations
Option: Complications
8. Which word refers to the imitation of a situation or process?
Option: Simulation
Option: Colorectal
Option: Silicosis
Option: Predispose
9. Which word signifies the quality of being extreme in degree?
Option: Intensity
Option: Coping
Option: Surge
Option: Alleviate
10. Which word means to make suffering deficiency or a problem less severe?
Option: Alleviate
Option: Mortality
Option: Panic
Option: Refill

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The surgery was successful but there were unexpected _____ afterwards.
12. Going through a divorce can be an emotional _____ for many people.



13. There was a sudden _____ in demand for the product after the announcement.
14. The doctors informed the patient that the disease was _____.
15. The government introduced new _____ to improve workplace safety.
16. The researchers used _____ to model the impact of policy changes on traffic flow.
17. The study focused on the factors affecting infant _____ rates.
18. Excessive sugar _____ is linked to various health issues.
19. The new medical center specializes in the treatment of _____ disorders.
20. Patients with body _____ often have a distorted perception of their appearance.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. During emergencies it is important not to give in to fear and .
22. The movie carried a message about the consequences of reckless driving.
23. The project's success was due to the efforts of the team members.
24. The _____ of the disease has been increasing in recent years.
25. Genetic factors can _____ individuals to certain health conditions.
26. After thorough investigation the police identified the _____ behind the robbery.
27. Workers exposed to silica dust are at risk of developing _____.
28. The _____ of the storm caused widespread damage in the coastal area.
29. There was a sudden _____ in donations after the fundraising event.
30. Promoting renewable energy is crucial for the long-term _____ of the planet.

Answer

Multiple Choice: 1. Excruciating 2. Negligence 3. Hyperventilating 4. Sustainability 5. Cardiovascular 6. Chronic



7. Prevalence 8. Simulation 9. Intensity 10. Alleviate

Gap-Fill: 11. complications 12. ordeal 13. surge 14. incurable 15. regulations 16. micro-simulation 17. mortality 18. consumption 19. colorectal 20. dysmorphia

Matching sentence: 1. panic 2. cautionary 3. collaborative 4. incidence 5. predispose 6. culprit 7. silicosis 8. intensity 9. surge 10. sustainability

CATEGORY

1. Health - LEVEL5

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