



Research shows that by early 2023, approximately 18 million U.S. adults were affected by long covid

Description

A recent report in JAMA Data Brief revealed that around 7 percent of U.S. adults, equating to nearly 18 million individuals, were affected by long covid by early last year. The study, utilizing data from the Medical Expenditure Panel Survey (MEPS), involved a sample of about 17,000 adults aged 18 and above. Of these, 8,275 had contracted covid-19, with 1,200 reporting long covid symptoms. Interestingly, the research also highlighted the potential benefits of booster shots in reducing the incidence of long covid. Long covid, characterized by symptoms persisting for three months or more after an initial covid-19 infection, is more common in individuals who experienced severe covid-19. The study observed variations in long covid symptoms among different demographics, with women, those with specific health conditions, and White and Hispanic respondents more likely to report such symptoms. Symptoms of long covid can range from fatigue to difficulty breathing, according to the Centers for Disease Control and Prevention.

Vocabulary List:

1. **Equating** /i'kwεɪtɪŋ/ (verb): To consider one thing as being the same as another.
2. **Contracted** /kən'træktɪd/ (verb): To catch or become affected by a disease.
3. **Incidence** /'ɪnsɪdəns/ (noun): The occurrence rate of a given event.
4. **Characterized** /'kærɪktəraɪzd/ (verb): To describe the distinctive nature or features of something.
5. **Demographics** /,dɛmə'græfɪks/ (noun): Statistical data relating to the population and particular groups within it.
6. **Symptoms** /'sɪmptəmz/ (noun): Physical or mental features indicating a condition or disease.

Comprehension Questions

Multiple Choice

1. What percentage of U.S. adults were affected by long covid according to the JAMA Data Brief report?
Option: 3 percent
Option: 5 percent
Option: 7 percent
Option: 10 percent



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2. How many U.S. adults were estimated to be affected by long covid based on the report?
- Option: 10 million
 - Option: 15 million
 - Option: 18 million
 - Option: 20 million
3. Which survey was used to gather data for the study on long covid?
- Option: CDC Survey
 - Option: MEPS Survey
 - Option: NHANES Survey
 - Option: SIPP Survey
4. How many adults in the sample had contracted covid-19?
- Option: 5,000
 - Option: 8,275
 - Option: 10,000
 - Option: 12,500
5. How many individuals reported long covid symptoms out of the total sample?
- Option: 800
 - Option: 1,200
 - Option: 1,500
 - Option: 2,000
6. Which demographic group was more likely to report long covid symptoms according to the study?
- Option: Men
 - Option: Women
 - Option: People with no health conditions
 - Option: African American respondents

Answer

Multiple Choice: 1. 7 percent 2. 18 million 3. MEPS Survey 4. 8,275 5. 1,200 6. Women

Vocabulary quizzes

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



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1. What is the key principle behind maintaining a balanced lifestyle?
Option: A) Hydration
Option: B) Moderation
Option: C) Aggressiveness
Option: D) Deprivation
 2. Which approach involves taking actions to prevent issues before they occur?
Option: A) Reactive
Option: B) Proactive
Option: C) Injuries
Option: D) Incidence
 3. What term refers to the total number of individuals within a specific area?
Option: A) Concerning
Option: B) Population
Option: C) Well-being
Option: D) Demographics
 4. What are indications of a condition or disease experienced by an individual?
Option: A) Symptoms
Option: B) Caffeine
Option: C) Exposure
Option: D) Plasticity
 5. Which term refers to the quantity or amount of something?
Option: A) Volume
Option: B) Balanced
Option: C) Manage
Option: D) Contracted
 6. Accidents or traumas that cause harm to the body are commonly known as:
Option: A) Injuries
Option: B) Proactive
Option: C) Equating
Option: D) Deprivation
 7. Which term refers to making two things equal or equivalent to each other?
Option: A) Persistent
Option: B) Equating
Option: C) Volume
Option: D) Symptoms



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8. What term describes the mental action or process of acquiring knowledge?
Option: A) Implication
Option: B) Significantly
Option: C) Caffeine
Option: D) Cognition
9. Which word is used to describe being subjected to something especially something unpleasant?
Option: A) Exposure
Option: B) Well-being
Option: C) Outbreak
Option: D) Crucial
10. What term represents something of great importance or necessary significance?
Option: A) Population
Option: B) Crucial
Option: C) Moderation
Option: D) Persistent

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

11. It is important to stay _____ especially during hot weather to maintain good health.
12. An _____ of a contagious disease can lead to widespread panic and health concerns in a community.
13. The discovery of new evidence had serious _____ for the outcome of the trial.
14. She _____ the flu after being in close contact with an infected individual.
15. His _____ cough was a cause for concern prompting him to visit the doctor.
16. The latest reports about the environmental impact of the factory are very _____.
17. The _____ of diabetes has been increasing steadily in the past decade.
18. Marketers study the _____ of their target audience to tailor their advertising strategies.



19. The new regulations will _____ impact how businesses operate in the region.
20. Sleep _____ can have negative effects on a person's mood and cognitive function.

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

21. A diet that includes a variety of nutrients in the right proportions is necessary for good health.
22. Effective time is crucial for maintaining productivity and reducing stress.
23. Regular exercise and proper nutrition are essential for overall health and .
24. The team adopted an marketing strategy to gain a competitive edge in the market.
25. Anticipating challenges and taking preventive measures is part of being in problem-solving.
26. The brain's ability to adapt and reorganize itself is known as neuroplasticity or brain .
27. His efforts paid off as he finally achieved his long-term goal.
28. Many people rely on for the temporary boost in alertness it provides.
29. The loud of the music at the concert caused discomfort to some attendees.
30. She was to new ideas and experiences during her travels broadening her perspectives.

Answer

Multiple Choice: 1. B) Moderation 2. B) Proactive 3. B) Population 4. A) Symptoms 5. A) Volume 6. A) Injuries 7. B) Equating 8. D) Cognition 9. A) Exposure 10. B) Crucial

Gap-Fill: 11. Hydrated 12. Outbreak 13. Implication 14. Contracted 15. Persistent 16. Concerning 17. Incidence 18. Demographics 19. Significantly 20. Deprivation

Matching sentence: 1. Balanced 2. Manage 3. Well-being 4. Aggressive 5. Proactive 6. Plasticity 7. Persistent 8. Caffeine 9. Volume 10. Exposed

CATEGORY

1. Health - LEVEL1

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Author

aimeeyoung99