



Surge in Children's Chronic Conditions: Shocking 20-Year Increase

Description

More and more kids in the US are getting sick with serious or long-lasting health problems that could stay with them as they get older. This comes from a big study of over 230,000 young people, where families talked about whether the kids had issues like asthma or attention problems. The study found that the number of kids with these problems went up from about 23% in 1999 to over 30% in 2018. This means almost one in three kids now have health issues that make it tough for them to do things.

For kids aged 5 to 17, the increase in health problems mainly came from things like ADHD, autism, and asthma. But for young adults aged 18 to 25, it was more about asthma, seizures, or pre-diabetes. It's important to figure out what's causing these rises in health issues so we can help the kids. They may need help for the rest of their lives, but our healthcare system isn't always set up to support them.

Unfortunately, there's less detailed information about kids' health from 2019 onwards, so it's harder to know how things are changing.

Vocabulary List:

1. **Asthma** /'æz.mə/ (noun): A respiratory condition marked by the spasms in the bronchi of the lungs causing difficulty in breathing.
2. **ADHD** /,eɪ.di.ˈetʃi:/ (noun): Attention Deficit Hyperactivity Disorder a condition characterized by inattentiveness hyperactivity and impulsiveness.
3. **Autism** /'ɔːtɪzəm/ (noun): A developmental disorder characterized by difficulties with social interaction and communication.
4. **Seizures** /'siː.ʒərz/ (noun): Sudden uncontrolled electrical disturbances in the brain that can cause changes in behavior movements feelings and consciousness.
5. **Pre-diabetes** /priː.daɪə'biːtiːz/ (noun): A health condition where blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes.
6. **Healthcare** /'helθ.kɛr/ (noun): The organized provision of medical care to individuals or communities.

Comprehension Questions

Multiple Choice



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1. What percentage of kids were found to have health issues in 2018?
Option: 23%
Option: 30%
Option: 40%
Option: 50%
 2. Which of the following health problems was more prevalent among young adults aged 18 to 25?
Option: ADHD
Option: Asthma
Option: Seizures
Option: Autism
 3. What is cited as an important action to take in response to the rise in health issues among kids?
Option: Increase screen time
Option: Find causes of the rise
Option: Reduce physical activities
Option: Avoid medical checkups
 4. Why is it harder to understand the changes in kids' health from 2019 onwards?
Option: Lack of interest in children's health
Option: Insufficient funding for research
Option: Less detailed information available
Option: Decrease in health issues
 5. What percentage of kids were found to have health issues in 1999?
Option: 20%
Option: 25%
Option: 23%
Option: 28%
 6. Which age group experienced a rise in ADHD, autism, and asthma?
Option: 5-10 years
Option: 11-15 years
Option: 16-20 years
Option: 18-25 years

True-False



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7. The rise in health issues among kids is not a significant concern.
 8. The healthcare system is well-equipped to support kids with long-lasting health problems.
 9. Detailed information on kids health from 2019 onwards is readily available.
 10. The study mentioned in the text included over 200,000 young people.
 11. Young adults aged 18 to 25 were more likely to develop pre-diabetes.
 12. Tough challenges faced by kids with health issues can affect their daily activities.

Gap-Fill

13. The number of kids with health problems increased from about 23% in 1999 to over 30% in _____.
14. The rise in health problems among kids mainly came from things like ADHD, autism, and _____.
15. It is important to figure out the causes of these rises in health issues to _____ the kids.
16. The study found that the increase in health issues among young adults aged 18 to 25 was more about asthma, seizures, or _____.
17. Unfortunately, there is less detailed information about kids' health from _____ onwards.
18. To understand more about kids' health, we need to find new ways to _____ on how they are doing.



Answer

Multiple Choice: 1. 30% 2. Asthma 3. Find causes of the rise 4. Less detailed information available 5. 23% 6. 5-17 years

True-False: 7. False 8. False 9. False 10. True 11. True 12. True

Gap-Fill: 13. 2018 14. asthma 15. help 16. pre-diabetes 17. 2019 18. check

Vocabulary quizzes

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

1. Which of the following is a respiratory condition characterized by narrowing of the airways?

Option: Asthma

Option: ADHD

Option: Seizures

Option: Pre-diabetes

2. Animals that hunt and prey on other animals for survival are known as:

Option: Predators

Option: Bacteria

Option: Settlement

Option: Outbreak

3. Systematic investigative activities to discover and interpret facts is known as:

Option: Flexibility

Option: Research

Option: Chromatophores

Option: Pigment

4. An event or occurrence that provokes a specific reaction or response is called a:

Option: Increase

Option: Healthcare

Option: Stimulus

Option: Crucial

5. The process by which different kinds of living organisms are believed to have developed and diversified from earlier forms is called:

Option: Athletes

Option: Soreness

Option: Evolution



Option: Plague

6. The quality state or capability of being connected or interconnected is known as:

- Option: Insight
- Option: Connectivity
- Option: Cognitive
- Option: Enrich

7. The state of being tender sensitive or painful due to injury or overuse is known as:

- Option: Boost
- Option: Soreness
- Option: Flexibility
- Option: Recovery

8. Brief disturbances in the electrical activity of the brain that may be associated with epilepsy are known as:

- Option: Investigation
- Option: Seizures
- Option: Pre-diabetes
- Option: Increase

9. Cells containing pigment granules that change color in response to stimuli are called:

- Option: Boost
- Option: Chromatophores
- Option: Granules
- Option: Electricity

10. The invasion of an organism's body tissues by disease-causing agents is called:

- Option: Connectivity
- Option: Cognitive
- Option: Enrich
- Option: Infection

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

11. Attention-Deficit/Hyperactivity Disorder commonly known as _____

is a neurodevelopmental disorder.

12. The provision of medical services to individuals or communities to maintain or improve their health is



known as _____.

13. Technological _____ have revolutionized various industries and aspects of human life.

14. The process of establishing a community or society in a specific area is called _____.

15. A widespread occurrence of a harmful infectious disease often resulting in many deaths is referred to as a _____.

16. Gaining deep understanding or intuitive _____ into a specific subject can lead to valuable discoveries.

17. Microscopic organisms that can cause infections and often play essential roles in various ecosystems are known as _____.

18. The _____ abilities of the human brain are crucial for processing information and making decisions.

19. To boost economic growth countries aim to _____ their production and innovation capacities.

20. Education plays a vital role in helping individuals _____ their knowledge and skills.

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

21. Yoga and stretching exercises can improve one's physical and range of motion.
22. Adequate rest and proper nutrition are essential for effective muscle after intense workouts.
23. Energy drinks claim to provide a quick of energy due to their caffeine content.
24. The color-changing ability of chameleons is due to specialized skin cells called that contain pigment.



25. Some deep-sea creatures produce light through a process called bioluminescence using specialized cells that generate .
26. Scientists conduct to explore new medical treatments and technologies.
27. The in plant leaves is responsible for capturing sunlight during photosynthesis.
28. The rapid in artificial intelligence have led to innovations in various industries.
29. Effective communication skills are in building strong relationships and collaboration.
30. Police detectives are involved in the of crime scenes and gathering evidence.

Answer

Multiple Choice: 1. Asthma 2. Predators 3. Research 4. Stimulus 5. Evolution 6. Connectivity 7. Soreness 8. Seizures 9. Chromatophores 10. Infection

Gap-Fill: 11. ADHD 12. Healthcare 13. Advancements 14. Settlement 15. Plague 16. Insight 17. Bacteria 18. Cognitive 19. Increase 20. Enrich

Matching sentence: 1. Flexibility 2. Recovery 3. Boost 4. Granules 5. Electricity 6. Research 7. Pigment 8. Advancements 9. Crucial 10. Investigation

CATEGORY

1. Health - LEVEL2

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