



The rate of diabetes in the USA has almost doubled in the past decade. This is according to the U.S. Centers for Disease Control and Prevention (CDCP). A spokesperson for the centre said there was now an epidemic in America. There were 9.1 new cases per 1,000 people between 2005 and 2007. This is an increase from 4.8 per 1,000 between 1995 and 1997. Experts say that one of the biggest reasons for the rise in diabetes is the increasing levels of obesity. Americans are eating more fast food and getting less exercise. This is a recipe for disaster and the exact conditions that lead to diabetes. The American Diabetes Association said 23.6 million American children and adults have diabetes. This is about eight per cent of the population.

Experts say the disease is becoming a silent killer. It is also causing a great strain on America's health service. The only way for America to control the escalating levels of diabetes is through educating people about the dangers of the disease. A CDCP spokeswoman, Karen Kirtland, told the Reuters news agency: "The hope and the message is that if people are kind of changing their lifestyles, doing the things that are good for them, then hopefully we can reverse the trend." Many other studies suggest Americans are not leading healthier lifestyles. A diabetes specialist warned the numbers of new cases would continue to rise sharply because Americans showed no signs changing their eating and exercise habits.

INTERMEDIATE

Diabetes in U.S. rising sharply

BEFORE READING / LISTENING

TRUE / FALSE

Look at the article's headline and guess whether these sentences are true (T) or false (F):

- a. Diabetes has increased almost 100% in America in the past decade.
- b. More new cases of diabetes were reported in 2007 than in 1997.
- c. Americans are eating less fast food and getting more exercise.
- d. In the U.S.A. just over 23% of people have diabetes.
- e. It's easy for America's hospitals to cope with more diabetes patients.
- f. Education is necessary to reduce diabetes levels in the U.S.A.
- g. A spokeswoman said people are changing their lifestyles.
- h. An expert warned the number of American diabetics could rise.

SYNONYM MATCH

Match the following synonyms from the article:

- | | |
|---------------|----------------|
| 1. rate | a. increasing |
| 2. epidemic | b. formula |
| 3. cases | c. steeply |
| 4. recipe | d. instances |
| 5. exact | e. burden |
| 6. strain | f. level |
| 7. escalating | g. expert |
| 8. reverse | h. precise |
| 9. specialist | i. flood |
| 10. sharply | j. turn around |

PHRASE MATCH

Match the following phrases from the article

(sometimes more than one combination is possible):

- | | |
|--|-----------------------------|
| 1. The rate of diabetes in the USA has | a. the trend |
| 2. there was now an | b. of the population |
| 3. This is a recipe for | c. America's health service |
| 4. one of the biggest reasons | d. to rise sharply |
| 5. This is about eight per cent | e. almost doubled |
| 6. causing a great strain on | f. of changing |
| 7. control the escalating | g. epidemic in America |
| 8. hopefully we can reverse | h. for the rise in diabetes |
| 9. the numbers of new cases would continue | i. disaster |
| 10. Americans showed no signs | j. levels of diabetes |