

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44, RAKIRAKI
SUPPLEMENTARY ACTIVITIES

WEEK 14

Year/Level: _____11_____ Subject: _____ENGLISH_____

Strand	READING AND VIEWING WRITING AND SHAPING
Sub Strand	EN.11.1.1.1: Read and demonstrate understanding of a variety of complex texts.
Content Learning Outcome	-Select information and organise it effectively for a wide variety of purpose.

COMPREHENSION

In most regions, over the past 50 years, socioeconomic development has been accompanied by large falls in fertility and equally dramatic increases in life expectancy. This phenomenon has led to rapidly ageing populations around the world. The fastest change is occurring in low- and-middle-income countries. Even in sub-Saharan Africa, which has the world's

5 youngest population structure, the number of people older than 60 years is expected to increase by over threefold, from 46 million in 2015 to 147 million in 2050.

Increasing life expectancy presents many opportunities to individuals as well as the communities they live in. Older people contribute to society in many ways, for example, through participation in the workforce, the taxes they pay, the direct economic support they

10 can give to younger family members, or through the sharing of their experience. Even in high-income countries that have comprehensive social protection platforms, the economic value of these contributions overshadow the direct costs of pensions, health care and other services that governments provide.

However, the extent of these opportunities and contributions will depend heavily on the

15 health of these older populations. In rich countries, it is often assumed that older people live these later years of life in good health. Unfortunately, while there is some evidence that cognitive declines may be occurring at later ages than seen in the past, there is very little evidence that older people today are enjoying better physical capacity than their parents did at the same age. In low- and middle- income countries, older people experience even higher

20 rates of ill-health and impaired function. Yet this does not have to be the case. Most poor health in older age is the consequence of chronic diseases, many of which can be prevented, or, if detected early, can be effectively controlled. Even in cases where older people experience declines in capacity, supportive environments can ensure that they continue to live their lives with meaning and dignity.

25 Increased longevity is one of the great achievements of the 20th century. Ensuring the added years can be enjoyed in good health will be one of the biggest public health challenges of the first half of the 21st century. Addressing this challenge will require changing perceptions and assumptions about health in older age. Changes are also needed in the way that health systems are designed and the ways in which care is delivered and measured

35 It highlighted knowledge gaps as a major barrier to global action. It also emphasized that any action to address healthy ageing requires sound evidence stemming from careful evaluation of cost-effective interventions.

40 Evidence on how to ensure healthy ageing, particularly in people living in low- and middle-income countries, is scarce. This is partly because the transition to an ageing population in these countries has been relatively recent and more rapid than in high income countries. The limited research that has been conducted on the effectiveness of relevant interventions has been done mostly in high-income countries.

45 The *Bulletin of the World Health Organization* will publish a theme issue on actions and approaches to support the development of resilient health and long-term care systems for ageing populations. This theme issue will include original research, examine available knowledge and share evidence on best practices around healthy ageing. It will include papers that will highlight the interconnectedness of health and social issues in maintaining healthy ageing and how the combination of appropriate health and social strategies can promote functional ability and lead to a happier and healthier older population.

Source: WHO Bulletin

QUESTIONS

A. Multiple Choice

Choose and circle the best answer.

1. According to the passage the number of older people is growing in _____ nations.
A. all
B. majority
C. half
D. none
2. How many factors are responsible for the growth of aging population around the world?
A. 1
B. 2
C. 3
D. 4
3. The word **overshadow** in line 12 is synonymous to _____.
A. Equal
B. Balance
C. Offset
D. Undermine
4. This passage is an example of _____ writing.
A. Formal and subjective
B. Impersonal and critical
C. Objective and formal

D. Critical and subjective

B. Completion

Complete the following sentences using the ideas given in the passage. Try to use your **own words** where possible.

5. Increased life expectancy is beneficial _____

6. It cannot be proven that elders of today's society _____
as their parents _____
7. Conducive environments can _____
even though _____

C. Open ended

Use your **own words** as far as possible to answer the questions that follow.

8. According to the passage what needs to be done to handle the biggest public health challenges of the first half of the 21st century?

9. What was special about *the World report on ageing and health* that was released in 2015.

10. What did the report on ageing and health released in 2015 contain?

11. Why is there a scarcity of proof on how to ensure healthy ageing, particularly in people living in low- and middle-income countries?

12. What will be published in the *Bulletin of the World Health Organization*?

SUMMARY WRITING

Summarize the **effects of ageing population** in about **80-90 words**.
Write the draft points and summary in the space provided below.

Title: _____

Points:

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Write your final summary here.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

END