

## Life expectancy in Africa grows by 10 years

8th August, 2022



People's life expectancy in Africa rose by nearly 10 years in the first two decades of this century. In the year 2000, the average African could expect to live to be 46. That rose to 56 in 2019. The World Health Organization said the

rise was the best of any region in the world over the same period. However, the WHO said Africa was still considerably below the global average of 64 years. The statistics are from the WHO's State of Health in Africa report, which was issued on Thursday. It attributes the improvement to better maternal, newborn and child healthcare, advances in fighting infectious diseases (such as TB, malaria and HIV), and the easier access to essential health services.

The WHO report urged African nations to keep the momentum going to ensure life expectancy rates continue on their upward trend. It called for greater investment in health care systems so that they are better equipped to deal with the challenges ahead. These include an added strain on hospitals from a growing population, and the growth of non-communicable diseases like cancer. The WHO said there is a worrying spike in the numbers of Africans experiencing hypertension and diabetes. The WHO's Regional Director for Africa said: "The progress must not stall. Unless countries enhance measures...the health gains could be jeopardized."

Sources: [voanews.com](http://voanews.com) / [africatimes.com](http://africatimes.com) / [news.un.org](http://news.un.org)

### Writing

All countries should aim to greatly increase the life expectancy of citizens. Discuss.

### Chat

Talk about these words from the article.

life expectancy / decade / century / average / global / statistics / malaria / health / Africa / momentum / trend / challenge / population / cancer / hypertension / diabetes

### True / False

- 1) Life expectancy rose by 10 years in Africa in the past decade. T / F
- 2) No other region's life expectancy rates rose as much as Africa's. T / F
- 3) Life expectancy in Africa is 64. T / F
- 4) One reason for better life expectancy rates is reducing cases of TB. T / F
- 5) The WHO said African nations needed to invest more in healthcare. T / F
- 6) The WHO said growing populations will put a strain on healthcare. T / F
- 7) The rates of hypertension and diabetes in Africa have gone down. T / F
- 8) Health gains could be in jeopardy if African countries do not act. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                        |               |
|------------------------|---------------|
| 1. <b>average</b>      | a. stop       |
| 2. <b>region</b>       | b. credits    |
| 3. <b>attributes</b>   | c. contagious |
| 4. <b>infectious</b>   | d. burden     |
| 5. <b>essential</b>    | e. threatened |
| 6. <b>urged</b>        | f. typical    |
| 7. <b>strain</b>       | g. rise       |
| 8. <b>spike</b>        | h. necessary  |
| 9. <b>stall</b>        | i. encouraged |
| 10. <b>jeopardized</b> | j. area       |

### Discussion – Student A

- a) How long would you like to live?
- b) What should people's life expectancy be?
- c) If life expectancy rises, will there be problems of overpopulation?
- d) What helps people to live longer?
- e) What do you think of the WHO?
- f) How is healthcare in your country?
- g) What are the biggest health problems in your country?
- h) How easy is it to access healthcare in your country?

## Phrase Match

- |  |                       |
|--|-----------------------|
| 1. in the first two decades                  | a. in the world       |
| 2. the best of any region                    | b. their upward trend |
| 3. considerably below the                    | c. health services    |
| 4. advances in fighting infectious           | d. going              |
| 5. easier access to essential                | e. jeopardized        |
| 6. keep the momentum                         | f. of this century    |
| 7. ensure life expectancy rates continue on  | g. diseases           |
| 8. they are better equipped to deal with the | h. global average     |
| 9. the growth of non-communicable            | i. diseases           |
| 10. the health gains could be                | j. challenges ahead   |

## Discussion – Student B

- What do you think about what you read?
- Should we retire later if we live longer?
- What health challenges are there ahead?
- Why are more Africans getting hypertension and diabetes?
- What would you do with your life if you lived longer?
- What three adjectives best describe this article?
- What will healthcare be like in 100 years?
- What questions would you like to ask the WHO?

## Spelling

- the first two eacedds of this century
- neabdsroclyi below the global average
- The ascttstii are from the WHO
- It atuesitrbt the improvement
- advances in fighting nucesoftii diseases
- easier access to saensliet health services
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- better dupqpeie to deal with the challenges
- a worrying ipesk in the numbers
- hypertension and ietdasbe
- Unless countries ehcaenn measures
- the health gains could be deopreizjda

### Answers – Synonym Match

1. f	2. j	3. b	4. c	5. h
6. i	7. d	8. g	9. a	10. e

## Role Play

### Role A – Dealing with Diseases

You think dealing with diseases is the biggest challenge. Tell the others three reasons why. Tell them why their challenges aren't as big. Also, tell the others which is the least challenging of these (and why): preventing war, overpopulation or immigration.

### Role B – Preventing War

You think preventing war is the biggest challenge. Tell the others three reasons why. Tell them why their challenges aren't as big. Also, tell the others which is the least challenging of these (and why): dealing with diseases, overpopulation or immigration.

### Role C – Overpopulation

You think overpopulation is the biggest challenge. Tell the others three reasons why. Tell them why their challenges aren't as big. Also, tell the others which is the least challenging of these (and why): preventing war, dealing with diseases or immigration.

### Role D – Immigration

You think immigration is the biggest challenge. Tell the others three reasons why. Tell them why their challenges aren't as big. Also, tell the others which is the least challenging of these (and why): preventing war, overpopulation or dealing with diseases.

## Speaking – Challenges

Rank these with your partner. Put the biggest challenges at the top. Change partners often and share your rankings.

- |                  |                |
|------------------|----------------|
| • Diseases       | • Obesity      |
| • Preventing war | • Hypertension |
| • Overpopulation | • Cybercrime   |
| • Global warming | • Immigration  |

### Answers – True False

1	F	2	T	3	F	4	T	5	T	6	T	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.