

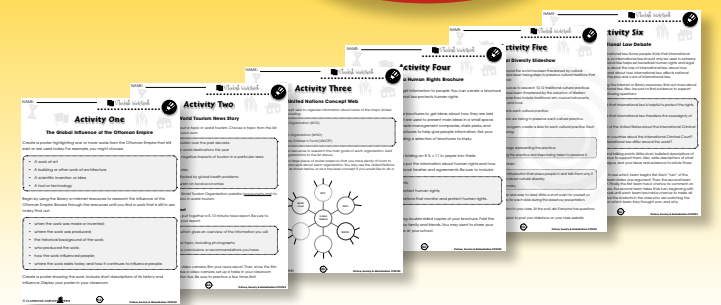
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Globalism and Health

1. Think for a moment about how a modern Western lifestyle affects people's health. For example, think about:

- inventions and technologies in medicine and in everyday life;
- the ways in which a Western lifestyle affects how active people are;
- the foods people eat in modern Western societies.

a) List three ways that a modern Western lifestyle might help people stay more healthy.

b) List three ways that a modern Western lifestyle might harm people's health.

2. Match the term on the left to its definition on the right. You may use a dictionary to help you.

- | | | | |
|---|--------------|--|---|
| 1 | diabetes | a chronic lung disease that inflames and narrows the airways | A |
| 2 | asthma | harmful materials that are put into the environment by people | B |
| 3 | obesity | a disease in which the body does not produce or properly use insulin, a hormone needed to process sugars | C |
| 4 | preservation | the process of handling food to keep it from spoiling | D |
| 5 | pollution | a medical condition in which excess body fat builds up to the point where it harms health | E |



Globalism and Health

The spread of Western culture affects the health of people around the world. On the positive side, the spread of Western medical technologies, including vaccinations, medications, and surgical tools, has helped lessen the impact of many diseases and health problems. Even the spread of everyday tools and technologies, such as refrigeration for food preservation, has helped people around the world stay healthy. On the negative side, the spread of Western products from cigarettes to fast foods has harmed the health of many people around the world. The adoption of a Western diet puts people at risk for diabetes and obesity. The development of industry harms the quality of the air and water in a region, putting people at risk for pollution-related diseases, such as asthma and heart disease. Also, as a society becomes more developed, people become less active. People walk less and depend more on vehicles for transportation. Tasks that once involved physical labor, such as washing clothes, are more likely to be done by a machine. A less active lifestyle can lead to ongoing, or **chronic**, health problems.



What diseases are related to pollution?

The Spread of Infectious Diseases

Hundreds of millions of people travel from country to country around the world each year. This creates the possibility of the quick spread of **infectious** diseases, or diseases that spread from person to person by contact or through the air. A **disease epidemic** occurs when there are more cases of that disease than normal. A **pandemic** is a worldwide epidemic of a disease. Officials at the World Health Organization (WHO) monitor the spread of infectious diseases, such as influenza and smallpox, and issue alerts and advice to governments to help contain the spread of epidemics. During an epidemic or pandemic, people may be asked to wear face masks, avoid congregating at social events, such as musical performances, and to restrict travel to certain areas. Officials may also **quarantine** infected people, asking them to stay home or in separate areas of hospitals.



Students Protecting Themselves with Face Masks



Globalism and Health

1. Write each term beside its meaning.

disease	infectious	epidemic	pandemic
quarantine	chronic	refrigeration	WHO

- | | |
|----------------------|---|
| <input type="text"/> | a) an ongoing medical condition that lasts a long time |
| <input type="text"/> | b) a condition that harms health |
| <input type="text"/> | c) the practice of keeping foods at a low temperature to prevent spoiling |
| <input type="text"/> | d) a disease that can be passed from person to person |
| <input type="text"/> | e) the organization that monitors the spread of infectious diseases around the world |
| <input type="text"/> | f) when there are more cases of that disease than normal |
| <input type="text"/> | g) the practice of keeping infected people away from others to slow the spread of an infectious disease |
| <input type="text"/> | h) a worldwide epidemic of a disease |

2. Circle the chronic health problems that can be caused by a Western lifestyle. Underline the infectious diseases.

asthma

obesity

influenza

smallpox

heart disease



Conduct a United Nations Meeting

Conduct a meeting of the United Nations in your classroom about an important issue related to globalization, for example, health, the environment, the protection of indigenous peoples, or human rights.

First, use the library or internet resources to research how the United Nations and its subgroups conduct meetings on important issues, such as drafting treaties. If possible, watch news coverage of a United Nations meeting. Find out about:

- How nations are represented. Does each nation get one or more representatives? Who are they, for example, are they ambassadors or members of a national government?
- How are representatives of nations seated? Is there a system for ranking members according to how their nations are affected by the issue at hand?
- What is the protocol for allowing each representative to speak? In what order do they speak? Do they all get an equal amount of time? In what languages do they speak? How are speakers translated so that representatives from different nations can understand each other?
- What is the outcome of the meeting? For example, does the meeting result in a draft treaty, a list of recommendations, or some other product?

Then, work with your classmates to choose a topic of interest. You may wish to brainstorm a list and vote. Possible topics include:

- drafting a treaty to protect an environmental commons
- creating recommendations for the protection of mother languages
- creating recommendations to deal with epidemics and pandemics
- drafting additions to human rights law

Allow each student to select a nation to represent. Do some background research about each nation to determine how that nation would be affected by the chosen topic. Write a short speech outlining how the nation is affected, what position the nation takes on the issue, and what the nation would like to see in the treaty or recommendations.

Conduct the meeting. Allow each student to make his or her speech. Follow with a debate or discussion. Finally, create a draft of the final document.



Crossword Puzzle!

Across

- the sharing of goods, ideas, culture, systems of government amongst people from different parts of the world
- European formed _____ empires beginning in the 15th century
- a global epidemic
- a mother _____ is passed down from parents to children
- native
- an agreement between nations
- a disease passed from person to person

Down

- the increase in earth's average temperature
- to move from one region or nation to another
- Islamic art and architecture flourished in the _____ Empire
- the spread of Western culture around the world has led to cultural _____
- rights afforded to all people around the world by international law
- things from nature that people and other living things need to survive
- travel for leisure
- a series of trade routes across Asia, the Middle East, North Africa, and Europe



Word List

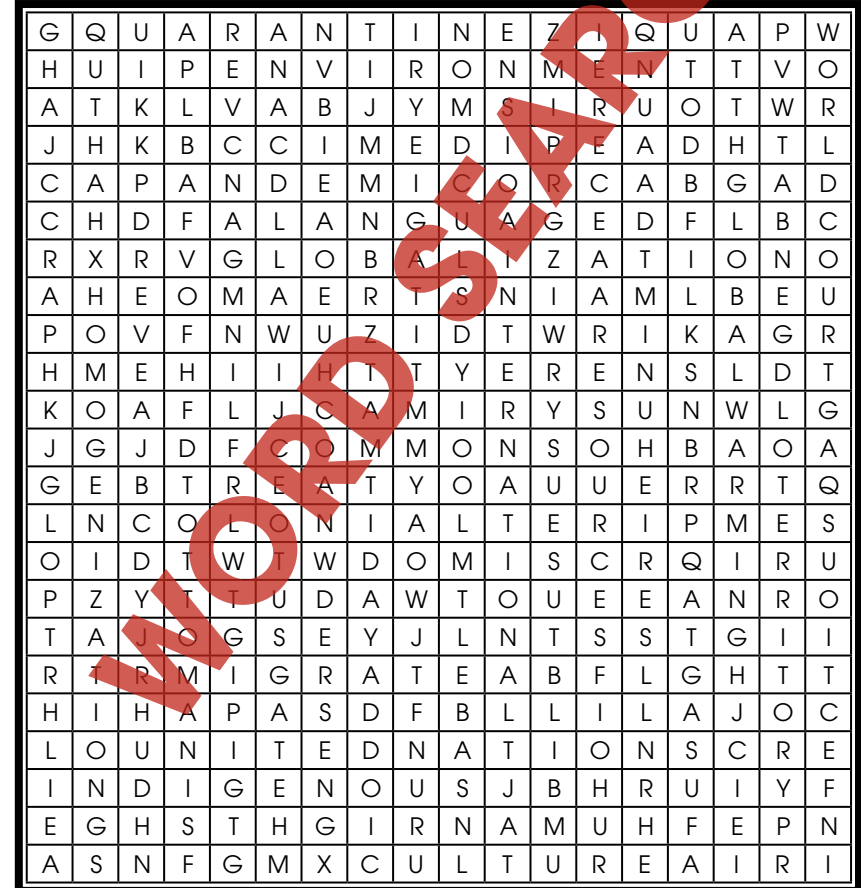
- | | | | |
|----------------|--------------|-----------|-----------|
| colonial | human rights | migrate | Silk Road |
| global warming | indigenous | Ottoman | tourism |
| globalism | infectious | pandemic | treaty |
| homogenization | language | resources | |



Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- | | | | | |
|-------------|----------------|---------------|------------|----------------|
| chronic | epidemic | indigenous | Ottoman | tourism |
| Colonial | global | infectious | pandemic | treaty |
| commons | global warming | international | quarantine | United Nations |
| culture | globalization | language | resources | World Court |
| empire | homogenization | mainstream | territory | WTO |
| environment | human rights | migrate | | |



Comprehension Quiz

Part C

Answer each question in complete sentences.

- Explain the role of the Silk Road in historical globalization. 4

- Describe two potential problems for indigenous people that are caused by globalization. 2

- Describe two ways that globalization affects people's health. 2

- Explain the role of international treaties in the protection of environmental commons. 4

Globalism and Health

Pandemics & Epidemics



West Nile Virus



Foot & Mouth Disease



Swine Flu

Global Impacts of the Western Diet



Asthma



Heart Disease



Obesity



Globalism and Health



3. a) On the spaces provided, explain why people may be more likely to get certain chronic health problems because of globalization.

b) On the spaces provided, explain why the spread of infectious diseases may occur more quickly because of globalization, and describe ways in which people can help slow the spread of an infectious disease during a pandemic.

Research

4. How can you stay healthy in a globalized world? Use the library or internet to research how people in Westernized societies can avoid common chronic health problems and infectious diseases. Find out about:

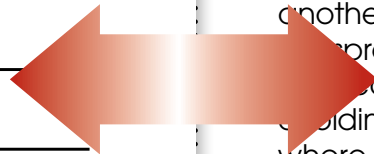
- How to make healthy food choices;
- The amount of physical activity needed to stay healthy, and some ways to stay active;
- How to avoid pollution problems, and ways communities can work together to clean up a polluted environment;
- Ways to avoid catching or passing infectious diseases.

Using this information, create a poster to teach people ways to stay healthy in our society. Display the posters around your school to help inform others.

3.

a) Answers will vary but may include lack of physical activity, eating too much fast or processed food, pollution.

b) Answers will vary but may include people traveling more and carrying diseases from one place to another; slowing spread of disease by avoiding places where people congregate, staying home while you are sick.



EASY MARKING ANSWER KEY

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