**Listening Exercise 112**

Editorial, **Audio Transcript (1 minute 46 seconds)**

**¡Siempre al frente! ☺**

Guidelines:

1. Review the questions
2. Play the audio twice in repetition (click on the icon)
3. Attempt to answer the questions.
4. Review the transcript to gauge comprehension
5. Listen to the audio a third and fourth time while simultaneously reading the transcript
6. Refer to the answers, vocabulary and translation to clarify doubts and uncertainties



**Questions:**

1. Which is/are the main point(s) of this editorial about health:
   1. Care and prevention
   2. Costs
   3. Hospitals
   4. Both A & B
2. Which is the key component for improving healthcare?
   1. Adequate budgets
   2. Modern hospitals
   3. Efficient health system
   4. Healthy lifestyle
3. What is the immediate threat to the health of the population?
   1. An epidemic
   2. The government
   3. Big business
   4. Poverty
4. There is a proposal to limit what?
   1. Hospital size
   2. Large soda drinks
   3. Junk food advertising
   4. Medical consults
5. Aside from better quality health care systems, why are other countries healthier?
   1. Exercise
   2. Health food
   3. Weight
   4. Environment
6. What is it that government, business, and society must do together for improved health?
   1. Become involved
   2. Create personal health accounts
   3. Make time-off a habit
   4. Prevent frequent change
7. From reading the transcript, the verbs in the editorial are in the present tense, with a few exceptions. Write the four verbs from the text that are conjugated in either the past, future, or subjunctive.
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Salud, tarea colectiva** | **Health, a collective task** |
| Una enfermedad o un accidente de una sola persona puede llevar a toda una familia de clase media o baja al desastre económico. Por eso se necesita que el mayor número de personas posible cuente con seguro médico. El reto en todo el mundo, sin embargo, ha sido lograr un sistema de salud amplio, con calidad y cuyas exigencias no quiebran las arcas públicas. | The illness or accident of just one person can lead a whole middle class or poor family to economic disaster. So, as many people as possible need to have medical insurance. The challenge everywhere, however, has been to create a large, quality health system whose demands don’t break the public coffers. |
| Además, no hay olvidar: más allá de las mejoras posibles al sistema de salud, nunca habrá hospitales, médicos y presupuesto suficientes mientras la población esté estancada en prácticas habituales que deterioran su salud de manera prematura. | Besides, don’t forget: beyond any possible improvements to the health system, there will never be enough hospitals, doctors and budgets while people have habits that impair their health prematurely. |
| México es el país con el mayor problema de diabetes en América Latina y el séptimo peor en el mundo. Tiene los más preocupantes índices de obesidad y sobrepeso. | Mexico is the country with the biggest problem of diabetes in Latin America and the seventh worst in the world. It has the most worrying rates of obesity and being overweight. |
| Se han establecido ya medidas fiscales y en centros escolares para inhibir el consumo de carbohidratos y se plantean también límites a la publicidad de dichos productos, en cuya discusión habrá que incluir a las compañías. Es apenas el inicio. | They have already taken tax measures and in schools to inhibit carbohydrate intake and they also propose limits on the advertising of such products, the discussion of which should include those companies. It’s just the beginning. |
| El presidente Peña propuso una Estrategia Nacional para la Prevención y Control de la Obesidad y Diabetes. La sola intención es loable. Urge atender estos males que se han convertido en la gran epidemia del siglo XXI. | President Peña proposed a National Strategy for Prevention and Control of Obesity and Diabetes. The mere intent is laudable. Its urgent to address these ills that have become the major epidemic of the XXI century. |
| La razón por la que otras naciones de primer mundo son más longevas no se debe sólo a la calidad de sus atenciones a los enfermos, sino al hecho de que la obesidad, entre otras afecciones relacionadas con la alimentación y el estilo de vida, es minúscula en comparación con países como México. | The reason why other nations of the first world live longer is not only due to the quality of their care for the sick, but to the fact that obesity, among other conditions related to diet and lifestyle, is miniscule compared to countries like Mexico. |
| Cambiar hábitos y crear una cultura de la prevención es menos costoso para la persona y para el Estado. Hacia allá se debe caminar con todos los sectores involucrados: gobierno, sociedad y empresarios. | Changing habits and creating a culture of prevention is less costly for the individual and for the state. That is the way to go with all involved: government, society and business. |

**Vocabulary**

Exigencia demand, requirement

arcas públicas public coffers, funds

presupuesto budget

estancada stanant, standing

índices rates

fiscales taxes

inhibir inhibit

plantean propose, raise

loable laudable, commendable

longevas live longer, long lived

minúscula miniscule

involucrados involved, engaged