
Health Vocabulary

Collocations



1. **to be prone to obesity** - to be likely to become fat [in an unhealthy way]

[tu: bi: prəʊn tu: əʊ'bi:sɪtɪ]

EX. Children who are addicted to watching television, instead of playing outdoor games, are more prone to obesity.



2. **eating disorders** - problems which occur when people are unhappy with their bodies, and therefore eat far too much or far too little.

[ˈiːtɪŋ dɪsˈɔːdəs]

EX: *Advertising tells women that they should have bodies like supermodel celebrities, and this sometimes leads to **eating disorders** such as anorexia or bulimia.*



3. **safe hygiene standards** - a safe level of keeping yourself, living areas or working areas clean in order to prevent illness and disease.

[seɪf 'haɪdʒiːn 'stændəds]

*EX: Maintaining **safe hygiene standards** in hospitals, homes and workplaces is a simple and inexpensive way to combat the spread of diseases.*



4. **to keep their teeth healthy** - to take care of their teeth by cleaning them regularly.

[tu: ki:p ðeə ti:θ 'helθɪ]

EX. *Advertisements encourage youngsters to brush their teeth several times a day in order to keep their teeth healthy.*



5. sedentary lifestyle - involving little exercise or physical activity.

['sed(ə)nt(ə)rɪ 'laɪfstɑɪl]

EX. A sedentary lifestyle is a major factor in health problems such as obesity and heart disease.



6. healthy eating habits – eating healthy food at regular times of the day.

['helθɪ 'i:tɪŋ 'hæbɪts]

*EX. Health education involves teaching people about **healthy eating habits**, such as regular mealtimes and eating fruit and vegetables every day.*



7. to take regular exercise – to do some physical activity on a regular basis.

[tu: teɪk 'regjələ 'eksəsaɪz]

EX: Authorities should encourage people of all ages to take regular exercise by providing facilities in each community.



8. the outbreak of an epidemic - a large number of diseases occurring at the same time in a particular community.

[ðɪ: 'aʊtbreɪk ɒv æn epɪ'demɪk]

EX: A lack of government programs for vaccination and regular health care may lead to the outbreak of an epidemic, particularly in developing countries.



9. a fitness regime – a method or routine of taking regular exercise.

['fɪtnɪs rɛɪ'zi:m]

EX: Even elderly people can adopt a fitness regime by taking light exercise such as walking or jogging.



10. preventive medicine - practices of healthcare intended to try to stop illnesses.

[prɪ'ventɪv 'meds(ə)n]

EX: An emphasis on preventive medicine will result in a healthier population and reduced costs for medical treatment.



11. **alternative healthcare** - a term used by many western countries to describe more traditional types of healthcare that do not involve operations and pharmaceutical drugs.

[ɔ:l'tɜ:nətɪv 'helθkɜ:]

*EX: Naturopathy is a form of **alternative healthcare** which treats illness and diseases using natural foods, herbs and other techniques.*



12. **public health services** – the agencies funded by the government to protect and promote the health of the population.

[ˈpʌblɪk helθ ˈsɜːvɪsɪz]

EX: I would argue that funding for public health services should be the main priority of all governments.



13. **primary health care** - the medical treatment that you receive first when you are sick or ill, for example from your doctor or local clinic.

['praɪməɪ helθ keə]

*EX: Developing countries must allocate resources to establish **primary health care** clinics in rural areas and overcrowded city districts.*



14. to build up one's immune system/ immunity–to increase the ability of your body to fight diseases.

[tu: bɪld ʌp wʌn'es ɪ'mju:n 'sɪstɪm/ ɪ'mju:nɪtɪ]

EX: A healthy lifestyle and a diet rich in vitamins is a sure way to build up one's immune system.



15. **mental health problems** - related to illnesses of one's mind.

[mentl helθ 'prɒbləmz]

EX. Overwork may sometimes result in mental health problems, such as anxiety and depression.



16. **to offer emotional support** - to give counselling to a person who is suffering from a mental health problem.

[tu: 'ɒfə ɪ'mæʃjənəl sə'pɔ:t]

EX: Some schools in Europe now offer emotional support to pupils who are the victims of bullying.

Health Idioms.

1. Alive And Kicking

Meaning: In good health despite health problems.

Example: *I had coronary bypass surgery last winter, but I'm **alive and kicking!***

2. As fit as a fiddle

Meaning: To be healthy and physically fit

Example: *My grandfather is ninety years old, but he is as fit as a fiddle.*

3. As pale as a ghost

Meaning: Extremely pale

Example: *My grandfather was as pale as a ghost when he entered the hospital.*

4. As pale as death

Meaning: Extremely pale

Example: *The woman in the hospital waiting room was as pale as death.*

5. Back on one's feet

Meaning: Physically healthy again.

Example: *My mother is back on her feet after being sick for two weeks.*

6. Be on the Mend

Meaning: Be improving after an illness.

Example: *I was in the hospital for a week after I contracted malaria, but now I'm back home, and I'm on the mend.*

7. Bitter pill to swallow

Meaning: An unpleasant fact that one must accept

Example: Losing the election was a **bitter pill to swallow** for the candidate.

8. Black-and-blue

Meaning: Bruised, showing signs of having been physically harmed

Example: *My arm was **black-and-blue** after falling down the stairs.*

9. Break out in a cold sweat.

Meaning: To perspire from fever or anxiety

Example: *I usually **break out in a cold sweat** when I have to make a speech.*

10. Catch one's death of cold

Meaning: To become very ill (with a cold/flu etc.)

Example: The little boy was *told to be careful in the rain or he would **catch his death of cold**.*