

## SDGs Goal 3: Good Health and Well-being

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TARGET 3-5

PREVENT AND TREAT  
SUBSTANCE ABUSE

**Target 3.5:** Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.

### Reading Section

#### A.

Read the following basic information of Goal 3

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Goal 3 aims to ensure healthy lives and promote well-being for all, at all ages. Health and well-being are important at every stage of one's life, starting from the beginning. This goal addresses all major health **priorities**: reproductive, maternal, newborn, child and **adolescent** health; communicable and non-communicable diseases; universal health coverage; and access for all to safe, effective, quality and affordable medicines and vaccines.

SDG 3 aims to prevent needless suffering from preventable diseases and **premature** death by focusing on key targets that boost the health of a country's overall population. Regions with the highest burden of disease and neglected population groups and regions are priority areas. Goal 3 also calls for deeper investments in research and development, health financing and health risk reduction and management.

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Choose the correct answer for the following words from one to four.

Priority 1) 優先 2) 好み 3) 目標 4) 前提

Adolescent 1) 適した 2) 高齢者の 3) 正しい 4) 青少年の

Premature 1) 危機的な 2) 残酷な 3) 時期尚早の 4) 防ぐことのできる

コメントの追加 [1]: You should give English answers.  
The aim is for this to be used worldwide.

*Answer the following questions*

1. State two of the main priorities mentioned in the text.  
(There are not just two answers, but choose two of your favorites out of many)
  2. What is the purpose of sdgs3?
  3. Which areas are prioritized?
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## **B.**

*Read the following text and answer the questions*

### **Effects of Drugs and Alcohol on the Body**

Most drug and alcohol abusers turn to those substances for their effects on the body and mind. However, what few early abusers realize is the long-lasting effects of drugs and alcohol on the body. Of course, no one goes into taking a drug wanting the long-term adverse effects. Drug and alcohol abuse can also cause damage to other organs like the skin, liver, kidneys, and stomach. Each drug enters the body in a different way – inhalation, injection, ingestion – all of which affect how the drug will change your body.

A common effect on the body as a result of drug or alcohol abuse is bodily injury. Injuries can occur in many ways. Substances like alcohol can lead to tripping from a loss of balance, injuries from a fight instigated by aggression, or even severe trauma or death if a vehicle is involved. Drugs like meth, cocaine, crack, and bath salts can all cause aggression which can lead to unintentional accidents, injuries as a result of fights, and domestic violence. Of course, an overdose of any drug or substance can lead to death.

Apart from bumps, bruises, and more severe injuries you incur as a result of being under the influence, several things are going on inside your body which can lead to long-term, permanent damage. In the short term, drug abuse can cause nausea and vomiting, plus abdominal pain. In the long run, cocaine can lead to more abdominal pain and bowel tissue decay.

With alcohol and drug abuse, your liver will have to work overtime to metabolize those substances and detoxify the chemicals. This overworking can lead to severe liver damage or failure.

With extended drug and alcohol abuse, your immune system is weakened, leaving your body open to viruses and infections.

While the short-term effects of getting that high are tempting, you must consider the long-term effects drugs and alcohol are having on your body. There are hundreds of people who recover from their addictions and live clean, healthy lives.

[Effects of Drugs and Alcohol on the Body - The Health Science Journal](#)

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*Answer the following questions **T**True or **F**False.*

1. A lot of people understand the long-term effects of drugs and alcohol on the body.
2. There is more than one way drugs can enter the body.
3. Injuries that are physical effects of drug or alcohol abuse invariably result in death.
4. Drug abuse can cause negative effects both inside and outside the body.

*Answer the following questions*

1. What effects do substances such as alcohol have?
2. What are the short-term effects that happen as a result of drug abuse?
3. What part of the body is overworked in alcohol and drug abuse?  
And what could it possibly lead to?

## Listening Section

Listen to the URL video and choose the right answer for each of the following.

You can listen twice.

<https://www.youtube.com/watch?v=6i51aW405e8&t=1152s>

(19:12 - 21:38)

**Q1.** What substance abuse's dependence includes? (Choose two)

- 1) Physical
- 2) Theological
- 3) Biological
- 4) Psychology

**Q2.** Fill in the blanks.

It is notable that substance abuse is seen as a 1)\_\_\_\_\_ issue in the 2030 agenda. This is because in many countries it is treated more as a 2)\_\_\_\_\_ issue despite all the evidence pointing to the fact that addressing it is best done in the health system.

health, criminal, disaster, environment

**Q3.** How many people use drugs in 2018?

- 1) 30 million
- 2) 269 million
- 3) 192 million
- 4) 71 million

**Q4.** What substance is the most used worldwide?

- 1) Opioid
- 2) Cannabis
- 3) MDMA
- 4) Cocaine

**Q5.** What substance is the most harmful?

- 1) Opioid
- 2) Cannabis
- 3) MDMA

4) Cocaine

**Q6.** Answer the following questions **True** or **False**.

Drug use has increased far more rapidly among developed countries than developing countries.

## Writing Section (20 point)

Read the following sentence and instruction.

TARGET 3: Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.

GLOBAL INDICATOR: Coverage of treatment interventions (pharmacological, psychosocial and rehabilitation and aftercare services) for substance use disorders and alcohol per capita consumption (aged 15 years and older) within a calendar year in liters of pure alcohol.

\*Global indicator is criteria to measure progress in achieving targets.

[JAPAN SDGs Action Platform](#) | [外務省\(mofa.go.jp\)](#)

- Write what you consider to be a global indicator and why in 150 to 200 words.

## Speaking section (20 point)

State your opinion on the following question. You can speak for a maximum 2 minutes.  
And you have 1 minute to think of what you would say.

- Why is good health and well-being so important?

[Why is good health and well-being so important? – Wise-Answer](#)

コメントの追加 [2]: Unnecessary and a bit of a dodgy site.

# Answers

## Reading

A.

1) 1 2) 4 3) 3

1) Reproductive, maternal, newborn, child and adolescent health; communicable and non-communicable diseases; universal health coverage; and access for all to safe, effective, quality and affordable medicines and vaccines

(If you choose two of these, you are correct.)

2) To ensure healthy lives and promote well-being for all, at all ages.

3) Regions with the highest burden of disease and neglected population groups and regions are priority areas

B.

1. F

2. T

3. F

4. T

1. Substances like alcohol can lead to tripping from a loss of balance, injuries from a fight instigated by aggression, or even severe trauma or death if a vehicle is involved.

2. nausea and vomiting, plus abdominal pain

3. liver  
severe liver damage or failure

## Listening

Q1. 1) Physical, 4) Psychology

Q2. 1) health 2) criminal

Q3. 2) 269 million

Q4. 2) Cannabis



Q5. 1) Opioid

Q6. F

## **Writing**

If you do not write more than one logical example and more than 150 words, you can lose 20 point of this part. If you make one grammar mistake, you would lose 2 points.

## **Speaking**

If you can speak like the following sentence, you can pass through this part.

• Good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress, as healthy populations are more productive, save more and live longer. However, if you made a grammar mistake ,you would lose 2 points.