

# EDITORIAL WORDS

LEARNING ENGLISH & IMPROVING VOCABULARY

## WORD LIST 2 (11 MAR, 2026)

1. **catch them young (phrase)** – to intervene or educate children at an early stage; target early, train young, shape early, guide early, engage prematurely, mentor young, influence prematurely.
2. **obese (adjective)** – excessively overweight in a way that is unhealthy; corpulent, fleshy, heavy, plump, stout, chubby.
3. **obesity (noun)** – the condition of being excessively overweight in a way that is unhealthy; fatness, corpulence, stoutness, heaviness.
4. **keep away (phrasal verb)** – avert, avoid, ward off, stave off.
5. **acquire (verb)** – get, attain.
6. **perverse (adjective)** – contrary to what is accepted or expected; abnormal, contradictory, illogical, distorted.
7. **slant (noun)** – a particular point of view or perspective; angle, viewpoint, bias, leaning.
8. **grapple with (phrasal verb)** – tackle, confront, deal with, face.
9. **galloping (adjective)** – increasing or developing rapidly; rapidly growing, escalating, accelerating, snowballing.
10. **non-communicable diseases (noun)** – medical conditions that are not transmissible directly from one person to another; chronic diseases, lifestyle diseases, non-infectious illnesses.
11. **epidemic (noun)** – a sudden, widespread occurrence of a particular undesirable phenomenon; outbreak, scourge.
12. **gamut (noun)** – the complete range or scope of something; spectrum, range, sweep, compass.
13. **metabolic diseases (noun)** – disorders that disrupt the normal metabolic processes of the body; metabolic disorders, metabolic syndromes, systemic illnesses.
14. **advancing age (noun)** – the process of growing older; aging, elderliness, seniority.
15. **World Obesity Atlas 2026 (proper noun)** – an annual report providing global obesity trends; obesity report, global health index,.
16. **shocker (noun)** – something that causes sudden surprise or dismay; bombshell, revelation, surprise, blow.
17. **World Obesity Day (March 4) (proper noun)** – an annual global campaign to raise awareness about obesity; obesity awareness day.
18. **body mass index (BMI) (noun)** – a medical standard used to measure body fat based on height and weight; weight-to-height ratio.
19. **BMI rate (noun)** – the specific numerical value of a person's Body Mass Index.
20. **suggest (verb)** – indicate, show, point to, imply, demonstrate.
21. **chronic (adjective)** – persisting for a long time or constantly recurring; persistent, long-term, long-lasting, prolonged.
22. **chronic illnesses (noun)** – health conditions that last for an extended period; long-term diseases, persistent conditions, prolonged ailments, enduring maladies.
23. **hypertension (noun)** – a medical condition characterized by abnormally high blood pressure; high blood pressure, arterial hypertension, cardiovascular stress, elevated blood pressure.
24. **cardiovascular (adjective)** – relating to the heart and blood vessels; heart-related, circulatory, vascular, cardiac.
25. **due to (phrase)** – as a result of something; because of, owing to, attributable to.
26. **tail (verb)** – follow, track, shadow, pursue.
27. **attendant (adjective)** – occurring with or as a result of something; accompanying, associated, related, linked.
28. **unacceptably (adverb)** – intolerably, unreasonably, unsatisfactorily, inappropriately.

### Note:

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29. **off the charts (phrase)** – at a very high or unexpected level; extremely high, record-breaking, extraordinary, unprecedented.
30. **indicator (noun)** – sign, signal, measure, index.
31. **attribute (verb)** – ascribe, assign, accredit, connect.
32. **hyperglycaemia (noun)** – an excess of glucose in the bloodstream; high blood sugar, elevated glucose, blood sugar spike, excess sugar.
33. **metabolic dysfunction-associated steatotic liver disease (MASLD) (noun)** – a condition characterized by a buildup of fat in the liver linked to metabolic dysfunction; fatty liver disease, hepatic steatosis, metabolic liver disorder, lipid-induced hepatopathy.
34. **metabolic (adjective)** – relating to the chemical processes that occur within a living organism; metabolic-related, energy-processing, biochemical, cellular.
35. **dysfunction (noun)** – an abnormality or impairment in the operation of a specified bodily organ or system; impairment, breakdown, malfunction, failure.
36. **steatotic (liver) (noun)** – an organ characterized by the abnormal retention of fat; fatty liver, lipid-filled liver, steatotic organ, fat-infiltrated liver.
37. **project (verb)** – forecast, predict, estimate, calculate.
38. **substantially (adverb)** – to a great extent; significantly, considerably, materially, largely.
39. **adult-onset (adjective)** – referring to a disease manifesting in adulthood; late-onset, adult-acquired, non-juvenile, mature-onset.
40. **onset (noun)** – the beginning of something, especially something unpleasant; beginning, start, commencement, inception.
41. **broadly (adverb)** – generally, mainly, largely.
42. **categorise (verb)** – classify, group, sort, bracket.
43. **insufficient (adjective)** – not enough; inadequate, deficient, lacking, sparse.
44. **consumption (noun)** – the action of eating or drinking something; intake, eating, drinking, ingestion.
45. **sub-optimal (adjective)** – of less than the highest standard or quality; less than ideal, inadequate, substandard, inferior.
46. **breast feeding (noun)** – suckling, lactation, maternal feeding.
47. **stem (verb)** – halt, stop, check, curb.
48. **tide (noun)** – a powerful trend of events; trend, current, wave, movement.
49. **stem the tide (phrase)** – to stop something from increasing or continuing; halt the decline, stop the flow, check the growth, arrest the spread.
50. **growing (adjective)** – increasing, expanding, rising, mounting, escalating.
51. **World Obesity Federation (proper noun)** – an international organization leading global efforts to combat obesity.
52. **call for (phrasal verb)** – demand, request, require, urge.
53. **emphasis (noun)** – special importance or prominence given to something; importance, significance, stress, weight.
54. **monitoring (noun)** – observation, surveillance, tracking, supervision.
55. **in terms of (phrase)** – with regard to; regarding, concerning, with respect to, as regards.
56. **sugar levy (noun)** – a tax placed on sugary drinks or foods; sugar tax, sweet tax, dietary surcharge, sugar duty.
57. **levy (noun)** – an act of imposing or collecting a tax; tax, tariff, duty, toll.
58. **sincere (adjective)** – genuine, honest.
59. **implementation (noun)** – execution, application, enforcement, realization.
60. **global physical activity (noun)** – overall bodily movement and exercise undertaken by

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- populations worldwide; worldwide fitness, physical exertion.
61. **mandatory (adjective)** – compulsory, obligatory, binding, essential.
  62. **besides (preposition)** – in addition to; apart from, other than, excluding, as well as.
  63. **primary health (noun)** – the basic healthcare provided to individuals in a community; basic health, fundamental health, core well-being, primary care.
  64. **worrisome (adjective)** – causing anxiety or concern; alarming, troubling, disturbing, concerning.
  65. **associate with (phrasal verb)** – link to, connect with, relate to, pair with.
  66. **catch up (phrasal verb)** – level up, draw level, keep pace, match.
  67. **head towards (phrasal verb)** – move towards, proceed towards, point towards, aim for.
  68. **grey path (noun)** – a trajectory leading toward an aging demographic or uncertain future; aging trajectory, dismal future, grim course, uncertain path.
  69. **hollow out (phrasal verb)** – undermine, deplete, gut, erode.
  70. **the way out (noun)** – a method or means of resolving a difficult situation; solution, exit, answer, remedy.

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