

2024 年度

学校推薦型選抜

長野県立大学

健康発達学部

食健康学科

小論文

(90 分)

注意事項

- 1 試験開始の合図があるまで、この問題冊子を開いてはいけません。
- 2 問題冊子は 8 ページあります。解答用紙は 2 枚、下書き用紙は 1 枚あります。
- 3 試験開始の合図後、まず、問題冊子、解答用紙の落丁、乱丁、印刷不鮮明等がないか確認し、気付いた場合は、手を挙げて監督者に知らせてください。
- 4 試験開始後、受験番号、氏名を解答用紙の所定欄（解答用紙 1 枚につき、受験番号 2 箇所、氏名 1 箇所）に記入してください。
- 5 試験開始後は、原則として、試験が終了し退出許可が出るまで退出できません。
- 6 解答は、解答用紙の指定された箇所に、横書きで記入してください。
解答用紙にアルファベット、算用数字を記入する場合、1 マスに 2 文字ずつ入れてください。（ただし、字数が奇数の場合は、末尾の 1 文字は 1 マスに入れてください。）
- 7 解答用紙は持ち帰らないでください。
- 8 試験終了後、問題冊子および下書き用紙は持ち帰ってください。

問題 次の文章（英文）を読んで、問1 および問2 に答えなさい。

People worldwide are living longer. Today most people can expect to live into their sixties and beyond. Every country in the world is experiencing growth in both the size and the proportion of older persons in the population.

By 2030, 1 in 6 people in the world will be aged 60 years or over. At this time the share of the population aged 60 years and over will increase from 1 billion in 2020 to 1.4 billion. By 2050, the world's population of people aged 60 years and older will double (2.1 billion). The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million.

While this shift in distribution of a country's population towards older ages – known as population ageing – started in high-income countries (for example in Japan 30% of the population is already over 60 years old), it is now low- and middle-income countries that are experiencing the greatest change. By 2050, two-thirds of the world's population over 60 years will live in low- and middle-income countries.

A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole. Additional years provide the chance to pursue new activities such as further education, a new career or a long-neglected passion. Older people also contribute in many ways to their families and communities. Yet the extent of these opportunities and contributions depends heavily on one factor: health.

Evidence suggests that the proportion of life in good health has remained broadly^(註1) constant, implying that the additional years are in poor health. If people can experience these extra years of life in good health and if they live in a supportive environment, their ability to do the things they value will be little different from that of a younger person. If these added years are dominated by declines in physical and mental capacity, the implications^(註2) for older people and for society are more negative.

Although some of the variations in older people's health are genetic^(註3), most is due to people's physical and social environments – including their homes and communities, as well as their personal characteristics – such as their sex, ethnicity^(註4), or socioeconomic^(註5) status. The environments that people live in as children – or even as developing fetuses – combined with their personal characteristics, have long-term effects on how they age.

There is no typical older person. Some 80-year-olds have physical and mental capacities similar to many 30-year-olds. Other people experience significant declines in capacities at much younger ages. A comprehensive public health response must address this wide range of older people's experiences and needs.

The diversity^(注6) seen in older age is not random. A large part arises from people's physical and social environments and the impact of these environments on their opportunities and health behavior. The relationship we have with our environments is skewed^(注7) by personal characteristics such as the family we were born into, our sex and our ethnicity, leading to inequalities^(注8) in health.

Older people are often assumed to be frail or dependent and a burden to society. Public health^(注9) professionals, and society as a whole, need to address these and other ageist attitudes^(注10), which can lead to discrimination, affect the way policies are developed and the opportunities older people have to experience healthy aging.

出典 : World Health Organization, "Ageing and health" 1 October 2022

<https://www.who.int/news-room/fact-sheets/detail/ageing-and-health> (抜粋、一部改変)

注1 broadly : おおまかに、広く、ほぼ

注6 diversity : 多様性、種々、雑多

注2 implication : 影響、密接な関係

注7 skewed : 歪んだ、斜めの、曲がった

注3 genetic : 遺伝学の、遺伝の

注8 inequality : 不平等、不公平、不当

注4 ethnicity : 民族性、民族意識

注9 public health : 公衆衛生

注5 socioeconomic : 社会経済的な

注10 ageist attitudes : 年齢を重視する態度

問1 本文の内容を踏まえ、長生きすることの有用性を80文字以内の日本語で述べなさい。

問2 本文の内容を踏まえ、今後の超高齢社会において、あなたが効果的だと考える支援について600文字以内の日本語で述べなさい。

