

Passage 1 (Questions 1-7)

In the second half of the twentieth century, as the threat of communicable diseases receded, public medicine turned its attention to preventing and treating health problems that were not caused by germs. The death rates for chronic heart disease, in particular, seemed to be soaring after World War II. Some observers cautioned that the apparent increase might be the result of diagnostic advances, which had improved doctors' ability to detect heart ailments. However, this possibility failed to deter the press and advocacy groups like the American Heart Association from declaring the arrival of a frightening epidemic.

One theory blamed the problem on the American diet, and specifically on cholesterol—both the kind that you ingest when you eat animal products and the kind that your body produces when you eat saturated fats. After all, cholesterol is one component of the plaque that clogs arteries and causes heart attacks. But isolating the true causes of coronary disease proved elusive. In addition to diet, multiple factors were potential contributors, including genetics and personal habits such as smoking. Numerous studies on diet proved so inconclusive that, in 1969, the National Institutes of Health found no hard evidence that what people ate had a significant impact on heart disease.

Nevertheless, in the 1970s, the Select Committee on Nutrition and Human Needs decided to fight the apparent epidemic by making nutritional recommendations. Settling on the unproven theory that cholesterol was behind heart disease, the committee issued its guidelines in 1977. The guidelines urged people to reduce the fat that they consumed, principally by eating less meat and consuming fewer dairy products. The committee also advised raising carbohydrate intake and cutting one's intake of cholesterol by a quarter.

Some of the country's leading researchers spoke out against the guidelines and against population-wide dietary recommendations in general. Edward Ahrens, an expert in the chemistry of fatty substances at Rockefeller University, characterized the guidelines as "simplistic and a promoter of false hopes." Ahrens complained that the guidelines treated the population as "a homogeneous group of [laboratory] rats while ignoring the wide variation" in individual diet and blood chemistry.

The latest nutritional thinking has actually focused on carbohydrates as a potential cause of heart disease. Several studies have concluded that easily digestible carbohydrates, in particular—such as potatoes, white rice, bread from processed flour, and refined sugar—make it difficult to burn fat and also increase inflammations that can cause heart attacks.

Supporters of the guidelines have increasingly struggled to justify them, sometimes resorting to political arguments. Without clear dietary guidelines, they claim, the food industry and other special interests could lobby political leaders and influence policy in unhealthy ways. But this argument makes sense only if you assume that the government's guidelines will be any healthier. Supporters also argue that the government's success in persuading people to stop smoking, equally paternalistic, justifies its efforts to change American eating habits. But the major scientific dissenters from government dietary policy are not especially concerned with governmental paternalism, though that is a legitimate issue. They dissent because they find the government's evidence inadequate and its recommendations potentially harmful.

The best thing that the U.S. government can do to promote health is to encourage people to develop their own individually-tailored diet and exercise programs, in consultation with health-care professionals. Otherwise, public health medicine risks violating the central principle of medical ethics: First, do no harm.

Adapted from S. Malenka, *The Washington Post, City Journal* ©2011 The Manhattan Institute.

The passage implies that "some observers" (first paragraph) believed that:

- A. there was no real increase in heart disease after World War II.
- B. new diagnostic techniques were mistakenly identifying heart disease.
- C. the increase in death rates after World War II had little to do with the increase in heart disease.
- D. the increase in heart disease after World War II was somehow related to the decline in communicable disease.

Skipped

Correct Answer	Your Answer
A	
B	
C	
D	

Time Spent:
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