

i) The problem is to discuss the causes of people living longer now, focusing on the quality of health care and nutrition. These factors work together to promote overall well-being and prevent premature mortality.

b) Quality of Nutrition: Better understanding of nutritional needs, availability of a variety of nutritious foods, improved food safety standards, and awareness about the importance of a balanced diet have played a crucial role in increasing longevity. Proper nutrition supports overall health, boosts immunity, and reduces the risk of various diseases such as heart disease, diabetes, and certain types of cancer.

a) Quality of Health Care: Advances in medical technology, better access to healthcare services, increased awareness about preventive healthcare measures, and improved treatment options have contributed to people living longer. Regular health check-ups, early detection of diseases, and effective management of chronic conditions have significantly increased life expectancy.