

一项研究发现，大约三分之一的英国中年人有多种健康问题，如慢性背痛、心理健康状况不佳和高血压。

The findings come from nearly 8,000 adults taking part in the 1970 British **cohort** study that spans more than 50 years of life.

这些调查结果来自对近 8000 名成年人的研究，他们参与了 1970 年英国的一项定群研究，幅度跨越了他们人生的 50 余年。

Around one-in-three of this group of people aged 46 to 48 had two or more **chronic** health conditions – that includes issues such as **recurrent** back problems, mental ill health, and high blood pressure as well as risky drinking. Although **obesity** was not recorded as a health condition, it was measured as a possible risk factor and did appear to be linked to diabetes and high blood pressure.

在这组 46 岁至 48 岁的人群中，大约三分之一患有两种或以上的慢性健康问题，包括反复出现的背部问题、心理健康状况不佳、高血压以及危险饮酒。虽然肥胖没有被记录为一种健康问题，但仍被计为一种潜在的危险因素，而且它似乎的确与糖尿病和高血压有关。

Experts advise that even in later life, **adopting** healthy choices, such as eating a good diet, limiting alcohol intake, **quitting** smoking and getting regular exercise, can make a difference.

专家建议，即使是在晚年才开始采取健康的生活方式，如健康饮食、限制酒精摄入量、戒烟和定期锻炼，也会对健康产生积极作用。

1. 词汇表

cohort	定群的，将特定人群分组追踪观察的
chronic	慢性的
recurrent	反复出现的
obesity	肥胖
adopting	采用
quitting	戒掉（坏习惯）

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. How many people took part in the study that these new findings come from?
2. What wasn't recorded as a health issue in this study?
3. What proportion of the people studied had two or more chronic health issues?
4. What do experts say you should limit in later life to help you lead a healthier life?

3. 答案

1. How many people took part in the study that these new findings come from?

The findings come from nearly 8,000 adults taking part in the 1970 British cohort study that spans more than 50 years of life.

2. What wasn't recorded as a health issue in this study?

Obesity was not recorded as a health condition.

3. What proportion of the people studied had two or more chronic health issues?

Around one-in-three of this group of people aged 46 to 48 had two or more chronic health conditions.

4. What do experts say you should limit in later life to help you lead a healthier life?

Experts advise that even in later life, limiting alcohol intake, can make a difference.