

Link found between obesity and depression in children **科学家发现儿童肥胖与抑郁之间存在联系**

英国的一项大型研究表明，肥胖的七岁儿童长到十一岁时受情绪问题困扰的风险更高。利物浦的研究人员们发现，肥胖与心理健康密切相关，而且这一联系在整个童年时期逐渐加深。

The researchers analysed data on more than 17,000 children up to the age of 14, alongside reports from parents on their children's **emotional wellbeing**. From the age of seven, the study found **obesity** and emotional problems, such as feelings of **anxiety** and **low mood**, were closely linked and gradually increased throughout childhood.

研究人员们分析了 1.7 万多名 14 岁以下儿童的数据，同时分析了家长对孩子心理健康状况的报告。研究发现，从 7 岁开始，肥胖与焦虑、情绪低落等情绪问题之间的联系非常紧密，而且这种联系在整个童年时期逐渐加深。

Girls tended to have a higher **body mass index** and more emotional problems than boys.

The **findings** suggest that the causes of obesity are **complex** and telling children to eat less and exercise more, may not be enough to reduce childhood obesity on its own.

女孩子的体重指数往往高于男孩子，也有更多的情绪问题。研究结果显示，导致肥胖的原因是复杂的，而只靠提醒孩子们少吃多运动，可能不足以减少儿童肥胖。

1. 词汇表

emotional wellbeing	心理健康
obesity	肥胖
anxiety	焦虑
low mood	情绪低落
body mass index	体重指数
findings	研究结果，调查发现
complex	复杂的

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. True or false? *Eating less and exercising more are the only ways to reduce obesity in children.*

2. According to this research, how did obesity and emotional problems change through childhood?

3. What examples of emotional problems were mentioned in the report?

4. According to this research, what was it that girls had more of than boys?

3. 答案

1. True or false? *Eating less and exercising more are the only ways to reduce obesity in children.*

False. The findings suggest that the causes of obesity are complex, and telling children to eat less and exercise more may not be enough to reduce childhood obesity on its own.

2. According to this research, how did obesity and emotional problems change through childhood?

The study found obesity and emotional problems gradually increased throughout childhood from the age of seven.

3. What examples of emotional problems were mentioned in the report?

Examples of the emotional problems mentioned were feelings of anxiety and low mood.

4. According to this research, what was it that girls had more of than boys?

The study found girls tended to have a higher body mass index and more emotional problems than boys.