

本集内容

What we've learned from the children of the 90s 英国 90 年代儿童健康研究的启示

学习要点

有关 “studies (研究)” 的词汇

边看边答

What can be reduced by putting babies to sleep on their backs?

文字稿

We first met and filmed with Michele and her young family three decades ago.

我们第一次见到并拍摄米歇尔和她年幼的孩子们，是 30 年前的事情了。

“You don't remember that kitchen, do you?” “I do. Yeah, I do. Yeah.”

“你不记得那个厨房了吧？” “记得。对，我记得。”

She was the very first mum to sign her daughter Lindsay up to the study back in 1991.

在 1991 年，她是第一个给女儿琳赛报名参加参与这项研究的妈妈。

Michele Goulden, Test subject

I didn't really hesitate. I'd always been interested in health. I was keen to make sure that the girls, you know, were brought up eating well and being in the right kind of environment.

米歇尔·古尔登 研究对象

“当时我没有犹豫。我一直对健康感兴趣。我想让女儿们从小吃得好，并在健康的环境中成长。”

I suppose I do worry about what she eats probably more than anything...

我想她的饮食可能是我最担心的事了。

And since then, almost everything Lindsay has done has been watched and recorded – feeding into the biggest study ever done into children's health.

自那时起，琳赛所做的几乎每件事情都被观察并记录了下来，纳入有史以来规模最大的一项儿童健康研究。

Lindsay Pilgrim, Test subject

I just feel really **privileged**, to be honest, to be a part of it, and to be able to help generations to come.

琳赛·皮尔格里姆 研究对象

“说实话，我只是觉得自己很**荣幸**能成为研究的一部分，能帮助未来一代代的人。”

The professor behind the entire project still carries out research. She's eighty-one.

发起整个项目的教授仍在进行研究。她已经 81 岁了。

Professor Jean Golding, Founder, Children of the 90s study

The amount of the information we've got is world beating. Nobody's got anything like it. And as a result, all sorts of different scientists can answer questions that can't be answered in any other way.

吉安·戈尔丁教授 “90 年代儿童” 研究发起人

“我们掌握的信息量是世界一流的，无人能及。因此，各领域的科学家们能回答用其它方法无法解答的问题。”

We now know eating oily fish is **beneficial** during pregnancy. There's a link between peanut allergies and skin lotion, and putting babies to sleep on their backs reduces cot death. Over the years, everything's been **meticulously** studied and stored.

我们现在认识到，在怀孕期间食用富含油脂的鱼是**有益的**。花生过敏和护肤液之间有关联，让宝宝仰睡可以减少婴儿猝死综合症的风险。这些年来，每项资料都被**仔细**研究和储存。

“What we have here is about twelve and a half thousand placentas.”

“这里有大约一万两千五百个胎盘。”

Thirty years ago, thousands of placentas were kept in buckets. Now, they're in freezers. It started with fourteen thousand pregnant women. Thirty years on, their children's children are still being followed.

30 年前，成千上万个胎盘被存放在桶里。现在，它们在冰柜中。一开始，有一万四千名孕妇参与研究。30 年过去了，她们子女的女儿们仍在被追踪观察。

Laura Pirret, Test subject

My placenta from when I was born and now the placentas from when the girls were born are all being stored somewhere. It's amazing to think that all that genetic information, all that history of our family is on record somewhere.

劳拉·皮雷特 研究对象

“我出生时的胎盘和我生我的女儿们时的胎盘都被存了起来。我们家族的遗传信息和历史都记录在某个地方，想想真的很棒。”

Linda Cornish, Test subject

We'll do samples of things like our blood and our spit, but we'll also give away our teeth.

琳达·康尼什 研究对象

“我们会提供各类样本，比如我们的血液和唾液，还会给他们脱落的牙齿。”

And the research keeps going.

研究还在继续。

Lindsay Pilgrim, Test subject

Now I'm at uni studying osteopathic medicine. I'm looking at these **journals** that have been influenced by children of the 90s studies, and that is... that's pretty cool, yeah.

琳赛·皮尔格里姆 研究对象

“现在我在大学里研究整骨医学。我看到这些**学术期刊**受到了 90 年代儿童研究的影响，感觉很棒。”

It's gone full circle. Lindsay – the study's very first baby – is now benefiting from the bank of life she spent her childhood **contributing** to.

这是一个圆满的循环。这项研究的第一个婴儿琳赛，现在正受益于她儿时所**贡献**的生命宝库。

词汇

privileged 荣幸的，幸运的

beneficial 有益的

meticulously 一丝不苟地，仔细地

journals 学术期刊，刊物

contributing 贡献

视频链接

<https://bbc.in/2QugTqY>

问题答案

Putting babies to sleep on their backs reduces cot death.