

Unit 2

肥満という流行病

Researcher: Obesity Poses Complex Problem

Voice of America, May 25, 2015

track 08

For the last 15 years, Plymouth, England has held a symposium on obesity. It's estimated that more than half the city's adults are overweight or obese. The rest of Britain is not faring much better. But what's happening in the U.K. can also be seen the U.S. and many Western countries and a growing number of developing nations. One obesity expert said it's a long term problem that is very difficult to solve.

Professor Jonathan Pinkney said, "No one health issue has the most impact on human health, or engenders more debate about how to tackle it, than obesity." Pinkney - a professor of Endocrinology and Diabetes - took part in the annual Plymouth Symposium on Obesity, Diabetes and Metabolic Syndrome on May 21.

He said obesity is a complex issue that involves more than calorie intake.

"I personally feel that this is such a wide field. There are so many issues. There's politics. There's biology. There's everything you can imagine. There's the food industry. And I think that sometimes we're all a bit guilty of just maybe concentrating on one of those areas. And you can go to a conference anywhere in the world where they spend days just talking about bariatric surgery or fizzy drinks. So, I think it's right to talk about everything under one umbrella."

Bariatric surgery restricts how much food a person can eat, sharply reducing caloric intake.

The professor gave his definition of obesity as "when body size becomes so huge that it impairs people's day to day function and quality of life and well-being and personal

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obesity / (病的な)肥満 Plymouth / プリマス(イングランド南西部の港湾都市) symposium / シンポジウム more than ~ / ~以上の obese / (病的に)肥満の the rest of ~ / ~の残り fare / やっていき、暮らす a growing number of ~ / ますます多くの~ have an impact on ~ / ~に影響を与える engender / 引き起こす endocrinology / 内分泌学 diabetes / 糖尿病 take part in ~ / ~に参加する metabolic syndrome / 代謝(異常)症候群 calorie / カロリー intake / 摂取 biology / 生物学 spend A(時間) ~ ing / A(時間)を~することに費やす bariatric surgery / 肥満手術 fizzy drink / 炭酸飲料 so ~ that ... / とても~なので... impair / 損なう day to day / 毎日の quality of life / 生活の質 well-being / 幸福

relationships. Yeah, that's kind of devastating. That tends to occur at a higher level of body weight."

However, Pinkney said those not considered technically obese are also at high risk for poor health.

25 "That's the more important point for the health of the population. You know, all the diabetes and heart attacks and cancers and things. I mean that's really caused by lower levels of weight gain. As you can see, it's just the average weight of the population drifting up because we're just sort of eating the wrong things and not really sufficiently active," he said.

30 The Plymouth symposium showed that much is known about the biology of the brain and appetite control. But Pinkney said, as one speaker pointed out, knowledge is not enough.

"That is completely overridden by things going on around us in the environment: food advertising – food Industry -- the way that it's all marketed to everybody, including children. And I think the simple fact of the matter is, you know, our bodies are very smart and beautifully built. But it's just that the biological systems that would keep us slim are just completely swept away by the pressure from the things going on around us," he said.

And he said it's difficult to do anything about it whether in Britain, the U.S. or developing countries that have adopted a Western diet heavy in sugar, salt and fat.

40 "There's a multinational food industry and there's huge vested interest in selling a lot of the stuff. I can't give you a magic word as to how you crack this, but we've got exactly the same problem here. And I think you can prescribe all the drugs you want. You can do all the bariatric surgery you could manage to fund, but it's not going to crack the problem unless you stop the development of the epidemic at source," said Pinkney.

45 Going to the source means how eating habits are formed. Poor eating habits can be a learned behavior passed down by parents to their children.

"I think a lot of things start very early in life. You know, it's difficult to break the habits of a lifetime, isn't it? I think we all find that. But I think our health and our prospects for the future are kind of laid down fairly early. And I think that's not

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kind of ~ / ある程度 ~ devastating / 壊滅的な tend to ~ / ~する傾向がある heart attack / 心臓発作 cancer / がん sort of ~ / ある程度 ~ appetite / 食欲 point out ~ / ~を指摘する override ~ / ~に優先する, ~より先である whether A or B / AであろうとBであろうと multinational / 多国籍の vested interest / 既得権益 as to ~ / ~について prescribe / 処方する manage to ~ / なんとか~する fund / 資金を出す epidemic / 流行病 at source / もとのところで pass down / 代々伝える

surprising. Big kids often have big parents. I think they learn this at an early stage," he said.

Solving the problem, he said, is a lot harder than simply trying to encourage prevention.

55 "There isn't a kind of medical way to prevent the problem. It really does look as if it's down to politics, policy, marketing, food industry and preventing children from being exposed to all of this," Pinkney said. "And I think that's the toughest thing that we face in the world. It's very, very difficult."

60 Pinkney said too many unrefined carbohydrates – sugars – are to blame for much of the obesity epidemic. He said that they don't satisfy a person's hunger for long and people eat their next meal sooner.

"Commercially produced processed food with large amounts of carbohydrate – sweeteners, short acting carbohydrate – and it just sets us up to fail. And I think there are big problems with carbohydrate in the Western diet," he said.

65 While it may be difficult to foster better eating habits, Pinkney said there is precedent for large scale behavior change.

"Other things have changed. I mean one really interesting thing, I think, was what's happened over cigarette smoking. And how people complained about not being able to smoke in pubs and restaurants and have to go outside. But it didn't take very long for that to translate into clear health benefit. So, you know, maybe you can get these things through in time, little by little," he said.

Some lessons, he said, can be learned from our hunter-gatherer ancestors.

70 "The hunter-gatherers going right back to last Ice Age and before that would have had a diet that was rich in complex, sort of, fiber kind of carbohydrate. There would be protein in it now and again. But it didn't have all the sugar. So, the diet that is, of course, followed by traditional peoples is radically different."

80 He said studies of indigenous peoples, who returned to their traditional diets, "took a step back from modern health problems." Pinkney says a combination of prevention methods, medical interventions and political will be needed to stop the obesity epidemic.

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as if ~ / まるで~であるかのように be down to ~ / ~のせいである, ~の責任である prevent A from ~ ing / Aが~することを防ぐ unrefined carbohydrates / 精製されていない炭水化物 processed food / 加工食品 foster / 助長する precedent / 前例 complain about ~ / ~について不満をいう translate into ~ / ~に変わる get A through / Aをやり終える in time / そのうちに little by little / 少しずつ hunter-gatherer / 狩猟採集民 be rich in ~ / ~が豊富である now and again / ときどき indigenous / 先住の

In the U.S. the Centers for Disease Control and Prevention reported over 35 percent of adults – or nearly 79 million people – are obese. More 17 million children were obese. The annual medical cost of obesity in the U.S. is nearly \$200 million.

練 習 問 題

A 次の英文が、本文の内容と一致する場合にはT、一致しない場合にはFを（ ）内に記入しなさい。

1. () Obesity epidemic cannot be seen in developing countries.
2. () Obesity is a problem of calorie intake.
3. () Obesity damages the quality of life and personal relationships.
4. () There are few problems with carbohydrate in Western food.
5. () We will need a combination of prevention methods, medical intervention and political will to stop the obesity epidemic.

B 音声を聴いて、次の英文の（ ）内に適語を記入しなさい。  track 09~13

1. () large () () tickets were sold almost immediately.
2. These traditions have been () () from one generation to the next.
3. She behaved () () nothing had happened.
4. Nearly all nuts () () () protein.
5. She comes to Los Angeles every () () ().

C 和文に合うように、（ ）内の語句を並べかえて英文をつくりなさい。

1. 最近の事故が原因で、彼女はそのレースに参加することができなかった。
(the race, part, to, was, her recent accident, she, in, unable, of, take, because).
2. 指導者が変わったことで、政府の方針にも大きな影響があるだろう。
(government policy, a, will, impact, leadership, on, make, the change, great, in).
3. 私の母は週末の大半を使って家の掃除をした。
(the house, the weekend, up, spent, of, my mother, cleaning, most).

Notes:

the Centers for Disease Control and Prevention / 疾病管理予防センター

4. あらゆることがあまりにも変わっていたので、その場所だということがわからなかった。

(hardly, that, the place, much, I, everything, recognize, changed, so, has, can).

5. 両親は彼がガールフレンドと暮らすために出て行かないようにした。

(going, with, to, from, live, to, him, his parents, his girlfriend, tried, prevent).

D 次の英語に相当する日本語を下から選び、記号で答えなさい。

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|-----------------|-----|--------------------------|-----|
| 1. diabetes | () | 2. heart attack | () |
| 3. cancer | () | 4. leukemia | () |
| 5. hepatitis | () | 6. stroke | () |
| 7. depression | () | 8. myocardial infarction | () |
| 9. tuberculosis | () | 10. dementia | () |

- | | | |
|---------|--------|--------|
| a. 心筋梗塞 | b. がん | c. 結核 |
| d. うつ病 | e. 糖尿病 | f. 肝炎 |
| g. 脳卒中 | h. 白血病 | i. 認知症 |
| j. 心臓発作 | | |