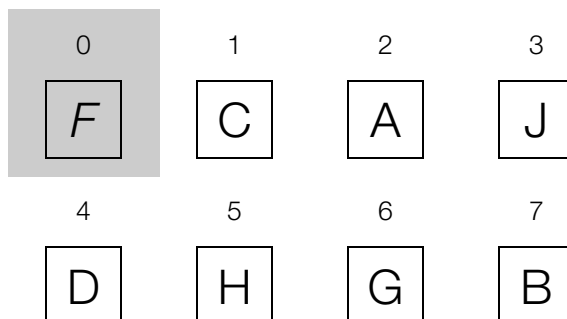


Korrekturhinweise

What influences your health



Begründungen

0

The speaker says: "And their answer: two hours a week. People who spent at least that much time amidst nature, either all at once or totaled over several shorter visits, were more likely to report good health and psychological well-being than those with no nature exposure. Remarkably, the researchers found that less than two hours offered no significant benefits." A regular activity therefore showed benefits only if done for at least a certain amount of time.

1

The speaker says: "So it seems a loss of sleep leads to a spike in snacking. But even more surprising, sleeping in on the weekend doesn't help and even makes things worse." A researcher says: "We found that after the weekend, when they went back to getting insufficient sleep during the work or school week, we found that their liver and their muscle and insulin sensitivity or blood sugar regulation was reduced, and this is not something we had found in people who maintained chronic insufficient sleep schedules. So it's possible that yes, this is a worsening of the body's ability to regulate blood sugar for those specific tissues after the weekend." Changing a bad habit only on certain days therefore has a negative effect.

2

The speaker says: "Sociologist Jay Teachman at Western Washington University examined data from the national longitudinal study of youth. The data included info about more than 3,000 African-Americans over a twenty-year period. Teachman tracked body mass index, BMI, a measure of obesity from adolescence to middle age, and he analyzed the relationship between BMI, marital status and changes in marital status. It turned out that living without a partner usually equated to being thinner and having a lower BMI compared with married people and couples living together." People's health is therefore influenced by close relationships.

3

The speaker says: "He and colleagues performed a study which found that a daily dose of chilies might actually be a boon to your health. The researchers enrolled nearly half a million Chinese volunteers aged 30 to 79. They quizzed them on their affinity for fiery foods and followed each study subject for an average of seven years. During that time more than 20,000 of the subjects died, but after controlling for factors like smoking history and income, the scientists found that the risk of death was ten percent lower in those who ate spicy food a couple of times a week compared with those who abstained." A particular eating habit therefore leads to a longer life.

4

The speaker says: "In the experiment, subjects were asked to complete various cognitive jobs that ranged in difficulty, everything from saying 'Go!' when they saw a blue star on a projection screen to remembering a long list of numbers and then repeating them back in reverse order. They tackled these tasks once while sitting in a quiet room and again while on the bike. Turns out cyclists rode 25 percent faster when they were distracted by some mental gymnastics, but only when the tasks were relatively easy." A sports activity was therefore more efficient when combined with another activity.

5

The speaker says: "Researchers had 35 students fill out questionnaires about how much produce they eat daily and a spectrophotometer measured their skin color. They collected the same data three weeks later, and again after six weeks, and the more fruit and vegetables participants ate, the more vividly colored was their skin. Based on the measured color changes, the researchers created face images that other students rated for health and attractiveness. And the redder and yellower skin color from even slightly increased produce consumption was rated higher than the hue associated with a produce-poorer diet." Effects of eating habits are therefore visible in people with a certain diet.

6

The speaker says: "In a five-city survey, 38 percent of people over 50 years old said they used a park at least once a week. So these oases are more than just a pretty place. People on the other end of the age spectrum benefit, too. One study showed that adolescent girls do 17 more minutes of moderate vigorous physical activity every week for each park within a half mile of home. And each additional ten dollars per person that the government invests in parks and recreation was associated with a third of a day more vigorous exercise by girls every week." People's activity level is therefore related to local infrastructure.

7

The speaker says: "Researchers questioned nearly 300 elderly individuals about their lifelong participation in intellectual pursuits, like reading books, writing letters and looking things up in the library. Then, every year for an average of six years until they died, the subjects took tests to measure their memory and thinking. What the researchers found is that folks who worked their mental muscles both early and late in life remained more intellectually limbered than those who didn't, even when a post-mortem look at their brains revealed the telltale signs of physical decline." Certain behavior therefore helps keep up good mental condition.