

# 什么是肥胖羞辱 What is fat-shaming?

Hello.

大家好。

This is 6 Minute English from BBC Learning English.

这里是 BBC 学习英语栏目的六分钟英语。

I'm Neil.

我是内尔。

And I'm Georgina.

我是乔治娜。

January is often the time when people make New Year's resolutions—things they want to start, or stop, doing in the new year.

人们经常在一月份许下新年决心——我们想要在新年开始或停止做的事情。

Have you made any resolutions for 2021, Georgina?

你为 2021 年许下了决心吗，乔治娜？

Well, for a start, Neil, I'm definitely going on a diet!

嗯，首先，内尔，我一定要减肥！

Over Christmas I really piled on the pounds with all that chocolate.

圣诞节我因为那些巧克力长胖了好多。

Yes! not to mention Christmas pudding!

是的！更别说那些圣诞节布丁了！

I'd already put on extra weight during lockdown, then even more over Christmas, so I definitely need to diet in 2021. It's curious that we both made resolutions to lose weight, isn't it!

我在封锁期间已经长胖了，在圣诞节的时候又长胖了，所以我 2021 年一定要减肥。真奇怪，我们两个都下决心要减肥，不是吗！

I mean, most people overeat a bit at Christmas, then diet in January.

我的意思是，大部分人圣诞节的时候都会多吃，然后在一月份的时候节食。

What are you saying, Georgina?

你在说什么，乔治娜？

Do you think we're worried people will call us fat?

你认为我们担心人们说我们胖吗？

It wouldn't be so surprising, Neil.

这并不令人惊讶，内尔。

After all, incidents of fat-shaming are on the rise—that's what it's called when someone is criticised or humiliated for being fat.

毕竟肥胖羞辱正在日益增加——它指的是人们因为胖而被批评或羞辱。

## 添加的词汇

### commonly

英:/'kɒmənlɪ/ 美:/'kɑmənlɪ/

adv. 一般地；通常地；普通地



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In this programme we'll be asking where the attitudes behind fat-shaming come from.

在本期节目中，我们将探寻肥胖羞辱背后的态度来自于哪里。

We'll be hearing how anti-fat attitudes are often implicit or unconscious.

我们会听到反肥胖的态度常常是含蓄或无意识的。

Hang on, though, Neil.

不过等等，内尔。

Having a second slice of Christmas cake is hardly the same as being fat, much less obese.

多吃一块圣诞蛋糕绝不等同于胖，更不是肥胖。

That's true, Georgina.

没错，乔治娜。

The word obese describes a person who's very overweight, with a lot of body fat.

肥胖这个词描述的是超重的人，有很多身体脂肪。

It's the term for a medical condition, measured using BMI or the body mass index.

它是一个医学状况的术语，用 BMI 或者说身体质量指数衡量。

It's on the rise in the UK.

在英国这个指数正在上升。

In fact, that's my quiz question-how many adults in the UK are affected by obesity?

事实上，这是我的问题——英国有多少成年人受肥胖的困扰？

Is it a) 1 in every 3 adults, b) 1 in every 4 adults, or c) 1 in every 5 adults?

是 A. 三分之一的成年人，B.四分之一的成年人，还是 C. 五分之一的成年人？

I'll guess, b) 1 in every 4. Okay, we'll find out the answer later.

我猜是 B. 四分之一的成年人。好的，我们稍后会揭晓答案。

As you say, Georgina, the word obese has a very specific meaning.

如你所说，乔治娜，“肥胖”这个词有非常特定的含义。

Here's Professor Abigail Saguy talking about the term to BBC World Service's The Why Factor.

以下是阿比盖尔·萨吉教授跟 BBC 世界服务节目《The Why Factor》谈论这个名词。

Listen out for when the word, obesity, started to be used.

请听“肥胖症”这个词是什么时候开始使用的。

The term obesity was coined in the middle of the 20th century as a concerted effort by medical doctors to say: this is a medical issue, one over which we have authority and expertise.

肥胖症这个名词于 20 世纪中期由各位医生齐心协力创造出来来表示：这是一个医学问题，在这方面我们有权威性和专业性。

Professor Saguy says the term obese was coined in the mid-1900s, meaning it was invented or first used in a particular way.

萨吉教授说肥胖这个名词是在 20 世纪中期被创造出来的，意思是它以某种特定的方式被发明或第一次使用。

It originally meant an individual medical problem; something to be discussed between patient and doctor.

它原本指的是某个单独的医学问题；在病人和医生之间讨论的事情。

But over time obese has become a term of discrimination and abuse.

但是随着时间的流逝，肥胖已经成为了一个歧视和侮辱的名词。

Psychology professor, Chris Crandall, has been involved in Harvard University's implicit bias projects.

心理学教授克里斯·可兰德尔曾经参与过哈佛大学的隐性偏见项目。

Most famous for revealing racial prejudice, the tests also measure other kinds of biases, including weight.

这些测试最为出名的就是揭示了种族偏见，它们还衡量了其它偏见，包括体重。

Many of the beliefs we hold about other people are hidden from conscious awareness.

我们对其他人的很多想法都隐藏在潜意识之中。

So what goes through our mind, consciously or unconsciously, when we see very fat people?

所以当我们看到很胖的人的时候，我们心里有意识或无意识地想到什么呢？

Here's Professor Crandall speaking to BBC World Service's The Why Factor.

以下是可兰德尔教授对话 BBC 的世界服务节目《The Why Factor》。

We tend to think, at least in the western world, of fat people as personal failures, as moral failures.

我们往往会认为，至少在西方世界，胖子是个人失败者或者是道德败坏者。

People tend to think of fatness as an indicator of laziness, of over-indulgence, of a lack of moral fibre, an unwillingness to take hold of your own life.

人们往往会把肥胖看作懒惰，过度放纵或缺乏道德精神，不愿意掌控自己人生的象征。

We, as everyday Americans and westerners in general, tend to think that it's a personal attribute, it's a thing that you do to yourself and as a result you are deserving of scorn.

我们，一般指普通美国人和西方人，往往会认为这是一种个人属性，受到鄙视是自作自受。

There is a **commonly**-held prejudice that fat people are responsible for their condition-because they're lazy, greedy, or lacking in moral fibre-the ability or determination to behave ethically or with self-control.

胖子要为他们的肥胖负责，这是一种常见的偏见，因为他们懒惰，贪婪或缺乏道德精神——能够表现得有道德或自律的能力或决心。

In the west especially, being fat or overweight is thought of as a personal attribute-a quality, characteristic or feature that someone has.

尤其在西方世界，肥胖或者超重被看做是一种个人属性——某个人拥有的品质、性格或特征。

The idea is that fat people just are the way they are, and have no-one to blame but themselves: they should just exercise more or stop eating.

这种想法就是胖子本来就是如此，除了自己他们不能怪任何人：他们应该少吃多运动。

This leads some to treat them with scorn—a strong feeling of contempt or disrespect.

这使得人们会鄙视——强烈的蔑视或不尊重——胖子。

In reality of course, weight isn't just about individual choices.

当然事实上，体重不仅仅关乎个人选择。

How fat you are is also determined by environment and genetics—up to 80%, in some cases.

你有多胖也取决于环境和基因——在有些情况下，占比高达 80%。

And anyway, even if it was under personal control, fat-shaming doesn't feel like the right way to help people lose weight.

不管怎样，即使是在个人控制之下，肥胖羞辱也不是一种正确的帮助人们减肥的方法。

So if it doesn't cause problems, maybe you can have a second slice of cake after all, Georgina.

所以如果它没有造成问题，也许你可以再吃一块蛋糕，乔治娜。

Thanks, Neil, but I don't want to spoil my appetite for the quiz question you asked.

谢谢，内尔，但是我不想要破坏我对你问我的那个问题的胃口。

Was I right about the number of UK adults affected by obesity?

英国受肥胖症困扰的成年人的数量，我答对了吗？

What did you say, Georgina?

你说的是什么，乔治娜？

I guessed, the answer was b) 1 in every 4 adults.

我猜的是 B. 四分之一的成年人。

Which was the correct answer!

回答正确！

Fat is an issue affecting millions of adults in the UK alone, and with studies suggesting that obesity might be a negative factor linked to Covid 19, it's one that could affect millions more.

肥胖仅仅在英国就是一个困扰了数百万成年人的问题，研究表明肥胖症可能是跟新冠肺炎相关的负面因素，它可能会影响数以百万计的更多人。

Food for thought there, Neil.

就思考到这里，内尔。

Now, let's recap the vocabulary, starting with obese—dangerously overweight as measured by the body mass index or BMI.

现在我们来回顾单词，从肥胖开始——身体质量指数或者说 BMI 测试显示严重超重。

This term obesity was coined, or invented, to describe a medical condition, although many people nowadays consider it a personal attribute, a quality or characteristic.

肥胖症这个名词被创造或者说被发明出来描述一种医学状况，尽管现在很多人把它当做一种个人属性，一种品质或特征。

**Fat-shaming is criticising and humiliating someone for being fat, or showing them scorn-feelings of contempt or disrespect.**

肥胖羞辱指的是因为某人肥胖而批评和羞辱他，或者对他们表示鄙视——蔑视或不尊重的感觉。

Or it could also involve believing they lack moral fibre-the ability to behave correctly or with self-control.

它还可能涉及到认为他们缺乏道德精神——正确行事或自律的能力。

That's all for this programme, but to find out more about your own implicit biases based on race, sexuality or weight, search online for 'Harvard IAT' and take a test yourself.

本期节目就到这里，但是要发现更多你自己对于种族、性别或体重方面的隐性偏见，请在网上搜索“Harvard IAT”然后测试一下自己吧。

**You may be surprised what you find out!**

你可能会被自己的发现惊讶到！

And to hear more topical discussion and vocabulary, join us again soon at 6 Minute English, download the app at your usual app store and follow us on social media.

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**Bye for now!**

再见啦！

**Bye!**

再见！

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