

孤独感是一个严重的健康问题. 社会关系较差的人, 患中风和心脏病的风险更大。

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Top US Government Doctor Declares Loneliness 孤独 a Big Health Problem 美国高级政府医生宣称孤独是一个严重的健康问题

America's top spokesperson 发言人 on public health, the U.S. *surgeon 外科医生 general* (首席的; 总管的) (美国) 卫生局局长, 军医处长, recently said loneliness is **as dangerous as** smoking 15 cigarettes a day.

Recent research suggests that American have become less active with *organized religion 宗教; 宗教信仰, community 社区; 社会 organizations* and even their own family members. Research also shows Americans have reported an increase in feelings of loneliness. In addition to that, the number of *households 一家人; 家庭; 同住一所房子的人 with a single unmarried person* has doubled in the last 60 years.

Americans **spent** about 20 minutes a day **in** *person with friends* in 2020, down from **60 minutes a day** 20 years earlier.

美国公共卫生事务最高发言人、美国卫生局局长最近表示, **孤独与每天吸15支烟一样危险。**

最近的研究表明, 美国人在有组织的宗教、社区组织甚至自己的家庭成员中变得越来越不活跃。研究还表明, 美国人的孤独感有所增加。除此之外, 在过去 60 年里, 单身未婚家庭的数量增加了一倍。

2020 年, 美国人每天与朋友相处的时间约为 20 分钟, 低于 20 年前每天的 60 分钟。

The loneliness epidemic (n.) 流行病; (迅速的) 泛滥, 蔓延 is especially affecting young people aged 15 to 24. *The age group* reported a 70 percent drop in time 后定 spent (v.) with friends during the same period.

The report said loneliness increases (v.) the risk of an early death by nearly 30 percent. And it said *people with poor social relationships* have a greater risk of stroke (n.) and heart disease. The research found *lack of social activity* also increases the risk of developing mental health problems like depression, anxiety, and dementia 痴呆; 精神错乱.

孤独感的流行对 15 至 24 岁的年轻人影响尤其大。该年龄段的人报告称, 同一时期与朋友相处的时间减少了 70%。

报告称, **孤独会使早逝的风险增加近 30%。**报告称, **社会关系较差的人, 患中风和心脏病的风险更大。**研究发现, **缺乏社交活动, 也会增加患抑郁、焦虑和痴呆等心理健康问题的风险。**

Murthy said technology has increased loneliness. 主 One study in the report 谓 researched people who used social media for two hours or more a day. It found that the group was **more than twice** as likely *to report (v.) feeling a lack in social connection* / 后面表示与哪些人进行比较 **than** those who spent less than 30 minutes a day on social media.

Murthy said there is no replacement 替代品；替换物 for in-person 亲自，当面 interaction 互动，交流. He added that Americans are using technology more for communication. He wondered: “We **lost out on** 得不到（需要或觉得应有的东西） a lot of that in-person interaction. How do we design technology that strengthens (v.) our relationships **as opposed to** （表示对比）而，相对于 weaken (v.) them?”

穆尔蒂说，科技增加了孤独感。报告中的一项研究对每天使用社交媒体两个小时或更长时间的人进行了研究。研究发现，与每天花在社交媒体上的时间少于 30 分钟的人相比，前者群体感到缺乏社交联系的可能性，是后者的两倍多。

穆尔蒂表示，面对面的互动是无可替代的。他补充说，美国人更多地使用技术进行交流。他想知道：“我们失去了很多面对面的互动。我们如何设计技术来加强而不是削弱我们的关系？”

Example 1. 案例

LOSE 'OUT (ON STH)

(informal) to not get sth you wanted or feel you should have 得不到（需要或觉得应有的东西）

• While the stores make big profits, it' s the customer who loses out. 商店赚大钱，而吃亏的是顾客。

AS OPPOSED TO

(formal) used to make a contrast between two things （表示对比）而，相对于

• 200 attended, as opposed to 300 the previous year. 出席的有200人，而前一年是300人。

• This exercise develops suppleness as opposed to (= rather than) strength. 这项锻炼不是增强力量，而是增强柔韧性的。

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