**More Americans on Special Diets for Health Reasons**

**为健康刻意节食的美国人增多**

More Americans say they are on a special diet compared with Americans about 10 years ago. That information comes from a report released this week by the U.S. Centers for Disease Control and Prevention, or CDC.

与大约10年前相比，更多美国人表示他们在刻意节食。此信息出自美国疾病控制和预防中心(CDC)本周发布的一份报告。

The increased dieting comes at a time when obesity levels continue to rise. The CDC report found that 17 percent of Americans said they were on diets in 2017-2018 — up from 14 percent about 10 years earlier. Over the same period, obesity levels increased in the U.S. to 42 percent — up from 34 percent.

随着人们的肥胖水平持续上升，节食的情况也变多了。疾病预防控制中心的报告发现，17%的美国人表示2017至2018年间他们都在节食——约10年前这一数字为14%。同期，美国的肥胖率从34%上升到42%。

Dana Hunnes is a professor of public health and nutrition at the University of California, Los Angeles. Hunnes said that the number of Americans who said that they are on a diet is lower than expected. This is because diet-related diseases are very common in the country.

达纳·汉尼斯是加州大学洛杉矶分校公共卫生和营养学系的教授。汉尼斯表示，声称在节食的美国人人数比预期的要少——因为与节食有关的疾病在美国非常普遍。

The report noted that about half of American adults have diet-related health problems, such as diabetes and heart disease. Overall, more women reported being on a diet than men.

报告指出，大约一半的美国成年人有与节食相关的健康问题——如糖尿病和心脏病。总的来说，报告称正在节食的女性多于男性。

The heavier and more educated people were, the more likely they were to report being on a special diet, the study found.

研究发现，体重越重、受教育程度越高的人，就越有可能报告称自己在节食。

Between 2007 and 2008, and 2017 and 2018, diets described as “weight loss or low calorie” grew in popularity. Low-carbohydrate diets became more popular, while low-fat and low-cholesterol diets became less popular.

2007年至2008年间以及2017年至2018年间，被称为“减重或低卡”的节食饮食越来越受欢迎。低碳水化合物饮食变得更受欢迎，而低脂肪和低胆固醇饮食则变得不那么受欢迎。

The findings were part of an ongoing national survey. People who took part in the survey were asked the following question: “Are you currently on any kind of diet, either to lose weight or for some other health-related reason?”

这些发现都是仍在进行的全国性调查的一部分。参与调查的人会被问到以下问题：“你目前是否在进行某种形式的节食，不管是为了减肥还是为了其他与健康有关的原因?”

Becky Ramsing is a dietician and program officer at Johns Hopkins Center for a Livable Future. Ramsing said that people make very different kinds of choices in the hopes of losing weight. In some cases, she said people might not understand why the choices they make do not help them lose weight.

贝基·拉姆辛是约翰·霍普金斯宜居未来中心的营养师和项目负责人。拉姆辛表示，人们会为了减肥做出各不相同的选择。她说，在某些情况下人们可能不明白为什么他们所做的选择无助于减肥。

“They won’t eat bread, but then they’ll go eat a lot of other things that are higher in calories,” she said.

她说：“他们不吃面包却会吃很多其他热量更高的东西。”。

Ramsing added that many American diet trends ban some foods. But to make lasting changes, she said people should consider their eating overall. That will help them deal with another problem of diets, she noted. Diets are hard to continue doing over time.

拉姆辛还补充道，许多美国人节食趋向于忌食某些食物。但她表示要想长久地改变，人们应该全面考虑自己的饮食。她指出，这将有助于他们解决另一个节食问题。随着时间的推移，节食很难继续下去。

I’m John Russell.

约翰·拉塞尔报道。

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