

《研究：快走可降低患2型糖尿病风险》

新研究发现，快步走路可以降低患2型糖尿病的风险，而且走得越快效果越好，大步快走可以将患病风险降低39%。



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When it comes to walking and type 2 diabetes risk, it ' s not just how much you do it that helps — it ' s also how fast you move, a new study has found.

一项新研究发现，走路可降低患2型糖尿病的风险，不过关键不在于走多少步，而在于走得有多快。

Brisk walking is associated with a nearly 40% lower risk of developing type 2 diabetes later in life, according to the study published in the British Journal of Sports Medicine.

发表在《英国运动医学杂志》上的这份研究报告指出，快走可将日后患2型糖尿病的风险降低近40%。

The study authors reviewed 10 previous studies conducted between 1999 and 2022, which assessed links between walking speed and the development of type 2 diabetes

among adults from the United States, the United Kingdom and Japan.

研究作者回顾了1999年至2022之间开展过的10项研究，这些面向美国、英国和日本成人的研究对走路速度和患2型糖尿病之间的关联进行了分析。

After a follow-up period of eight years on average, compared with easy or casual walking those who walked an average or normal pace had a 15% lower risk of developing type 2 diabetes, the researchers found. Walking at a “fairly brisk” pace meant a 24% lower risk than those who easily or casually walked. And “brisk/striding walking had the biggest benefit: a 39% reduction in risk.

研究人员指出，这些研究在对这些成人进行了平均八年的跟踪调查后发现，相比轻松随意的散步，正常的走路速度能将患2型糖尿病的风险降低15%，而相对较快的走路速度则能将患病风险降低24%。大步快走最为有益，能将患病风险降低39%。

Easy or casual walking was defined as less than 2 miles (3.2 kilometers) per hour. Average or normal pace was defined as 2 to 3 miles (3.2 to 4.8 kilometers) per hour. A “fairly brisk” pace was 3 to 4 miles (4.8 to 6.4 kilometers) per hour. And “brisk/striding walking” was more than 4 (6.4 kilometers) per hour. Each kilometer increase in walking speed above brisk was associated with a 9% lower risk of developing the disease.

轻松随意的走路被定义为每小时步行不到3.2千米，正常步速为每小时3.2到4.8千米，较快步速为每小时4.8到6.4千米，而大步快走则是每小时超过6.4千米。走路速度每增加1千米，患2型糖尿病的风险就减少9%。

Dr. Michio Shimabukuro, a professor and chairman of the department of diabetes, endocrinology and metabolism at the Fukushima Medical University School of Medicine, agreed — adding that “increased exercise intensity due to faster walking speeds can result in a greater stimulus for physiological functions and better health status.”

福岛医科大学医学院糖尿病、内分泌和代谢系主任岛袋道穗教授也认同这一研究结果，他表示“快步走路带来的运动强度的提高可以增进生理功能，改善健康状况”。

重点词汇

on average 基本上；平均起来；大体上；按平均值

compared with 和…比起来；与……相比较

normal pace 正常速度；正常的速度；标准速度

fairly 相当地；简直，竟然；公正地；公平合理地；一定地

brisk 轻快的；清新的；快的；敏捷的；凉爽的；麻利的；忙碌的；现实自信的；
使活泼；使活跃；使兴旺；活泼起来

casually 随意地；随便地；漫不经心地；若无其事地；有意无意地；偶然地；不在意地

striding 大步走；阔步行走；stride的现在分词

less than 少于，少于，不到

kilometers 千米，公里；kilometer的复数

per hour 每小时

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