

Living by the sea makes us happier

THE ARTICLE

From <https://breakingnewsenglish.com/1910/191004-living-by-the-sea.html>

New research suggests that people who live close to the ocean or sea are happier. Researchers from the University of Exeter in the UK say people who live in coastal areas have better mental health than people who live inland. This is for rich people and poor people. The researchers looked at data from surveys of 25,963 people. The surveys asked people questions about their happiness, lifestyle and income. They found that those who live within one kilometer of the coast are 22 per cent less likely to show any signs of mental health problems. People who lived more than 50 kilometers from the coast had more symptoms of mental health problems. The researchers found that poorer people living within sight of the coast were around 40 per cent less likely to have mental health symptoms than those who lived inland.

Lead researcher of the study, doctor Jo Garrett, said: "Our research suggests, for the first time, that people in poorer households living close to the coast experience fewer symptoms of mental health disorders." She said the area along coasts seemed to protect people from experiencing mental health problems. They seemed to improve people's health and wellbeing. Dr Garrett added: "When it comes to mental health, this protective zone could play a useful role in helping to level the playing field between those on high and low incomes." Another researcher, Dr Mathew White, said: "We need to help policy makers understand how to maximize the wellbeing benefits of 'blue' spaces in towns and cities. We need to ensure that access is fair and inclusive for everyone, while not damaging our fragile coastal environments."

Sources: https://www.huffingtonpost.co.uk/entry/heres-why-living-by-the-sea-really-is-better-for-yourmental-health_uk <https://metro.co.uk/2019/10/01/moving-closer-sea-make-happier-10839273/?ito=cbshare>
<https://www.independent.co.uk/life-style/health-and-families/mental-health-seaside-town-coaststudy-depression-anxiety-income-a9127666.html>

VOCABULARY MATCHING

Paragraph 1

1. ocean	a. The part of the land near the sea.
2. coast	b. Questions to find the opinions or experience of a group of people.
3. inland	c. Facts and statistics.
4. data	d. In the inside of a country, away from the coast.
5. survey	e. A very, very large area of sea, in particular each of the main areas into which the sea is divided geographically (Pacific, Atlantic, Indian, etc.).
6. income	f. A physical or mental sign that shows you have a disease.
7. symptom	g. Money received for work or from investments, etc.

Paragraph 2

8. household	h. An advantage or profit.
9. disorder	i. A house and all the people who live in it.
10. protect	j. The part played by a person or thing in a particular situation.
11. wellbeing	k. Easily broken or damaged.
12. role	l. Keep safe from harm or injury.
13. benefit	m. The state of being comfortable, healthy, or happy.
14. fragile	n. A state of confusion.

1. TRUE / FALSE: Read the headline.

Guess if a-h below are true (T) or false (F).

a. Research says people by the sea are happier than people in the desert. T / F

b. Rich people who live by the sea are happier than poor people. T / F

c. The researchers looked at data from over 25,000 people. T / F

d. Mental health problems start when people live 100km from the coast. T / F

e. Poorer households on the coast suffer fewer mental health problems. T / F

f. A researcher said towns should build more playing fields. T / F

g. A researcher wants all people to have fair access to the sea. T / F

h. A researcher was worried about protecting coastal environments. T / F

2. SYNONYM MATCH: (The words in bold are from the news article.)

1. close to 2. poor 3. survey 4. found 5. symptoms 6. experience 7. improve 8. role 9. ensure 10. fragile	a. part b. signs c. face d. low-income e. make better f. near g. delicate h. make certain i. questionnaire j. discovered
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3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. people who live close to the 2. people who live in 3. people who live 4. those who live within 5. 40 per cent less 6. people in poorer	a. inland b. is fair c. likely to d. role e. coastal areas f. environments
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7. the area along coasts seemed to 8. play a useful 9. We need to ensure that access 10. not damaging our fragile coastal	g. 1 km of the coast h. protect people i. households j. ocean or sea
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GAP FILL	
<p>New research suggests that people who live close to the (1) _____ or sea are happier. Researchers from the University of Exeter in the UK say people who live in (2) _____ areas have better mental health than people who live inland. This is for (3) _____ people and poor people. The researchers looked at data from (4) _____ of 25,963 people. The surveys asked people questions about their happiness, lifestyle and (5) _____. They found that those who live within one kilometer of the coast are 22 per cent less (6) _____ to show any signs of mental health problems. People who lived more than 50 kilometers from the coast had more (7) _____ of mental health problems. The researchers found that poorer people living within (8) _____ of the coast were around 40 per cent less likely to have mental health symptoms than those who lived inland.</p> <p>Lead researcher of the study, doctor Jo Garrett, said: "Our research suggests, for the (9) _____ time, that people in poorer households living close to the coast experience (10) _____ symptoms of mental health disorders." She said the area along coasts seemed to (11) _____ people from experiencing mental health problems. They seemed to improve people's health and wellbeing. Dr Garrett added: "When it comes to mental health, this protective (12) _____ could play a useful role in helping to level the playing field between (13) _____ on high and low incomes."</p> <p>Another researcher, Dr Mathew White, said: "We need to help policy makers understand how to maximize the wellbeing (14) _____ of 'blue' spaces in towns and cities. We need to (15) _____ that access is fair and inclusive for everyone, while not damaging our (16) _____ coastal environments.</p>	<p>rich income sight ocean surveys symptoms coastal likely</p> <p>Benefits First Protect</p> <p>Fragile Zone</p> <p>Ensure Fewer those</p>

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COMPREHENSION QUESTIONS

1. Which university carried out this research?
2. How many people did researchers look at data on?
3. What did surveys question people about besides happiness and lifestyle?
4. Who is 22 per cent less likely to suffer from mental health problems?
5. What did people who lived over 50km from the coast have more of?
6. Who is Jo Garrett?
7. What did a doctor say areas along the coast did to people?
8. What kind of playing field did a doctor talk about?
9. Who did a doctor want to help understand about wellbeing benefits?
10. What kind of coastal environments did a doctor not want to damage?

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