Low social status bad for health

27th November, 2016

A new study shows that having a low social status can be bad for our health. The study was on monkeys. Researchers from Duke University in the USA looked at the behaviour and health of 45 female monkeys and found that those with a lower social status had more health problems. The monkeys were split up into five groups of nine. The researchers gave the monkeys in each group time to get to know each other. Then they took one monkey from each group and put her into another group. This meant she was the "new girl" and was at the bottom of the group. When scientists checked the health of the monkeys, they found that the "new girl" was unhealthier than the other monkeys.

The researchers said that although their study focused on monkeys, the findings could also be true for humans because we share a lot of our DNA with monkeys. Professor Graham Rook, from University College London, told the BBC News that the findings of the study could also be seen in humans. He said governments must understand that people with a lower social status suffer more from health problems. He said that just because "people at the bottom" have got cars and TVs, it does not mean they are happy. If they feel they are at the bottom compared with richer people, their health will suffer. People who are richer can live up to two decades longer than those who are poorer.

Sources: *nhs.uk / bbc.com / newscientist.com*

Writing

One day, everyone in the world will be equal. Discuss.

Chat

Talk about these words from the article.

study / health / behaviour / female / monkeys / split up / bottom / scientists / researchers / humans / DNA / governments / suffer / happy / richer people / decades

True / False

a) Research on monkeys shows a low social status is bad for our health. T / F

b) The study was conducted at a laboratory at Oxford University in the UK. T / F

c) Over 450 monkeys took part in the study. T / F

d) A monkey that was new to a group became the "top girl". T / F

e) A professor said the study's findings could also be true for humans. T / F

f) The professor said governments did not need this information. T / F

g) The professor said cars and TV do not mean poor people are happy. T / F

h) Richer people can live 20 years longer than poorer people.   T / F

Synonym Match

(The words in **bold** are from the news article.)

1.	**study**	a.	accurate
2.	**found**	b.	every
3.	**split**	c.	contrasted
4.	**each**	d.	divided
5.	**checked**	e.	decline
6.	**true**	f.	paper
7.	**apply**	g.	experience
8.	**suffer**	h.	examined
9.	**compared**	i.	discovered
10.	**worsen**	j.	be relevant

Discussion – Student A

a) Could the same be true for human social status like it was for monkeys

b) What can governments do to improve our social status?

c) Do cars and other things make people happier?

d) How can lots of money change your social status?

e) Are rich people happier because of their social status?

f) How would you like to change your social status?

g) Who is social status more important for?

h) What questions would you like to ask the researchers?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

1. the behaviour and health of 45 female
2. The monkeys were split up into five
3. they took one monkey
4. scientists checked the
5. the "new girl" was unhealthier than
6. the findings could also
7. we share a lot of our
8. If they feel they are
9. their health will
10. People who are richer can live up

a. health of the monkeys
b. worsen
c. be true for humans
d. groups of nine
e. to two decades longer
f. from each group
g. at the bottom
h. the other monkeys
i. DNA with monkeys
j. monkeys

Discussion – Student B

a) What do you know about social status?
b) Why is social status important?
c) What do you think about what you read?
d) What different kinds of social status are there?
e) Why might social status be bad for our health?
f) What kind of social status do you think you have?
g) How can the Internet change your social status?
h) What is it like to be the new person in a group?

Spelling

1. rraeeerhscs from Duke University
2. arieuohbv (UK) / ihorveab (USA) and health
3. 45 mfeale monkeys
4. The monkeys were ilpst up
5. at the oobttm of the group
6. uithharenle than the other monkeys
7. their study cdsuoef on monkeys
8. the sngndfii could also be true for humans
9. the study may also palyp to humans
10. efsufr more from health problems
11. opramecd with richer people
12. live up to two dscadee longer

Role Play

Speaking – Happiness

Rank these with your partner. Put the things that make you the happiest at the top. Change partners often and share your rankings.

- money
- family
- chocolate
- mobile phone
- love
- friends
- sleep
- nature

Answers – Synonym Match

1. f	2. i	3. d	4. b	5. h
6. a	7. j	8. g	9. c	10. e

Answers – True False

a	T	b	F	c	F	d	F	e	T	f	F	g	T	h	T

Answers to Phrase Match and Spelling are in the text.