

Source <http://www.breakingnewsenglish.com/0809/080909-money.html>

Credit crunch making Britons ill - 1'59 – Transcript

An old saying says that money is the root of all evil. It is also the cause of increasing health problems in Britain. The recent ill health of the world economy is making people sick. This is according to a survey carried out jointly by the UK's Blood Pressure Association and the insurance company Friends Provident.

They found that two-thirds of British people feel less well than they did three years ago. Researchers say the credit crunch and concerns about the economy are driving up stress levels and making people cut back on healthy food and fitness clubs.

Their research coincides with the launch of a campaign called Know Your Numbers Week, during which Britons can get free blood pressure checks. The aim is to warn people early that their health may be worsening.

Money worries could have serious consequences for people in Britain. Mark Jones, a Friends Provident spokesman, said: "The credit crunch appears to be having serious [effects]. Lifestyle changes, poor diet and lack of exercise in particular, can have a negative effect on people's blood pressure and consequently their long-term health."

Many people are worrying more about spiralling food and fuel prices, home loan repayments, and rising debt. Nearly one in five of those surveyed said they were sleeping less, 56% are buying cheaper food and cutting back on fruit and vegetables, while 6% have started smoking.

Professor Graham Macgregor of the Blood Pressure Association warned: "The lack of concern over long-term health is putting the nation at risk of a blood-pressure ticking time bomb."