

Is there a link between birthdays, height, and disease?

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各位老師，各位同學，大家午安，我是，我是 907 李若瑜，今天的英文小達人，今天，我要為大家播報的內容，是 Is there a link between birthdays, height, and disease？

A study following 450,000 people in the UK has found that babies born during the summer months of June, July, and August are heavier when they were born and taller after they grow up, as well as healthier.

That sounds interesting, doesn't it? This could be that the mothers of summer babies are able to enjoy more sunshine, so their babies get more Vitamin D. Winter babies born during the months of December, January, and February, however, are lighter at birth and shorter when growing up.

The study also found some kinds of diseases like heart disease may be brought on by the season of birth. For example, people born in March and April are at higher risk of heart disease. As for people born in May and July, they have the lowest risk of disease.

But do those born at the end of the year have to worry all the time? No, they don't need to fret at all. Exercising and eating health food is more important than what month you were born in deciding your health!

Thanks for your listening. See you next time!