

In many countries, the number of overweight people is increasing. This is mainly caused by unhealthy diets and increasingly inactive lifestyles. Governments can address the problem through public health policies, while individuals must also take responsibility for their daily choices.

One important reason for rising obesity rates is the widespread availability of inexpensive, high-calorie food. Fast food and processed meals are often convenient and heavily promoted, making them attractive to busy consumers. At the same time, many people now have sedentary jobs and spend considerable amounts of time using computers, televisions and smartphones. As a result, they may consume more calories than they burn.

Governments can take several measures to tackle this problem. They can introduce public awareness campaigns explaining the importance of healthy diets and regular exercise. Schools can also provide nutritious meals and encourage children to participate in physical activities from an early age. Governments could further regulate the advertising of unhealthy food, particularly advertisements aimed at children, and improve access to parks and sports facilities.

Individuals also have an important role to play. People should reduce their consumption of highly processed food, choose balanced meals and exercise regularly. Simple changes, such as walking or cycling instead of using a car for short journeys, can increase daily physical activity.

In my opinion, neither governments nor individuals can solve this issue alone. Public policies can create healthier environments, but individuals must make responsible decisions about their lifestyles.

In conclusion, unhealthy diets and lack of physical activity are the main causes of increasing obesity. Government intervention combined with individual responsibility can help reduce this problem effectively.