

**Some people believe that looking after our health is a duty to the society we live in rather than a personal need. To what extent do you agree or disagree?**

Health and well-being have been at the center of a global debate for several years (in such a way that that two different and completely opposite viewpoints are still arguing). When it comes to this notion I strongly hold the idea that a profound society tries to provide ~~with~~ free healthcare and grows flow of guidelines for healthy lifestyles. In this essay I will try to elaborate my viewpoints with some relevant examples.

There are a lot of people who are of the idea that providing healthcare for people is one of the main duties of a leading society. Those who are in favor of this way of thinking argue that nowadays most ~~of~~ people do not have enough time to read about personal health , and it is on those who are dealing with medication to provide others with a ~~correctly,~~ healthy method of living.

However, people who are opposed ~~d to of~~ the important role of society on individuals reason that the more effort in societies to take care of human beings, the more attention they demand. According to a research ~~have~~-done by Royal Institute of health and medical education of Sweden, the sedentary lifestyle and consumption of alcoholic beverages dramatically is growing in developed countries while in Kenya where the country has been is dealing with civil war for years, not only are people following a healthy method of life but also the demand ~~for of~~ drug and alcoholic beverages is on a steady-state line for a decades or so.

In conclusion, I personally tend to agree that the role of society ~~on-in~~ people's health is undeniable. I think those who are against the significant role of society ~~on-in~~ citizens' health are not able to see an unhealthy society will lead to a mentally and physically impaired population.