

Some people say that the best way to improve public health is by increasing the number of sports facilities. Others, however, say that this would have little effect on public health and that other measures are required.

There is common belief that active lifestyle will bring about (lead to) health enhancement and sports facilities are the basic requirements for achieving this goal. However, some people argue that it has a minor impact on the improvement of society's well-being and more efficient measures should be taken.

Nowadays as a result of urbanization and modern life, physical activities are less likely to be included in people's daily routine which has led to escalation of several diseases such as diabetes, heart attack, and obesity. A solution to address this worrying trend is providing sports facilities in residential areas especially those that suffer deprivation which may trigger the residents in doing exercises and it is expected that the rate of diseases declines consequently. Despite the fact that these facilities have been provided to a large extent by governments, there is no significant improvement in the public health situation.

To meet health challenges, people who are in charge should take realistic actions. Increasing people's awareness about the dangers of a sedentary lifestyle and encouraging them to participate in sport-related activities besides providing sports facilities can be a way of tackling this issue. In addition, imposition of tax on high-fat foods can restrain people from having deleterious nutrients and can promote healthy eating. Another way to uplift public health is through education of the population on hygienic manners that one of its substantial benefits would be prevention of epidemic diseases from spreading out of control.

Therefore, I think increasing the number of sports facilities is not adequate and will not lead to communities' health improvement, so in order to achieve this goal we should take some additional measures.