Are governments doing well in educating people to pay attention to the importance of the food nutrition and healthy eating?

Humans' healthy eating habits are substantially affected by their stressful lifestyle they tend to lead. While many confirm government's success in drawing people's attention to caring about their eating habits, I think that it is a totally a considerable failure for the governments because of the increased rate of obesity, a rush of media advertisements and inexpensive junk foods.

First of all, by looking around, it is with no doubts clear that many people are becoming overweight and even obese. In fact, obesity has become one of the main and greatest challenges to deal with in many developed societies, especially the United States. Long working hours, hectic lifestyle and a lack of motivation has have forced many not to prepare healthy food for themselves and their families. In fact, many claim that in order to make a nutritious dish, having free time is needed, which is somehow impossible due to work overload. Even when time is not an issue anymore, exhaustion comes in. The situation gets worse when increasing evidence shows the high rate of obesity among children, a majority whose future is threatened by having blood pressure or heart disease. As a consequence, since the majority of diseases are correlated with obesity, the healthcare system is coming under a considerable pressure.

Moreover, media has also failed to picture a healthy eating habits, since many platforms are somehow advertising the opposite side. The more people lack time and energy preparing the home-made meals, the more they tend to use convenience food. Unfortunately, media's role in encouraging people to use such processed foods is undeniable. We rarely see an advertisement about a healthy product, while on the other side, the trend to advertise various kinds of canned foods is growing drastically. Children are also a great target market for eating products such as snacks and cookies, in which we see many ads popping up while they are watching their favorite program. These ads are specifically designed to exaggerate people's need to such foods, focusing on their fast preparation in the shortest time. Besides, not only are they easy to prepare, they are financially more justified than buying each ingredient for making a meal. As a result, since these commercials are broadcasting widely, many may lose their self-control, craving for more carbohydrate and sugar.

Finally, one of the easiest and cheapest eating options are is junk food. For example, McDonald's price for a hamburger is less than 10 dollars, a price that is totally affordable for the majority of people. It seems that even policy makers do not care about the detrimental effects of having unhealthy meals, since no measure is taken in issuing higher taxes on these products. Therefore, the inevitable consequence is that more people become addicted to junk foods.

To sum up, I believe that governments have failed to encourage people in following a healthy diet, as we see its effect on a broken healthcare system, mentally weak individuals and higher rates of addiction.