The number of people who are overweight or obese is far higher than in previous generations. What are the reasons for this, and how can the problem be tackled?

It is no doubt that the issue of obesity is becoming worse and worse, and it is threatening all people. In the last few decades, the rate of obesity has ~~racketed~~rocketed. The necessary actions should be done to reduce this epidemic disease.

One of the primary reasons is that fewer people tend to cook a healthy meal at their home. Instead, they prefer consuming fast food. Since junk food contains too much sugar, salt and oil, constant consumption of those unhealthy portions likely results in the growth of obese people. Addressing this issue involves raising public awareness to understand the potential consequences of their actions. For instance, the government could hold nationwide publicity campaigns about how obesity may bring a wide range of deadly diseases to them such as diabetes, heart disease or blood pressure. Apart from this, we should be encouraging parents to prepare meals in their own home.

 Another reason which may be considered is the tendency to physical activities among youngsters has reduced significantly. After the revolution in technology and ~~introducing~~ introduction of a broad range of state-of-the-art gadgets and consoles, a new generation is persuaded to sit and play for hours on end. Over recent years, the sedentary lifestyle has ~~been~~ replaced the past active one, hence they have gained weight sharply. The forward way might be to impose rules on technological companies to insert actions in their games to encourage people to be intensively active, which means that the more movements during the game, the more points are earned.

In conclusion, the problem of obesity is a worldwide concern which cannot be ignored by governments and people, otherwise the next generations would face further problems in varied fields. It is incumbent upon the official figures, companies and parents to take urgent actions.