Junk food are the main problem in people's deteriorating health. Do you agree?

In today's modern life in developed countries, barely can you find a society in which weight and fitness are not a frequent topic of conversation ~~controversial topic~~. Some are of the opinion that junk foods are the main reasons for people suffering overweight, whilst others believe that the nature of modern jobs, along with the lack of exercise are the main root causes for this trend.

On the one hand, some claim that using organic materials and home-made foods can help ~~the~~ society to overcome this problem. They say that the habit of having ~~to have~~ fast foods in restaurants should be put aside and all these enticing advertisements have to be prevented/banned in the media.

On the other hand, many support the idea that not only should sports be encouraged, but the government also has to regulate the use of ergonomic seats and chairs for those spending the whole day behind the desk. They postulate that these are the most significant solutions which can positively affect the way we have to deal with this problem.

As far as I am concerned, and having all the aspects considered, a single action will not be able to resolve this issue. Hence, my contention is that a combination of all the mentioned measures must be implemented, otherwise this surging average weight of people renders community prone to obesity, in which case many other health problems will ~~be~~ emerge~~d~~, consequently.

In conclusion, and in spite of the fact that it is cumbersome to administer, the government, with the support of subject-matter experts, is responsible to raise public awareness about the consequences of this phenomenon and how it can put mankind's health in danger. The sooner the mentioned solutions are ~~is~~ implemented, the better it is for society.

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