Fast food, fast death

If the government could prevent 3,000 deaths in a relatively painless way, should they do it? A study shows that at least 3,000 lives a year can be saved from heart disease. This number is an estimate of the direct benefits from income tax. Despite these benefits, a lot of people still think this is a bad idea. There should be a tax on unhealthy foods.

Eating unhealthy does not only have an impact on the unhealthy person, but also on the rest of society. Together we have to pay for their insurance health insurance claims. Therefore, there should be a tax which they pay. The earnings should not go to the government, it should be distributed amongst the insurance companies.

A tax will not just save the people money, it will also save lives. The second most common cause of death in the UK is heart disease. The study shows that 3000 lives can be saved and a lot of people will live much healthier once they chose eat more healthy. Eating unhealthy increases the chance of getting obesity, depression, early death and a lot of other health problems.

The most important question in this debate is yet to be answered. Will it be effective? Higher prices might stop people from eating so many unhealthy foods. It will not stop them if they really want it, however it can be very effective. Reducing the consumption of fast food, is an accomplishment on its own. As it will significantly increase their health, both physically as mentally.

Adding a tax will not work on its own. We should also educate people on the effects of eating too much unhealthy foods, and how much is too much. Other education campaigns on for example: Smoking and alcohol, have shown to be very effective in the Netherlands.

So there definitely should be a tax on unhealthy foods. It will save thousands of lives every year, increase the average health and lower insurance costs.

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