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

In recent years, the issue of public health has drawn widespread attention. People are holding different opinions about the solution. Personally, I believe that other methods are also very important, although building more sport building and equipment have some undeniable help.

There are numerous reasons supporting the view that increasing the number of sports facilities is not the best solution. Firstly, it requires every individual in the society noticing the importance of sport to completely solve the public health problem. Before fulfilling this requirement, spending more money and resources will have no significant effect on improving the public health. Moreover, without the basic knowledge of how to use the facilities, only increase the amount of sports facilities will not have any help. Therefore, other ways, such as public health education are also very important.

Of course, it may be true that the with the help of other methods, more sports facilities do have large impact on the public health situation. Sports buildings and equipment are the most popular choice for people who want to exercise to pick. If there are not enough of them, then other methods’ effects will also be decreased with no doubt.

As a conclusion, increasing the amount of sport facilities is only helpful with other methods’ support. There are many solutions that are the same or even more important. Instead of only focusing on a single point, covering every possible ones is a better idea.