***Despite huge improvements in healthcare, the overall standard of physical health in many developed countries is now falling. What could be the reason for this trend, and what can be done to reverse it?***

Following is my essay:

The fact that healthcare condition has significantly been improved, yet the overall level of physical health is considerably decreasing is a headache issue in many industrialized nations. In my point of view, there are two main causes and two respective solutions should be done by government and individuals to tackle the above mentioned problem.

I personally believe that **unbalanced lifestyle and unhealthy diet** are major causes of poor health. In **era of modernization**, **people are fully equipped with facilities,** which enable them to work and play more comfortably with less physical activities. For examples, people can drive to works by motorbikes and cars instead of walking or riding bicycle. Many people also prefer staying at home playing games or watching TV to playing outdoor sports. In addition, due to good taste, low cost and convenience, fast food and frozen products have increasingly become favourite choices of many consumers. However, most scientists agree that these kinds of food contain less nutrients but higher level of preservatives, cholesterol than fresh products, which makes them more prone to serious diseases, **i.e. obesity, diabetes, cardiovascular disease**.  
Fortunately, this condition can definitely improved by encouraging people to do more physical exercises and choose healthier meals. Life is so boring if people just spend all day at work then come back home and sleep. Government should spend more money on facilitating equipment at public parks as well as organizing campaigns about the significance and benefits of playing sports, outdoor activities. **In such a way**, people will be keener on doing exercises every day. Furthermore, the importance and good impacts of fresh products, especially vegetables and fruits on health should be informed in more details in various public **means of communication**. **Particularly**, governments may financially support **market of those kinds of food** so that they are affordable for all people.

In conclusion, imbalanced style of living and unhealthy diet have made overall health condition in developed countries go down. However, I strongly believe that more physical exercises and fresher meals are able to mitigate the problem.

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Despite the betterments of healthcare system, the overall level of physical health in many industrilized nations is now decreasing. This essay will discuss some reasons and solutions related to this phenonmenon.

There are two main reasons why many citizens in developed contries prone to more illness. Firstly, the pace of modern business world leaves little time for a formal lunch meal, leading to high level consumption of fast food. Most of junk foods constituded by numerous preservatives namely sugar and salt, which is the major cause of many diet-related diseases. This can be exmplified by the high rate of obesity in many western-countries, particularly in America where fast foods favored by many consumers. Secondly, in the era of modernization, although amenities enhance quality of life, they are likely to turn consumers into procrastinators. The youth, for example, instead of taking part in outdoor activities, tends to stay at home and entertain themselves via virtual devices.

However, this problem can be tackled in many ways. The government can add a taxation on the fast food chains, making them less appealing to eaters. Consumers, therefore, may involve more in the routine of homecooking where ingredients are carefully selected rather than eating out. Furthuremore, they can susidize the fresh food industries like vegetables, making them affordable to many consumers. Another solution is that parents or caregivers can directly encourage or force children to engage in physical activities after school.

In conclusion, on the whole, this phenomenon can be caused by a wide range of reasons, yet there are various solutions to tackle.

***Despite huge improvements in healthcare, the overall standard of physical health in many developed countries is now falling. What could be the reason for this trend, and what can be done to reverse it?***

Although the healthcare system has made a stepforward, the overall level of physical heath in many industrialized nations is still decreasing. This essay will discuss why this phenonmenon happens and provide some solutions to tackle

There are two main reasons contribute to the falling of citizens’ heath in numerous developed countries. Firstly, the proliferation of fast foods has a huge impact on individuals’ heath. This is often linked to the number of preservatives, mostly salt and sugar, containing in junk foods, leads to diet-related diseases like obsity, heart attack. For instance, a wide range of western nations, particurly in America where fast foods favored by many consumers, have a high rate of people living a life on medication due to diabete. Secondly, in the era of modernization, people are now fully equipped with facilities that enhance quality of their lives and help them less involve in physical activities. For example, many people tend to go to work by cars or motobikes, instead of walking or riding bikes.

On the other hand, many solutions can be given to address this issue. The government can add a taxation on the fast food chains, making them less appealing to eaters. This , therefore,will increase the quantity of people involving in the routine of homecooking instead of eating out. Children, thus, will learn the value of traditional food and all kind of social and culture meanings during their traditional meal.Another solution is that the government can susidize fresh food industries, making healthy ingredients such as vegetables affordable to many people.

In conclusion, on the whole, based on above reasons. There are many reasons causing the falling standard of physical health in many developed nations, yet there are also many solutions to deal with