

Obesity

By: Tilly and Courtney

Date: Thursday 14 March 2019

Research shows that 30% of people are eating unhealthy food because it is much cheaper than your average healthy grocery store. This is showing that if people cannot afford the healthy option they have no choice but to eat unhealthy, which could be changed.



Supermarkets and groceries stores have prices that are too high for healthy foods and prices that are much lower for fast foods and unhealthy foods. In towns, young adults and children don't have another option but to go to an unhealthy restaurant instead of going to places that are healthier.

Teresa May has brought this issue up in many subjects describing how large a problem obesity is becoming. In 2016 and 2017, there were 617 thousand admissions in NHS hospitals where obesity was a factor. This is an increase of 18 per cent on 2015. In 2016, 26 per cent of adults were classified as obese. In 2016/17, 1 in 5 children in Year 6 and 1 in 10 children in Reception were classified as obese. A recent survey stated that 30% of the British child population would be obese by 2030. Today, 25% of us are obese. If things don't change, by 2050 that will be 50%.

In our opinion, we think that schools, shops and grocery stores should put the prices down on healthy foods due to the fact that people are buying unhealthy foods and drinks which leads to gaining weight.