브릿메이츠

시사토론

Advanced

ISSUES NOW IN THE NEWS

BritMates

CONTENTS

05

HALF OF WORLD POPULATION WILL BE OVERWEIGHT BY 2035   (13TH MARCH 2023)

The World Obesity Federation (WOF) has cautioned that by 2035, about half of the world's population will be overweight or obese. That's more than four billion people with weight problems in just over ten years. Currently, there are already over one billion obese individuals worldwide. The World Health Organization (WHO) defines obesity as having too much fat, which can be bad for our health. Obesity is measured by a body mass index (BMI) over 30. Some say obesity is a disease, while others compare it to a pandemic.

The World Obesity Federation (WOF) is worried about the obesity problem and wants action taken quickly to prevent it from getting worse. They are asking governments to address the reasons behind obesity, like the rise in processed food consumption, less exercise, and lack of health education. The WOF also wants less promotion of fatty and sugary foods and healthier food choices in schools to help younger generations avoid higher healthcare costs in the future.

DISCUSSION

Have you ever tried diet? Was it successful?

Are you worried about the World Obesity Federation's warning that half of the world's people could be overweight or obese by 2035?

The WOF wants governments to do something to prevent a bigger crisis. What do you think they should do to help people be healthier?

The article says processed foods, lack of exercise, and not enough health education are causing obesity. Do you agree? What do you think about these reasons?

The WOF wants healthier food in schools and less advertising of unhealthy food. How do you feel about this idea? Do you think it could help stop obesity?

CRITICAL THINKING

"Should governments take immediate action to address the root causes of obesity, like promoting healthier food and more exercise, to prevent a bigger crisis in the future?"