

## **The Growing Obesity Problem**

The news has just been reported that Koreans are getting fatter and the age group showing the largest increase is between the ages of 20 to 29. In the last 8 years the rate of obesity among this age group has jumped more than 35%. In addition, people in their 30s and 40s have also seen a rise in the rate of obesity.

This has caused many health officials to become concerned that Korea, in the future, will have many of the same dietary illnesses that many Western nations are now facing.

When asked, many overweight Koreans said that they were not worried about their weight problem, stating that they were still young and that they will work it off in the future. However, researchers say that this is highly unlikely and that the younger you are, the more likely it is that you will never learn a good eating habit.

The National Health Insurance Corp. has called on the government for help in the hopes that they will start a campaign to better inform young people about eating balanced meals and the importance of daily exercise.

### **Questions for discussion;**

1. Is there a weight problem in your country?
2. What do you believe is the main cause of obesity?
3. Are you or anyone you know obese?
4. What type of exercise do you do?