**Something needs to be one about Australia’s fast food problem**

Good morning Mr Wade and Premier Marshal. Something needs to be done about Australia’s fast food problem. Fast food, everyone knows that fast food is unhealthy and can cause diseases, but most people assume that it isn’t that bad, but in reality, its worse. Fast food is causing the deaths of over 10,000 people each year through diseases like heart disease and diabetes and its costing the government billions of dollars in healthcare just one of the detrimental impacts of fast food on the economy. Others include an increase in taxes to combat the billions of dollars spent on health care, the fast food industry slowly destroying the health food industry. Fast food is also impacting the next generation, by introducing bad eating habits in school children that will stay with most of them as they enter adulthood. This problem needs to be fixed now, do you really want your children to be corrupted and be at risk of life-threatening diseases within the next few year I know I wouldn’t. We need real change before it’s too late and you can help achieve this.

I’m sure that both of you know that fast food isn’t healthy and good for the body and that It causes weight gain, but this is only just scratching the tip of the iceberg of the health issues caused by fast food. The truth is a lot worse than you might think. Fast food is directly linked to various diseases that cause thousands of deaths each year. You cannot tolerate this problem anymore Mr Wade especially, as health minister for South Australia you need to do your job and find a solution to this problem. Fast food is classified as food that contains high levels of refined sugar, white flour, trans fat and polyunsaturated fat, salt, numerous food additives, while lacking in proteins, vitamins, essential minerals and fibre. Food like this if consumed more than once a week causes significant increases in an individual’s body mass. Increase in body mass is a direct cause of obesity. Obesity has been found to be a major risk factor for the devolvement of type-2 diabetes, asthma, strokes, coronary artery disease, cancer, liver and gall bladder diseases, osteoarthritis and heart disease. Heart disease is the leading cause of death in Australia with 19,077 deaths in 2016, type-2 diabetes being the 7th leading cause of deaths in Australia causing 4,770 deaths in 2016, with the other diseases caused by obesity totalling 13,463 deaths in 2016. That’s a total of 37, 310 deaths that have a direct link with obesity, which is directly caused by increasing Fast food consumption. This issue cannot be overlooked Mr Wade you need to do something to rectify the problem and soon, enough people have already died we don’t need anymore. One suggestion for helping fix the problem is for the government to place taxes on fast food making it more expensive and therefore less popular. This method will not stop everyone from consuming fast food, but it will decrease the amount of people willing to buy it. Subsequently over time there should be a decline in heart disease and obesity and ultimately preventing deaths. You can save lives, fixing this problem could potentially save thousands of lives. Could you live with yourself if you didn’t even try.

Fast food is not only very damaging to our amazing nations health, but it is also damaging to Australia’s great economy. Mr Marshal, you have spoken in the past about how the positives far out way the negative economic issues caused by fast food. You have said that Fast food establishments around Australia provide just under 200,000 jobs for people from the age of 14 and up. This is one significant economic benefit. Another benefit is the government receives millions of dollars in tax from big fast food chains. However these taxes from the fast food companies are not nearly enough to cover even a fraction of the cost that Australia spends on cardiovascular disease and diabetes which is $16 billion. This amount is only going to increase. It is predicted that from 2031-32 Australia will be spending $58 billion on cardiovascular disease and type-2 diabetes health care. The 200,000 jobs that you mentioned that were an economic benefit, in retrospect are actually more damaging then helpful. The fast food industry pays a minimum wage to more employees than any other industry, the only group that earns a lower hourly rate is migrant farmer workers. Some suggestion within the McDonalds company have been made that the only way for them to increase their profit further is to replace staff with machines. We can already see this happening with the introduction of self-ordering kiosks. From this, surely, you can see that we can no longer rely on the fast food industry to provide large amounts of jobs. Both of you need to work together as members of the government you have the resources and influence to chance Australia for the better, to try and combat the issues that fast food creates. One suggestion that you could take into consideration when trying to combat the loss of jobs is to replace the jobs in the health food industry where it will be more beneficial for Australia’s economy and its health. Will you be the ones who will lead Australia into a healthy and economical future or will you allow our future to be one where thousands of Australian become jobless, where taxes are unaffordable, where there are no more health food stores because they can no longer compete. The choice is yours.

The fast food is destroying people’s health, the high content of salts, sugars and saturated fats is slowly killing people, and no one is doing anything to prevent this from happening. Consumption of fast food regularly is proven to lead to heart disease, obesity and diabetes, but still the government continues to pour money into heart disease and diabetes rather than fix the problem. The fast industry is slowly destroying the health food industry, while the government promotes healthy living, yet they do nothing to help. Something drastic needs to be done and it needs to be done now. Before anymore people die from illnesses caused by it, before and more children’s food habits are corrupted and before the Australian economy is irreversibly damaged. Both of you need to work together and use the control you have to influence the Australian government to create a more economical and healthier Australia. Thousands of lives are counting on you. But something needs to be done and it needs to be done now, before it’s too late.