

Day 5: World Obesity

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4th March 2021

Obesity Care Week



The aim of the presentation is to:

- Outline principles of world obesity
- Compare global data
- Learn from countries who may have the solution





THE GLOBAL EPIDEMIC OF OBESITY

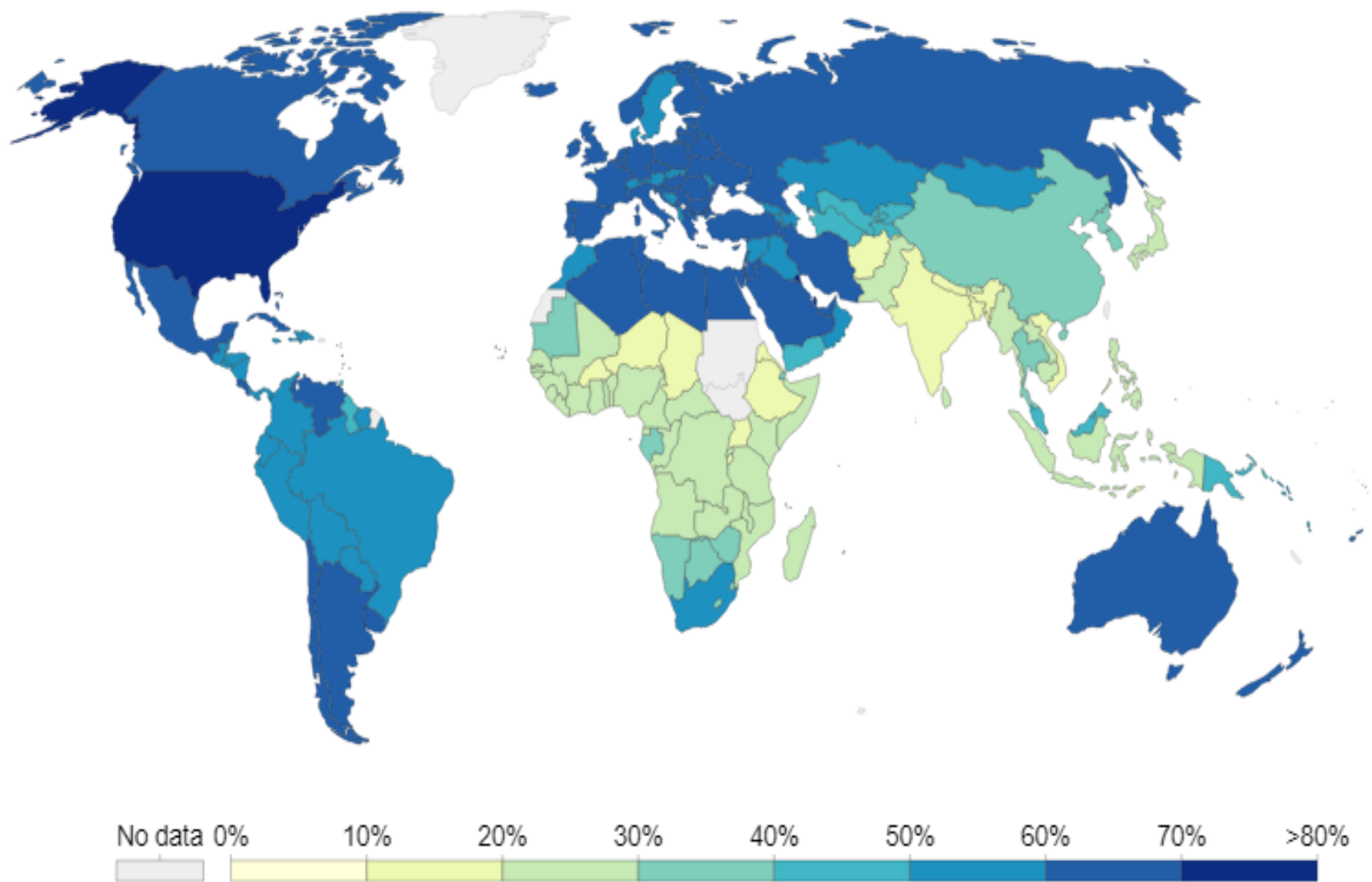


Fundamental Goals World Obesity (WHO)

- **Encourage advocacy-** It strives to change how obesity is addressed across society. It encourages people to stand up for a change, and fight a culture of blaming and shaming, to eliminate this perception, acknowledging obesity as a chronic medical condition.
- **Improve policies-** Building a system that encourages a bright future. Creation of policies that prioritise obesity as a serious health issue and work on fighting against it.
- **Share experiences-** Coming together can help fight obesity and challenges related to it effectively. Sharing experiences can inspire others to achieve these common goals.

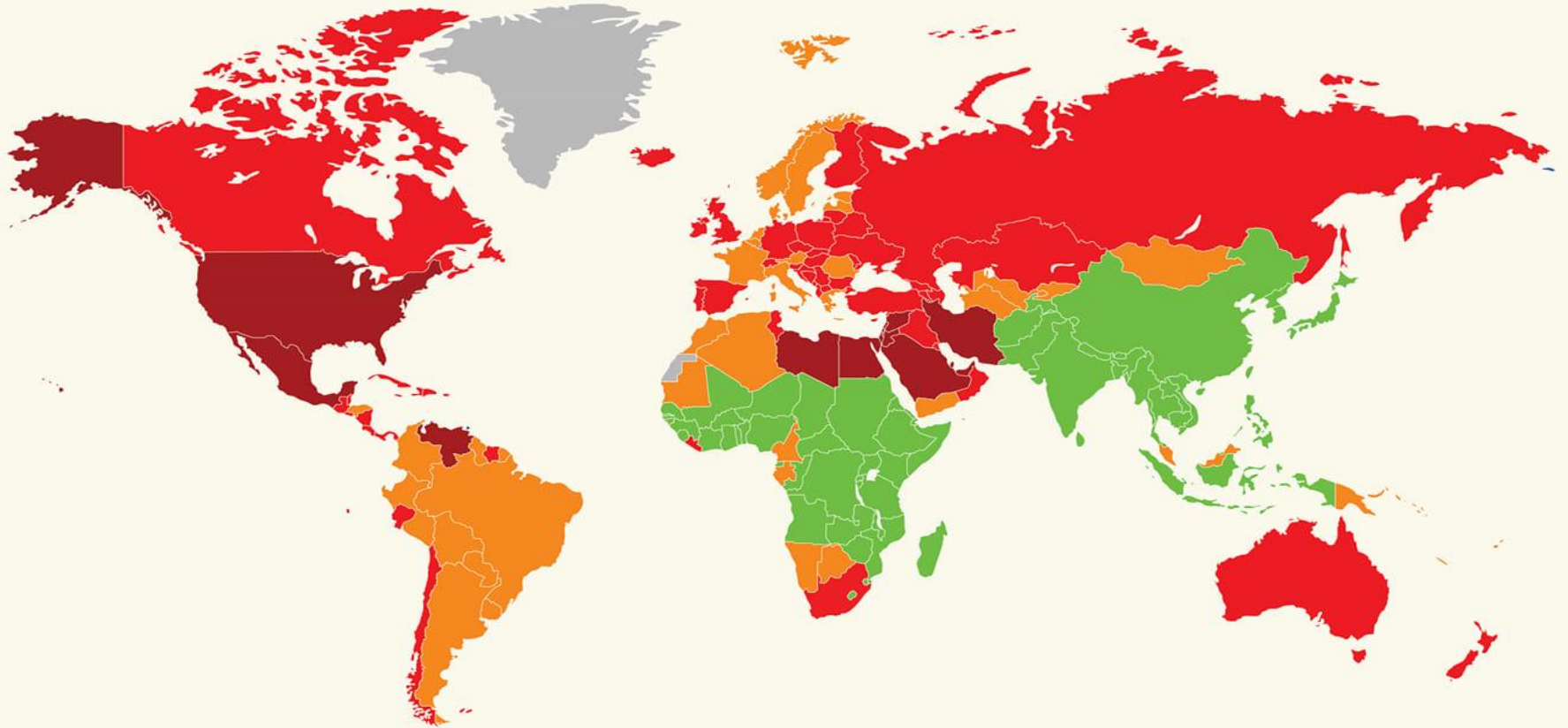


Being overweight is defined as having a body-mass index (BMI) greater than or equal to 25. Obesity is defined by a BMI greater than or equal to 30. BMI is a person's weight in kilograms divided by his or her height in metres squared.



Source: WHO, Global Health Observatory
OurWorldInData.org/obesity • CC BY

MAP OF RATES OF OBESITY



The Percentage of Obesity



No information



< 10%



10-20%



20-30%



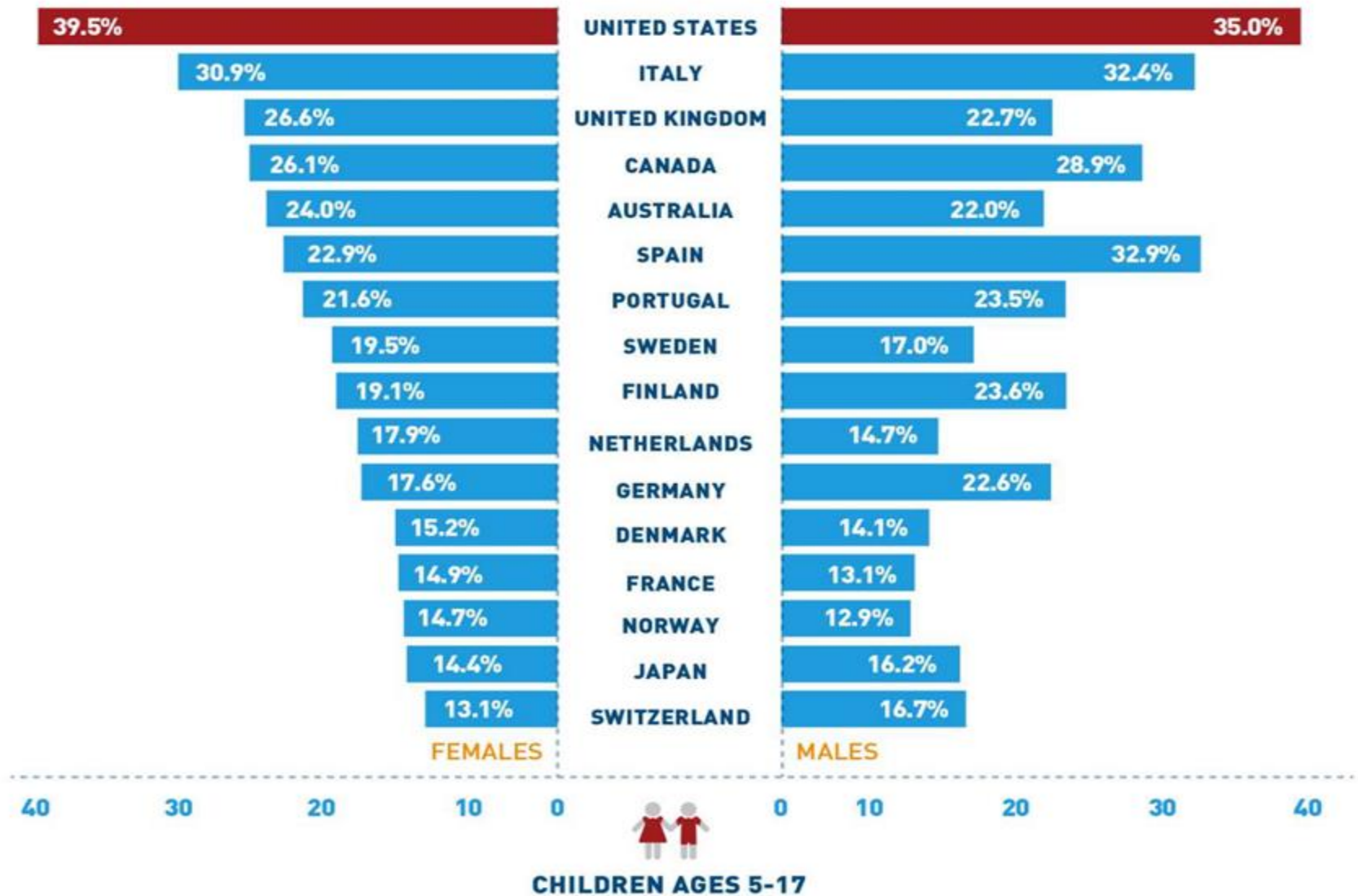
30-40%

Area of Concern

- Most of the world's population live in countries where overweight and obesity now kills more people than underweight. **38 million** children under the age of 5 were overweight or obese in 2019 with over 340 million children and adolescents aged 5-19 were overweight.



Childhood Obesity Rates



WHO

Obesity: Missing the 2025 targets
Report available now

WORLD
OBESITY

 World
Obesity
Day March 4

- The number of obese children globally is predicted to reach 250 million by 2030.
- Only one in 10 countries have even a 50% chance of meeting the World Health Organisation target of no rise in child obesity from 2010 to 2025.

What can we learn from Japan?

Lowest obesity rate in the world 3.6% suggested reasons why so low

- Cultural values - overweight is related to being inefficient or lazy
- Health education in schools, active learning styles and physical activity throughout the day
- Small portion sizes – no up-sizing, no drink refills
- Few cars, main travel walking and bicycles
- Diet high in fibre and vegetables



What can we learn from Japan?

- Social eating – slow with chopsticks, allows for release of leptin
- Low calorie drinks – mainly water and flavoured teas
- Concept of 'Hara Hachi Bu' stop eating before you feel full – leave food on the plate
- Meat very expensive – main diet fish
- Low fat cooking
- Few desserts – usually ice cream
- Low snacking
- Mass public activities – yoga, tai chi



Area of Concern

- Despite sustained efforts to halt the rise, no country in the world is on track to fully implement the targets set out by the 2016 World Health Organisation Commission on Ending Childhood Obesity (ECHO).
- Rates of childhood obesity are rapidly rising in low- and middle-income countries. As governments continue to fight the COVID-19 pandemic, it is vital to maintain momentum on childhood obesity - a pandemic already affecting millions of the world's most vulnerable children.
- Many health services won't cope – detrimental effect on adult life
- Investment required in weight management services



New Announcement 4th March 2021

- Over £70 million will be invested into weight management services – made available through the NHS and councils – enabling up to 700,000 **adults** to have access to support that can help them to lose weight, from access to digital apps, weight management groups or individual coaches, to specialist clinical support.
- Expanding behavioural weight management services for **children and families** to offer them extra support they need to reach a healthy weight
- £30 million pot will also go towards upskilling healthcare professionals to support those in early years and childhood with intervention and enhanced training packages, helping up to 6,000 children and families to lead healthy lives. NHS 12 week app
- The COVID-19 pandemic has shown the impact that living with obesity can have on people's health and it is more important than ever to make it easier for people to move towards a healthier weight. What a pity its taken a COVID epidemic to acknowledge the difficulties facing people living with obesity!

And this is the headline in the news!
Government urges overweight to loose 5
pounds. Weight Bias at its best!



Contacts

Thank You for joining us today;

Tomorrow's session at 1pm is:

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