

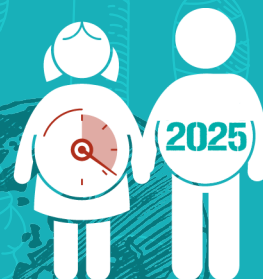


WORLD  
OBESITY  
DAY

11<sup>th</sup> October 2016

Over 223 million schoolchildren globally are overweight or obese. This is expected to rise to 268 million by 2025...

UNLESS WE ACT NOW



## Governments need to strengthen their leadership to prevent, manage and treat childhood obesity with robust national strategies

These should:

- Be based on the recommendations made by the WHO's Commission on Ending Childhood Obesity (ECHO) as a minimum standard.
- Include interdepartmental actions led by ministries of health.
- Use SMART actionable measures to meet the WHO targets on obesity and activity, integrated with the Decade of Action on Nutrition and the SDGs.
- Monitor and enforce all stakeholders' commitments.
- Support national guidelines for clinical care and management of obesity in pregnancy, infancy and childhood with the resources for their universal application.

## Local services need to take action to prevent childhood obesity

This includes providing:

- Health-promoting schools which offer high standards of nutrition, physical activity, health education and community involvement.
- Primary health care for women, including weight guidance in pregnancy and support for breastfeeding.
- Support for healthy infant growth, including maternity leave, baby-friendly hospitals, breastfeeding counsellors and mother and child community facilities.

## Health services must take action to manage childhood obesity

This includes providing:

- Care pathways for children with weight difficulties, including family based interventions through to bariatric surgery.
- Multidisciplinary teams of trained and specialist health care professionals at community level, covering nutrition, physical activity and psychological and counselling support.
- Universal access to the necessary healthcare interventions and follow-up services.