



OVERWEIGHT AND OBESITY

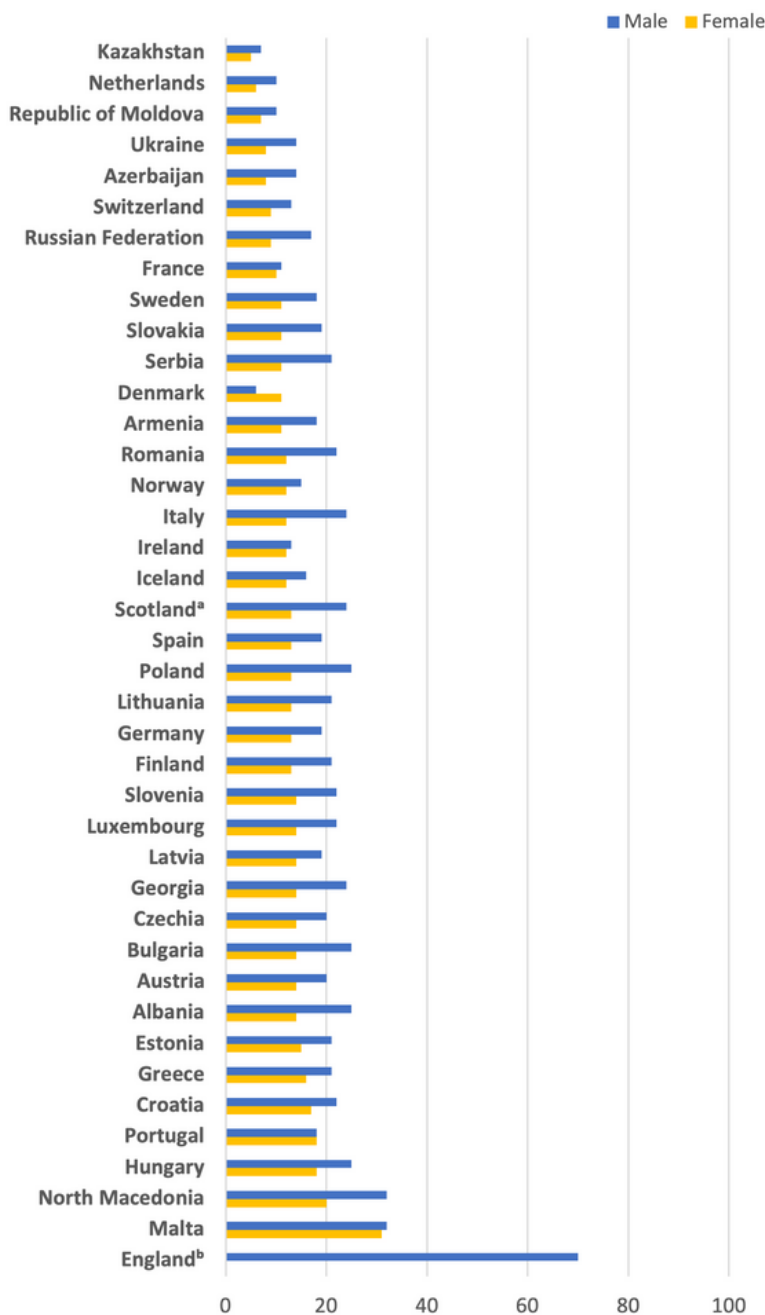
Too many children and adolescents are overweight and obese in the WHO European Region



One in three boys and one in five girls age 6-9 are **obese** in the Region



13-year-olds who are overweight or obese (%)



Note: countries with no data: Andorra, Belarus, Bosnia and Herzegovina, Cyprus, Israel, Kyrgyzstan, Monaco, Montenegro, San Marino, Serbia, Tajikistan, Türkiye, Turkmenistan, Uzbekistan. Belgium (Flanders), Belgium (Wallonia), United Kingdom (Wales) not included.

^a United Kingdom (Scotland).

^b United Kingdom (England).

Source: Body weight. Health Behaviour in School-aged Children (HBSC) survey, 2017/2018. <https://gateway.euro.who.int/en/datasets/hbhc/>

Overweight and obesity

- Overweight and obesity in childhood strongly contribute **to morbidity and mortality** later in life
- Overweight and obesity are caused by
 - an excessive intake of energy-dense low nutrient food, soft drinks and insufficient amounts of vegetables and fruits
 - increased sedentary behaviour and fewer hours of physical activity

Why is it important?

- Obesity increases the risk of
 - **cardiovascular diseases, type II diabetes and orthopaedic problems**
- It has substantial **mental health** effects, diminishing the quality of life and being related to underachievement in school and lower self-esteem
- Problems can stretch far into **adulthood** where it limits social mobility creating inequality

What needs to be done?

- Governments should ensure and reinforce obesity prevention measures by creating healthy food and drink environments
- Governments should ensure exclusive breastfeeding
- PHC providers should encourage and counsel on healthy diets and physical activity to decrease the risk of overweight and obesity
- PHC providers should promote family adherence to a healthy behaviour including a healthy diet and regular physical activities
- Check counselling boxes 3 – 7 in Pocket Book

Scan the QR code for more information on what PHC providers can do!

