OVERWEIGHT

WHY IT MATTERS

Childhood overweight is increasing in all regions of the world.

Children who are overweight or obese are at a higher risk of developing serious health problems.

Childhood overweight and obesity increase the risk of obesity, non-communicable diseases, premature death and disability in adulthood.

ReCOMMENDED ACTIONS

SUPPORT HEALTHY DIETS

What?
Develop coherent public policies to ensure healthy diets throughout the life-course

How?
Enact policies to enhance food systems to support healthy dietary practices

DIETARY GUIDELINES

What?
Authoritative food-based dietary guidelines to improve nutrition in the population

How?
Develop and approve a set of national dietary guidelines for all age groups

SOCIAL NORMS

What?
Improve community understanding and social norms related to appropriate child growth

How?
Develop public and social marketing campaigns to support regulation of food marketing

PHYSICAL ACTIVITY

What?
Implement local policies to promote physical activity

How?
Create an enabling environment that promotes physical activity from the early stages of life

SCOPE OF THE PROBLEM

38 million children under age 5 around the world are overweight

In 2017 more than 2/3 of overweight children under 5 resided in low and middle income countries

Between 2005 and 2017, the number of overweight children worldwide increased from 32 million to 38 million