Report of the Commission on Ending Childhood Obesity

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World Health Organization
Childhood Obesity

- In absolute numbers, there are more overweight and obese children living in low- and middle-income countries.

- Childhood obesity undermines the physical, social and psychological well-being of children and is a known risk factor for adult obesity and noncommunicable diseases.

- As countries undergo rapid socio-economic transition, they face a double burden: inadequate nutrition and excess weight co-exist.

- Undernutrition in early life places children at especially high risk of developing obesity later in life, when diet and physical activity patterns change.
WHO Commission on Ending Childhood Obesity

Work of the Commission should:

- build on and complement existing WHO mandates but also address gaps and deficiencies and identify what is new

- provide policy recommendations to governments to help meet WHO global targets for obesity:
  - children under age 5 years, is ‘no increase in child overweight by 2025’ (baseline 6.7%).
  - adolescents and adults, is to ‘halt the rise in obesity’ by 2025 (adult baseline 13%).
Development of the report

- Developed a comprehensive, integrated package of recommendations through:
  - Review of the scientific evidence
    - Including extensive inputs from ad hoc working groups and other academics/experts commissioned to produce reports
  - Extensive consultation with 118 Member States and territories at regional meetings
  - Review of 179 comments received through online submissions
Strategic objectives

**Tackle the obesogenic environment and norms**
- improve healthy eating and
- physical activity behaviours of children

**Reduce the risk of obesity by addressing critical elements in the life-course in critical periods**
- preconception and pregnancy
- infancy and early childhood
- older childhood and adolescence

**Treat children who are obese to improve their current and future health**

**Recommend actions and responsibilities for government and other actors**
1. Promote intake of healthy foods and reduce the intake of unhealthy foods

- Accessible nutrition information and guidelines
- Effective tax on sugar-sweetened beverages
- Marketing of foods and non-alcoholic beverages to children
- Nutrient profiling, labelling and front-of-pack labelling
- Healthy food environment in child-care, school, sports facilities
- Increase access to healthy foods
2. Promote physical activity

Implement comprehensive programmes that promote physical activity and reduce sedentary behaviours in children and adolescents

- Provide guidance on healthy body size, physical activity, sleep and appropriate use of screen-based entertainment
- Ensure adequate facilities available in school and public spaces for physical activity during recreational time for all children
3. Preconception and pregnancy care

- Diagnose and manage maternal hyperglycaemia and gestational hypertension
- Monitor and manage gestational weight gain
- Preconceptual nutrition advice and guidance for both parents and maternal nutritional advice and guidance
- Advice to avoid exposure to tobacco, alcohol, drugs and other toxins
4. Early childhood diet and physical activity

- Protect, promote and support breastfeeding (International Code on Marketing of Breast milk Substitutes, Baby-friendly Hospital Initiative, maternity leave and facilities for breastfeeding in the workplace)

- Regulations on marketing of complementary foods

- Guidance for caregivers and child-care settings on nutrition, physical activity and sleep
5. Health, nutrition and physical activity for school-age children

- Establish standards for meals provided in school
- Eliminate provision and sale of unhealthy foods in school
- Inclusion of nutrition, food and health education in core curriculum
- Improve nutrition literacy of caregivers
- Quality Physical Education
6. Weight management

Develop and support appropriate weight management services that are

- Family-based
- Multicomponent (nutrition, physical activity, psychosocial support)
- Delivered by multi-professional teams
- As part of Universal Health Coverage
How ECHO contributes to other programmes

GLOBAL STRATEGY ON WOMEN’S, CHILDREN’S AND ADOLESCENTS HEALTH
Survive
Thrive

DECADE OF ACTION ON NUTRITION
(ICN2 FRAMEWORK FOR ACTION)

SUSTAINABLE DEVELOPMENT GOALS
SDG 2.2
SDG 3.4
SDG 3.8

COMPREHENSIVE IMPLEMENTATION PLAN FOR MATERNAL, INFANT AND YOUNG CHILD NUTRITION

GLOBAL ACTION PLAN FOR PREVENTION AND CONTROL OF NCDS

World Health Organization

ENDING CHILDHOOD OBESITY
What next?
Implementation Plan

- To guide further action
  - Details steps to be taken by Member States to put into action recommendations
  - Build on existing activities – not a separate Action Plan, but fresh focus and emphasis on life-course approach to prevention
  - Groups recommendations to ensure comprehensive action in each domain

- Collaboration between relevant technical units at WHO HQ and Regional focal points

- Draft currently open for consultation

http://www.who.int/end-childhood-obesity/en/
Action framework

MONITORING AND ACCOUNTABILITY

LEADERSHIP

INTERVENTIONS
- Population-based: regulation, standards, fiscal policies
- Settings: community mobilisation, schools, child-care
- Individual: counselling in health care settings

INTERMEDIATE OUTCOMES
- Healthier Environment
- Healthy Behaviours
- Reduced Biological Risk factors

LONG TERM OUTCOME
- PREVALENCE OF CHILDREN WITH OBESITY

CAPACITY BUILDING
Actions needed

I. Leadership for comprehensive, integrated, multisectoral action

II. Interventions
   i. Improve food and physical activity environment
   ii. Reduce risk of obesity through the life-course
   iii. Improve current and future health of children who are obese

III. Monitoring and accountability for effective progress

IV. Key elements for successful implementation
LEADERSHIP & POLITICAL COMMITMENT

- Coordinate multisectoral action
- Strengthen capacity
- Advocacy & social mobilisation
- Monitoring & Accountability
- Mobilize resources
- Data for action

END CHILDHOOD OBESITY
For further information on the Implementation Plan

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