

# Childhood Obesity



## CONSEQUENCES OF CHILDHOOD OBESITY

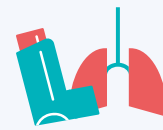
- Children living with overweight and obesity are more likely to remain adolescents, and ultimately adults, living with obesity. Additionally, there are also physical and social/emotional complications linked to childhood obesity.



Children who have a high body mass index between 2 and 19 years are at 40-60% higher risk of early death by any cause



Children are at higher risk of psychological distress (poor self-esteem, anxiety, depression and social problems such as bullying and stigma)



In childhood, obesity is associated with hypertension and early stages of cardiovascular disease, insulin resistance and early stages of type 2 diabetes, asthma, sleep apnea, increased risk of fractures

## MOVING FORWARD...

We need to adopt a life course approach. We need to consider all the stakeholders involved including parents, children, businesses, civil societies, governments and promote the development of cross-sectoral policies.

- Internationally agreed targets are:



To see **no increase in obesity rates** from 2010 levels by 2025 for children under 5, older children, adolescents and adults



To see an **end to malnutrition** in all its forms, including overweight and obesity by 2030

- The WHO Commission on Ending Childhood Obesity **identified six priority areas** for action and proposed activities related to **governance, leadership and surveillance** to support the implementation of the recommendations.

### Six key areas of action recommended by the ECHO Commission:



Promote intake of healthy foods



Promote physical activity



Early childhood diet and physical activity



Preconception and pregnancy care



Health, nutrition and physical activity for school-age children



Weight management