Health for all and all for health • Santé pour tous et tous pour la santé
Salud para todos y todos para la salud • 健康人人，人人健康
Здоровье для всех и все для здоровья • الصحة للجميع والجميع للصحة
Promoting health, promoting sustainable development:

it’s our health, our future and our choice.

Working across sectors for childhood obesity prevention

Dr Saia Piukala
Minister of Health
Kingdom of Tonga
**Obesity is Tongan Children significant**

### Summary of Children's BMI-for-Age 5 – 7 years old from 2011

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of children assessed:</td>
<td>36</td>
<td>52</td>
<td>88</td>
</tr>
<tr>
<td>Underweight (&lt; 5th %ile)</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Normal BMI (5th - 85th %ile)</td>
<td>67%</td>
<td>73%</td>
<td>70%</td>
</tr>
<tr>
<td>Overweight or obese (≥ 85th %ile)*</td>
<td>33%</td>
<td>27%</td>
<td>30%</td>
</tr>
<tr>
<td>Obese (≥ 95th %ile)</td>
<td>14%</td>
<td>8%</td>
<td>10%</td>
</tr>
</tbody>
</table>


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**Prevalence of Overweight and Obesity - 2011**

- **Overweight or obese (≥ 85th %ile)**: 30%
- **Obese (≥ 95th %ile)**: 10%

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Recommendations of the Commission on Ending Childhood Obesity

Promoting health, promoting sustainable development: it’s our health, our future and our choice.
called on governments and development partners to invest resources to address NCDs, including childhood obesity priorities

stressed the importance of strong leadership, stable government, multi-sectoral collaboration partnerships
National NCD Committee: A Multisectoral coordinating mechanism

• First established in 2004 by Cabinet to provide oversight to NCD prevention
• Technical input from 4 multisectoral advisory committees:
  — Healthy eating (MAFFF CEO chair)
  — Physical activity (MIA CEO chair)
  — Alcohol harm reduction (Civil society chair)
  — Tobacco control (Civil society chair)
• National NCD strategy 2015-2020
  — Policy interventions
  — Settings-based interventions

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Healthy public policy: Taxing sugar-sweetened beverages

• According to Tonga’s Global School-based health survey (2010), 56.3% of students ages 13-15 years reported drinking carbonated soft drinks one or more times per day during the past 30 days.

• The median estimated soft drink consumption based on import data in 2011 was 31 litres/person.

• A recommendation of the Commission on Ending Childhood Obesity is to implement an effective tax on sugar-sweetened beverages.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Waters containing added sugar</td>
<td>0</td>
<td>TOP 0.50/litre</td>
<td>TOP 1.00/litre</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(TOP 0.165/can*)</td>
<td>(TOP 0.33/can*)</td>
</tr>
<tr>
<td>Waters containing other sweetening matter</td>
<td>0</td>
<td>between 13-16% of retail price</td>
<td>between 22-27% of retail price</td>
</tr>
</tbody>
</table>
Supportive environments: School-based policies

• School food policy *(first introduced in 2005, reviewed in 2012)*
  – Identifies foods allowed for sale/distribution on school grounds (e.g., no SSBs)

• Mai e 5! (Gimme 5!) programme *(launched in 2012)*
  – Teacher resources and classroom activities to promote the consumption of fruits and vegetables instead of unhealthy foods high in sugar, salt and fat

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