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 various health problems.

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

Action to prevent and control childhood overweight needs to go hand in hand with other global nutrition targets of:
- stunting
- anaemia in women
- wasting
- low birth weight
- breastfeeding

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.

THE GOAL

By 2025, no increase in childhood overweight.

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.

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