



# OVERWEIGHT

## THE GOAL

By 2025, no increase in childhood 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



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**

### 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

Globally **42 million** children younger than 5 years (7%) are overweight



In 2011 **more than 2/3** of overweight children under 5 resided in low and middle income countries



Between 2000 and 2013, the number of overweight children worldwide increased from

## 32 million to 42 million