



# How can we reach the target to halt the increase of childhood obesity by 2025?



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# Childhood obesity is a multifaceted problem

- Childhood obesity is a multifaceted problem embedded in physiological, behavioural, socio-economic, environmental and political contexts.
- It is clear that actions to prevent childhood obesity must therefore be taken in multiple settings and at all levels of government.
- Isolated interventions or “piecemeal” solutions for childhood obesity are likely to remain largely ineffective and unsustainable

# Governments need to take a leadership role together with local governments, schools, primary health care, research, voluntary organizations and families

## The role of the government is to:

- provide sustainable and committed funding for health promotion interventions
- strengthen health systems and workforce capacity to respond and prevent childhood obesity
- timely monitor and evaluate population levels of overweight and obesity, dietary risk factors, levels of physical activity and the impact over time of policies and intervention
- provide a structure for collaboration within government and the effective engagement of social and community actors

# To halt the increase of childhood obesity by 2025, governments across Europe need to implement a good mix of evidence informed policies

An integrated evidence-informed approach to halt the rise in childhood obesity will include:

- a combination of “upstream ” population-based policies and “midstream” community –based polices
- a blend of policy instruments, including legislative and fiscal tools, to ensure availability and affordability of healthy foods and physical activity opportunities;
- interventions across a range of settings, including early childcare settings, schools, and communities