COSI: l’obesità infantile in Europa e le strategie OMS per contrastare l’eccesso ponderale nei bambini

COSI: childhood obesity in Europe and the WHO strategies to combat excess weight in children

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• STILI DI VITA E OBESITÀ NEI BAMBINI: I DATI ITALIANI DI OKKIO ALLA SALUTE E IL CONFRONTO CON L’EUROPA
• 10 November 2020
SUSTAINABLE DEVELOPMENT GOALS

Health – Investment for Sustainable Development
Premature mortality from the 4 main NCDs in Europe, males (SDG 3.4.1)
Probability of premature death from four major NCDs: 25% reduction 2025; 33% reduction 2030

Trend for the WHO European Region

28 countries on track as of 2020
Global Monitoring Framework Scoreboard for Europe

Much remains to be done in next decade
6 global targets for nutrition to be attained by 2025

- 40% reduction in number of children under-5 who are stunted
- <5% Reduce and maintain childhood wasting to less than 5%
- ≥ 50% Increase the rate of exclusive breastfeeding in the first six months to at least 50%
- -50% 50% reduction of anaemia in women reproductive age
- -30% 30% reduction in low birth weight
- 0% No increase in childhood overweight

WHO Comprehensive implementation plan on maternal infant and young child nutrition 2012-2025
Create **healthy food and drink environments**

Promote the gains of a healthy diet **throughout life**, especially for the **most vulnerable**

Reinforce **health systems** to promote healthy diets

Support **surveillance, monitoring, evaluation and research**

Strengthen governance, alliances and networks to ensure a **health-in-all-policies approach**
Member States:

Ensure **data collection on BMI** – for –age of children– including for ages not currently Monitored – and **set national targets for childhood obesity.**
Since its launch in 2007, COSI’s participation has increased from 13 to 45 countries.
Prevalence of overweight and obesity among boys - WHO definition, COSI Round 4

*Figures refer to: i) 7-year-olds in Bulgaria, Czechia, Denmark, Estonia, Finland; Georgia, Greece, Hungary, Kyrgyzstan, Ireland, Lithuania, Latvia, Malta, Montenegro, Portugal, Republic of Macedonia, Serbia, Spain, Slovakia, Slovenia, Tajikistan, Turkmenistan and Turkey ii) 8-year-olds in Albania, Austria, Croatia, France, Italy, Norway, Poland, Romania, San Marino and Sweden and iii) 9-year-olds in Cyprus and Kazakhstan.
Prevalence of overweight and obesity among girls - WHO definition, COSI Round 4

*Figures refer to: i) 7-year-olds in Bulgaria, Czechia, Denmark, Estonia, Finland; Georgia, Greece, Hungary, Kyrgyzstan, Ireland, Lithuania, Latvia, Malta, Montenegro, Portugal, Republic of Macedonia, Serbia, Spain, Slovakia, Slovenia, Tajikistan, Turkmenistan and Turkey ii) 8-year-olds in Albania, Austria, Croatia, France, Italy, Norway, Poland, Romania, San Marino and Sweden and iii) 9-year-olds in Cyprus and Kazakhstan.
Prevalence of severe obesity among boys and girls, 2017

* Data from COSI round 2 (2009/2010) are used as the baseline for countries that didn’t participate in COSI round 1 data (Greece, Hungary, North Macedonia, Spain). Figures refer to 7-year-olds in all countries but in Italy and Norway (8-year-olds). Prevalence of overweight are estimated according to WHO definition.

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Physical activity/inactivity patterns of 6-9-year olds

- Children who spend at least 2 hours a day watching TV or using electronic devices
Eating habits of 6-9-year olds

- Frequency of consumption of fresh fruit
Unfinished Business
Childhood obesity Policies

Source: Various
Good Maternal Nutrition
The best start in life
Breastfeeding and Obesity

<table>
<thead>
<tr>
<th>Prevalence (%)</th>
<th>Duration</th>
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<tbody>
<tr>
<td>16.8%</td>
<td>Never breastfed</td>
</tr>
<tr>
<td>13.2%</td>
<td>Breastfed for less than 6 months</td>
</tr>
<tr>
<td>9.3%</td>
<td>Breastfed for 6 months or more</td>
</tr>
</tbody>
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*Estimates were obtained using children from the following age groups: 7 year olds from BUL, CZH, DEN, GEO, IRE, LVA, LTU, MAT, MNE, POR, RUS, TJK, TKM; 8 year olds from ALB, CR, POL, ROM; 9 year olds from KAZ. Two age groups: 7 and 8 year olds from FRA and 8 and 9 year olds from ITA and SMR. SPA included children from all age groups.*
Commercial baby foods
Innovation and Collaboration

- The CLICK Framework and KidAd – a smartphone App to monitor digital marketing
Tax on sugar sweetened beverages & Reformulation
Physical activity

- Monitoring and Surveillance – HEPA policy implementation
Managing childhood obesity: Main Challenges

- Childhood obesity is not always considered and treated as a chronic disease, particularly in primary care
- Lack of an integrated strategy for both prevention and care
- Weak integration of care providers
- Lack of clear referrals, care pathways and guidelines
- Need to improve access to services and the capacity to adequately respond to the different social and cultural needs
- Lack of multidisciplinary care teams in primary care
- Heterogeneity of service provision; unequal access to specialized care
Reinforcing health systems to promote healthy diets
Country support

- WHO Convenes Action Networks for Salt, Marketing of Unhealthy Products, Health Literacy, Obesity Management in Primary Care, Physical Activity and More.....
COVID19 & Increased food insecurity

- **disruptions along food supply chains** that complicate the transportation of food to markets
- **restrictions of movement** that impact the access to markets by consumers
- **price increases** in particular in import-dependent countries
- **loss of jobs** and incomes
- **interruption or lack of social protection** mechanisms
- **Affected production and transportation** of high-value, labour intensive, perishable and nutritious foods, such as fruits and vegetables, meat, milk and other dairy products
- **school closures** leading to **missed meals and nutrition education**
Covid-19 pandemic has made more difficult to implement WHO recommendations

• Reduced access to fresh food
• Reduced mobility
• Increased screen time
• Reduced access to antenatal care
• Messages discouraging breastfeeding
• Increased promotion of breastmilk substitutes
• Disruption of school feeding programs
• Reduced access to counselling services
Thank you! Grazie!