



Ministero della Salute



Centro nazionale per la prevenzione
e il Controllo delle Malattie



Ministero dell'Istruzione



SAMPLE



CHILDREN
53273



SCHOOL CLASSES
2735



PARENTS
50502

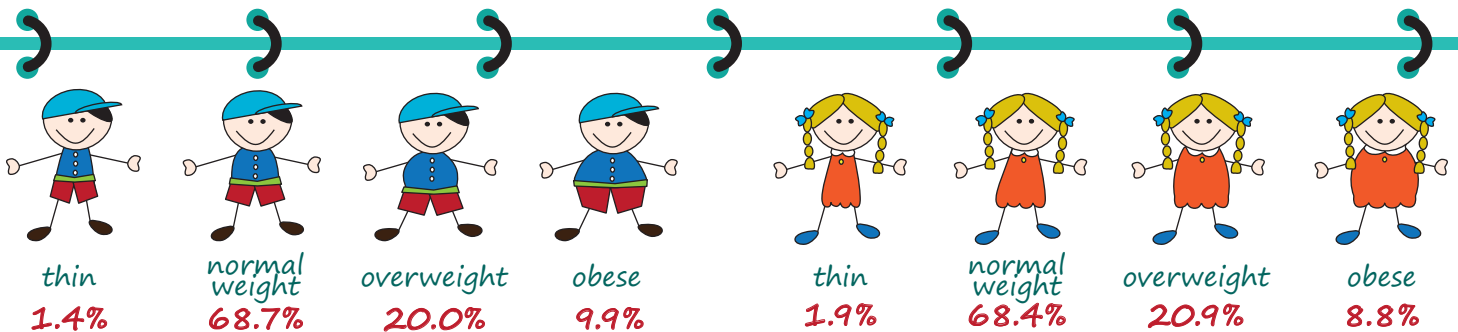
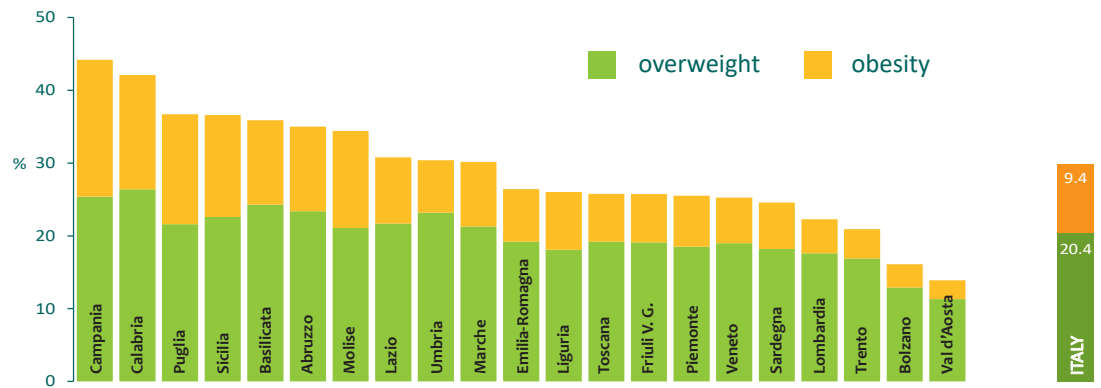
REFUSAL
5.1%

OKkio alla SALUTE - The Results 2019

OKkio alla SALUTE is a National Surveillance System which is promoted and financed by the Italian Ministry of Health. It is coordinated by the National Centre for Disease Prevention and Health Promotion (CNaPPS) at the Istituto Superiore di Sanità (Italian National Institute of Health), in collaboration with the Italian Regions and the Ministry of Education. It collects information about the lifestyles of children in primary school, their weight status and initiatives in school regarding nutrition and physical activity. The Decree of the Prime Minister of 12 May 2017 included this surveillance in the list of the surveillance systems of national and regional importance and nominated the Istituto Superiore di Sanità as the coordinating body. Since its establishment, OKkio alla SALUTE has carried out six rounds of data collection (2008/9, 2010, 2012, 2014, 2016 and the latest in 2019) and these data are an integral part of the Childhood Obesity Surveillance Initiative (COSI) coordinated by the Regional Office for Europe of WHO.

The percentage of overweight children is 20.4% [95% CI 19.9% -20.9%], obese children 9.4% [95% CI 9.0% -9.7%] including severely obese children that represent 2.4% [95% CI 2.3% - 2.6%]. For the definition of the weight status in children, OKkio alla SALUTE uses the cutoffs of the International Obesity Task Force (IOTF). Overweight and obesity among girls are 20.9% and 8.8% respectively, while boys are 20.0% and 9.9%.

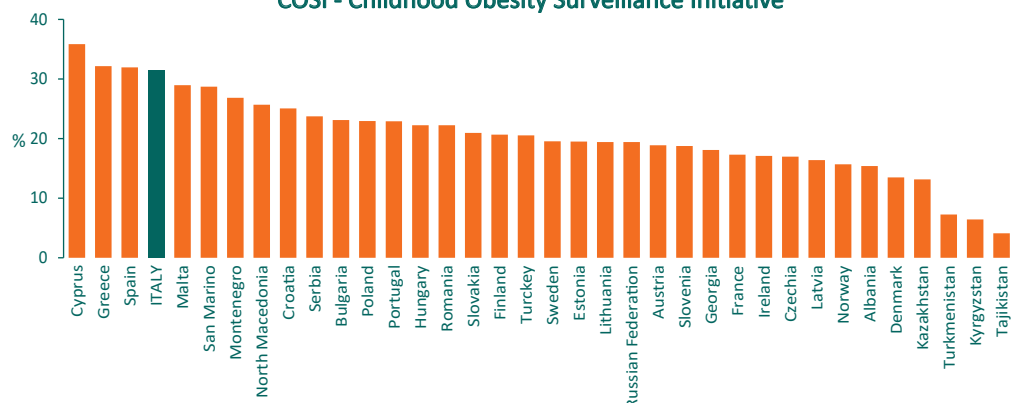
Overweight and obesity in children



Overweight (including obesity) using IOTF cut-offs, source COSI 2015-17

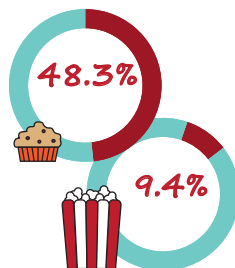
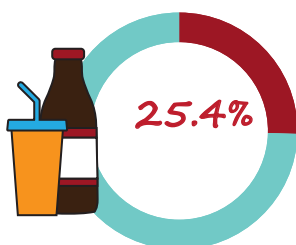
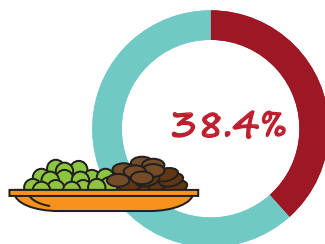
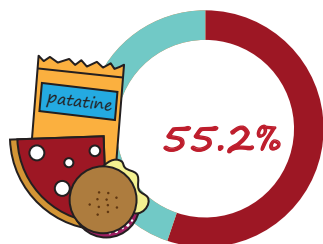
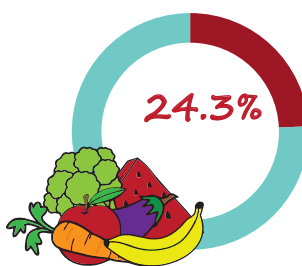
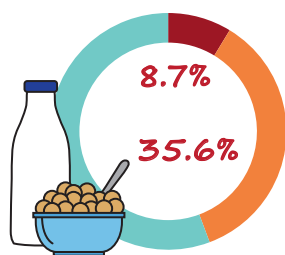
The WHO Childhood Obesity Surveillance Initiative (COSI) has been monitoring overweight and obesity among school-age children for over 10 years with standardized measurements of weight and height. COSI involves over 300,000 children in the WHO European region every three years. Italy has always participated in this surveillance with the greatest number of children involved (more than 40,000 for each survey). In the fourth round of COSI data collection (2015-17), Italy was among the nations with the highest values of overweight in children together with other countries of the Mediterranean area.

COSI - Childhood Obesity Surveillance Initiative



RISK FACTORS

BAD EATING HABITS OF CHILDREN



Collected for the first time

consumption of legumes

Collected for the first time

sweet and salted snacks

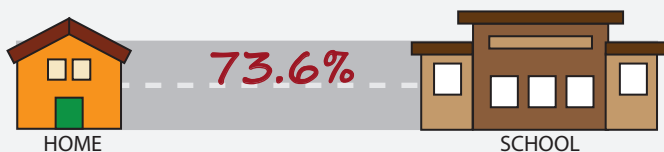
PHYSICAL ACTIVITY

20.3% of the children had not taken any physical activity the day before the survey.

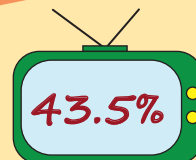
20.3%



73.6% of the children do not walk or cycle to school.

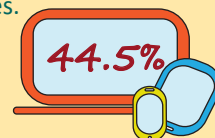


SEDENTARY LIFESTYLE



43.5% of the children have a TV in their bedroom.

44.5% of the children spend more than 2 hours a day watching TV or using videogames/tablet/cellphones.



Less than 9 hours of sleep per night

14.4%

According to reports by the parents, the 2019 data show that 14.4% of the children sleep less than nine hours per night on a normal weekday.



THE MOTHERS' PERCEPTION

Excess of weight

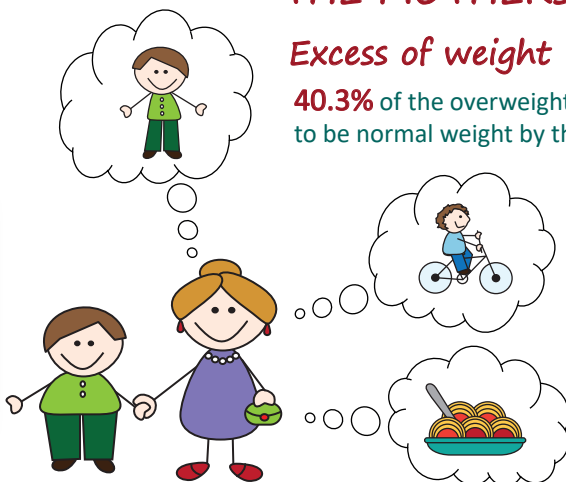
40.3% of the overweight or obese children are considered to be normal weight by their mothers.

Physical activity

59.1% of the mothers whose children are not very active physically think that their children are adequately physically active.

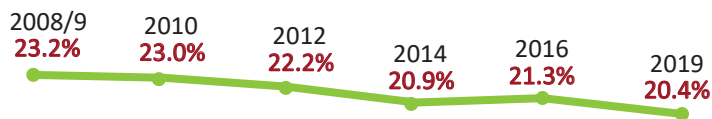
Quantity of food

Among the mothers of overweight or obese children, 69.9% think that the amount of food consumed by their children is not excessive.

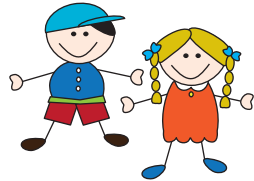


COMPARISON WITH PREVIOUS YEARS (2008/9-2019)

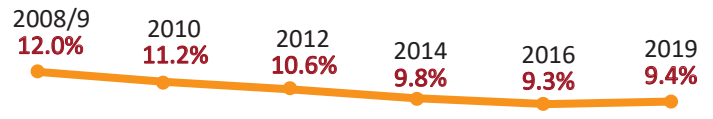
OVERWEIGHT



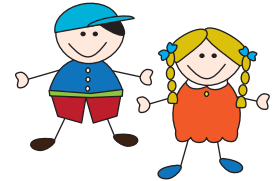
Over the years, the percentage of overweight children decreased from 23.2% in 2008/9 to 20.4% in the latest survey in 2019.



OBESITY



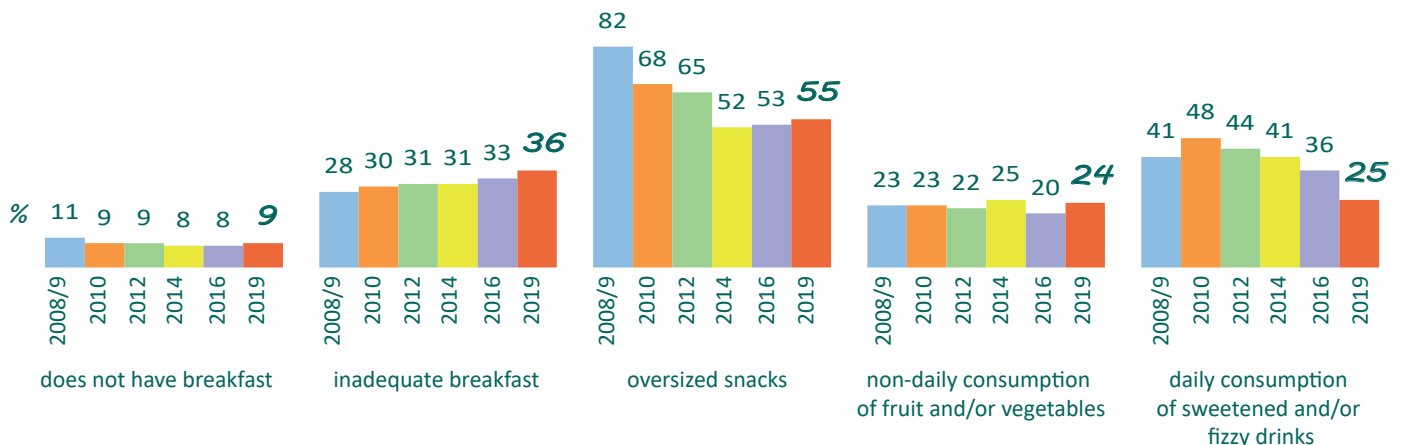
The prevalence of obesity has, in general, decreased over the years (from 12.0% in 2008/9 to 9.4% in 2019), but in the latest survey there is no decrease.



BAD EATING HABITS

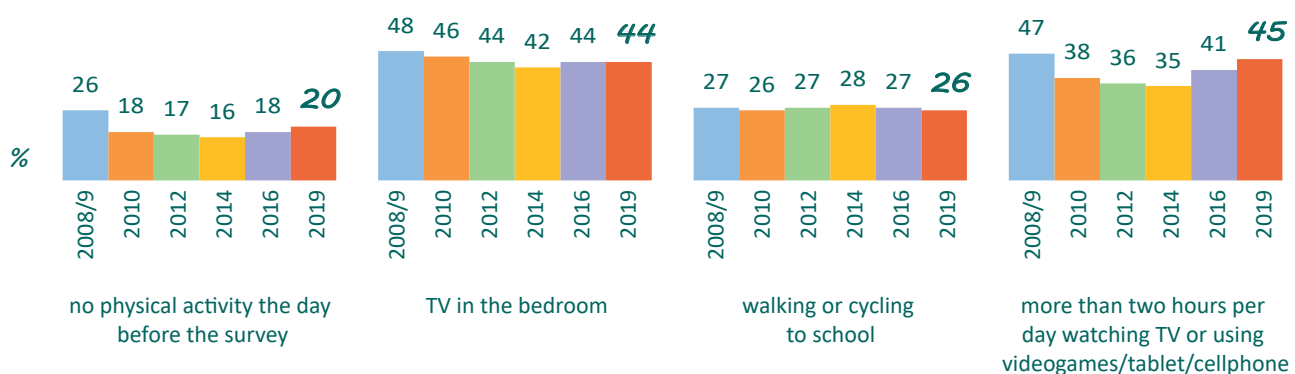
The questionnaires of OKkio alla SALUTE are addressed to children, parents and school head teachers who jointly have identified some indicators that describe, over the years, the eating habits of the children, their physical activity and sedentary lifestyle, and the critical points in these habits.

The habit of not having breakfast or an inadequate breakfast persists over the years, as does the consumption of oversized morning snacks. The non-daily consumption of fruit and/or vegetables, as declared by the parents, remains high; while the daily consumption of sweetened and/or fizzy drinks is decreasing.



PHYSICAL ACTIVITY AND SEDENTARY LIFESTYLE

The promotion of physical activity and the reduction of a sedentary lifestyle contribute to improving the health and psychological well-being of children. Over the years, the indicators of OKkio alla SALUTE show that physical activity and a sedentary lifestyle tend to be stable; while the prevalence of children who spend more than 2 hours per day in front of different electronic devices may be increasing.

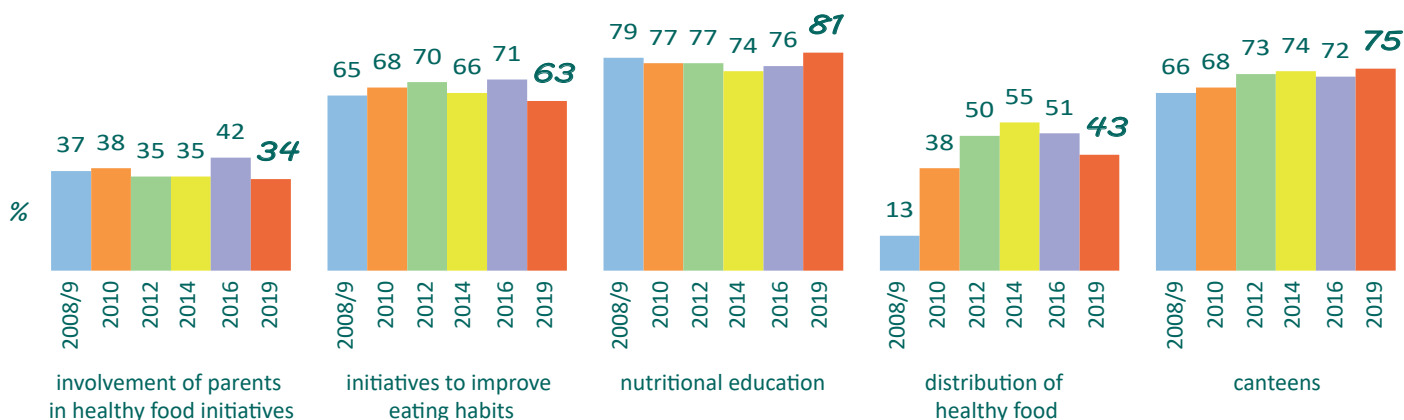


SCHOOL

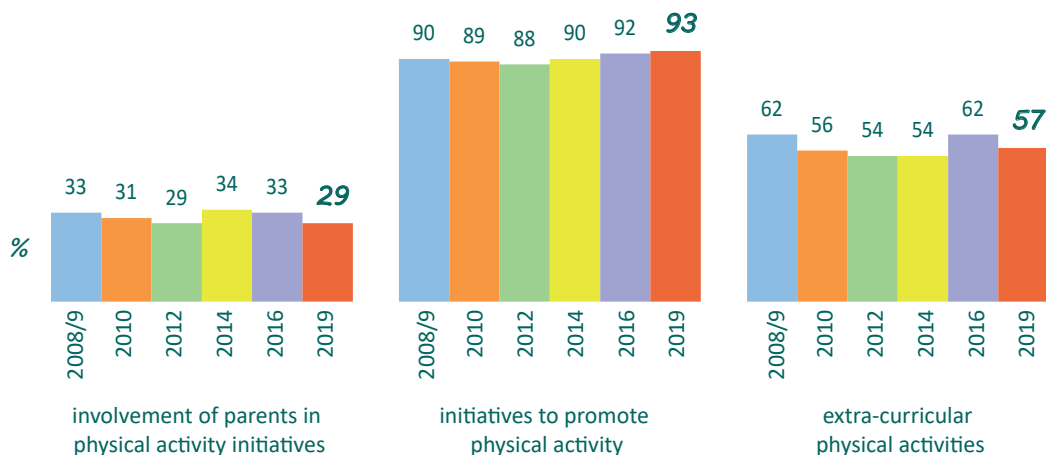


OKkio alla SALUTE 2019 involved 2467 schools and 2735 grade 3 classes of primary school. Some indicators decreased over the years while others have shown a progressive increase. The involvement of parents, both in food initiatives and in those concerning physical activity, requires greater attention.

PROMOTION OF GOOD EATING HABITS IN SCHOOL



PROMOTION OF PHYSICAL ACTIVITY IN SCHOOL



National Coordination Group of OKkio alla SALUTE 2019

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For further information about
OKkio alla SALUTE
www.epicentro.iss.it/okkioallasalute