



OKkio alla SALUTE (Italian COSI) — The Results 2023

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) of 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 height and weight of children in primary school, their eating habits, physical activity, sedentary behavior and the initiatives by the school. The seventh round of OKkio alla SALUTE was carried out in 2023 and the resulting data are an integral part of the Childhood Obesity Surveillance Initiative (COSI) coordinated by WHO European Region.



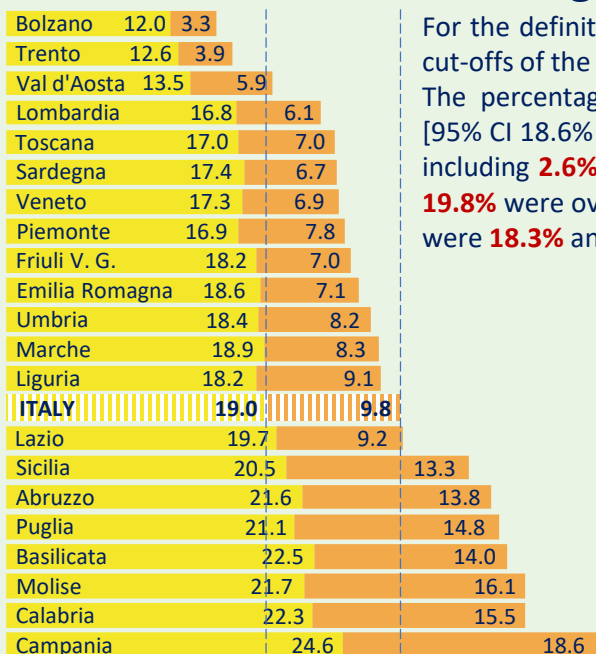
SAMPLE

46,559 CHILDREN (REFUSALS 9.2%)

2,802 SCHOOL CLASSES

45,610 PARENTS

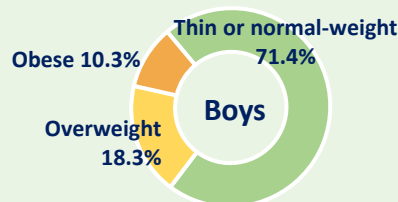
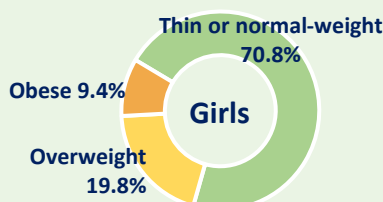
Overweight Obesity



Overweight and obesity in 8-9 years old children

For the definition of the weight status in children, OKkio alla Salute uses the cut-offs of the International Obesity Task Force (IOTF).

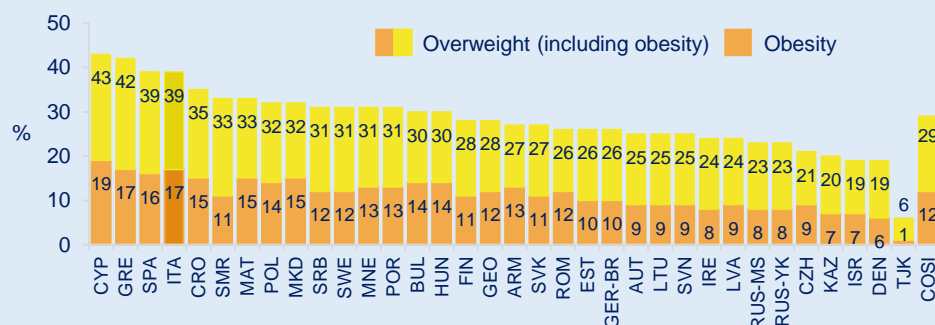
The percentage of overweight (not including obesity) children was **19.0%** [95% CI 18.6% -19.5%]; children with obesity were **9.8%** [95% CI 9.5% -10.2%] including **2.6%** [95% CI 2.4% - 2.8%] who were severely obese. Among girls, **19.8%** were overweight and **9.4%** were obese, while for boys the percentages were **18.3%** and **10.3%**.



Overweight (including obesity) according to the 2007 WHO growth curves, COSI 2018-2020

Since 2007 the WHO Childhood Obesity Surveillance Initiative (COSI) has been monitoring overweight and obesity among school-age children 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 with a great number of children involved (more than 40,000 for each survey). In the fifth round of COSI data collection (34 countries in 2018-20), Italy was among the nations with the higher percentages of overweight in children together with other countries in the Mediterranean area.



BAD EATING HABITS IN CHILDREN

Breakfast

10.9% of the children did not have breakfast every day and **36.5%** of the children ate an inadequate breakfast that was unbalanced in terms of carbohydrates and proteins.

Excessive snacks

66.9% of the children had an excessive morning snack.

Daily consumption of soft drinks

24.6% of the children consumed sweetened or fizzy drinks every day.

Daily consumption of fruit and/or vegetables

25.9% of the children ate fruit and/or vegetables less than once a day.

Sweet and Salted snacks

52.9% of the children ate sweet snacks and **12.1%** ate salted snacks more than 3 days a week.

Consumption of Legumes **37.0%** of the children ate legumes less than once a week.



PHYSICAL ACTIVITY

18.5% of the children were not physically active the day before the survey.

27.4% of the children walked or cycled to school.

21.7% of the children played actively 2 days a week and **15.6%** 3 days a week.

39.3% practiced sport 2 days a week and **21.8%** 3 days a week.



SEDENTARY LIFESTYLE (screen time)

41.5% of the children had a TV in their bedroom.



45.1% of the children spent more than 2 hours a day watching TV or using videogames/tablet/cell phones.

THE MOTHERS' PERCEPTION

Excess weight

45.0% of the overweight or obese children were considered to be normal weight by their mothers.

Quantity of food

Among the mothers of overweight or obese children, **73.0%** thought that the amount of food consumed by their children was not excessive.

Physical activity

59.6% of the mothers whose children were not very active physically thought that their children were adequately physically active.



According to the parents, **17.0%** of the children slept less than nine hours per night on a normal weekday.

COMPARISON WITH PREVIOUS YEARS (2008/9 - 2023)

Over the years, the percentage of overweight children has significantly decreased from **23.2%** in 2008/9 to **19.0%** in the latest survey in 2023.



Overweight



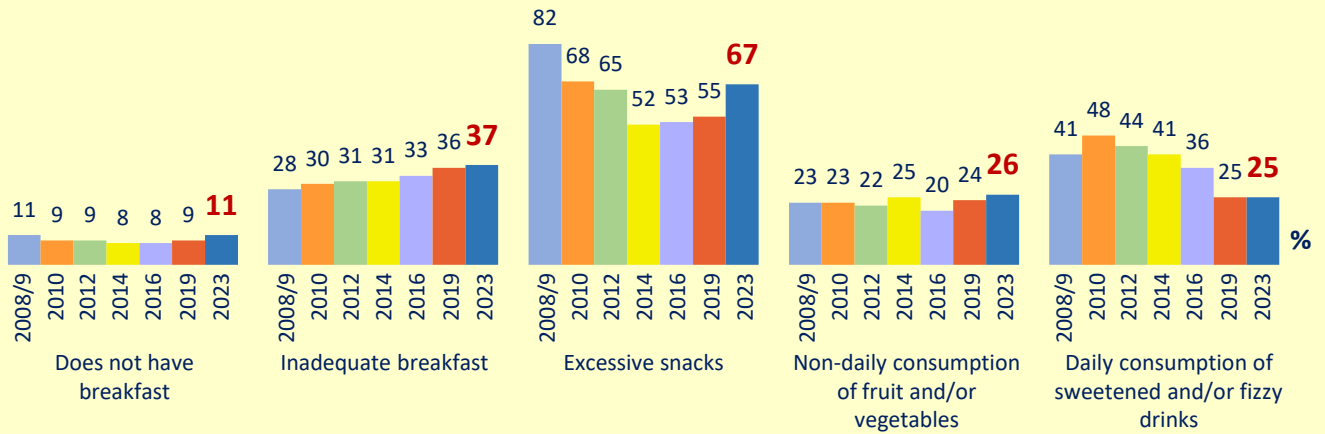
Obesity



The prevalence of obesity has, in general, decreased over the years (from 12.0% in 2008/9 to **9.8%** in 2023), although since 2016 it shows a plateau, with a small not significant increase.

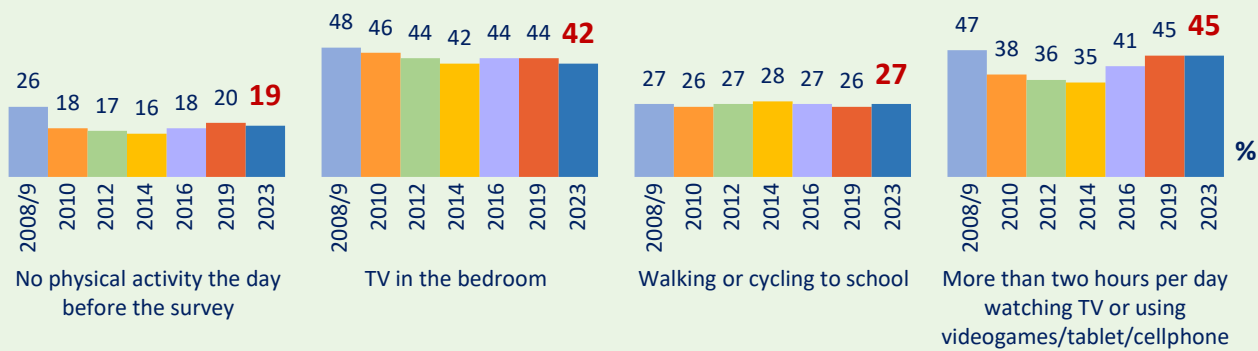
Bad eating habits (comparison 2008/9 – 2023)

The habit of not having breakfast has not changed, while there has been an increase of consumption of an inadequate breakfast and, in the later years, of oversized morning snacks. The daily consumption of fruit and/or vegetables has not changed consistently, while the daily consumption of sweetened and/or fizzy drinks, after a decrease, has stabilised.



Physical activity and sedentary lifestyle (comparison 2008/9 – 2023)

Over the years, the indicators of OKkio alla Salute show that physical activity and a sedentary lifestyle tend to be stable; the data of 2023 show a slight decrease in the percentage of children with the TV in their bedroom.

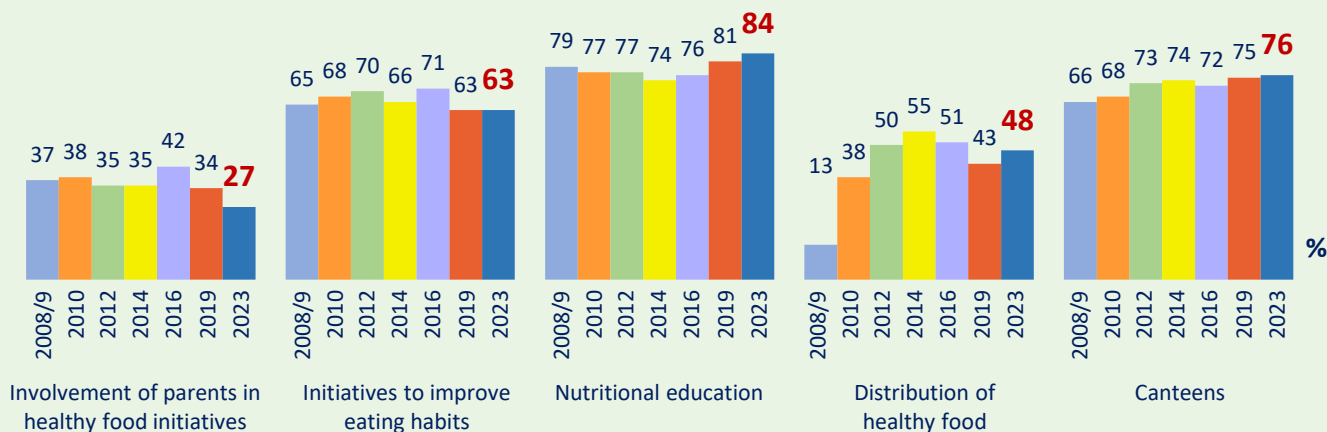




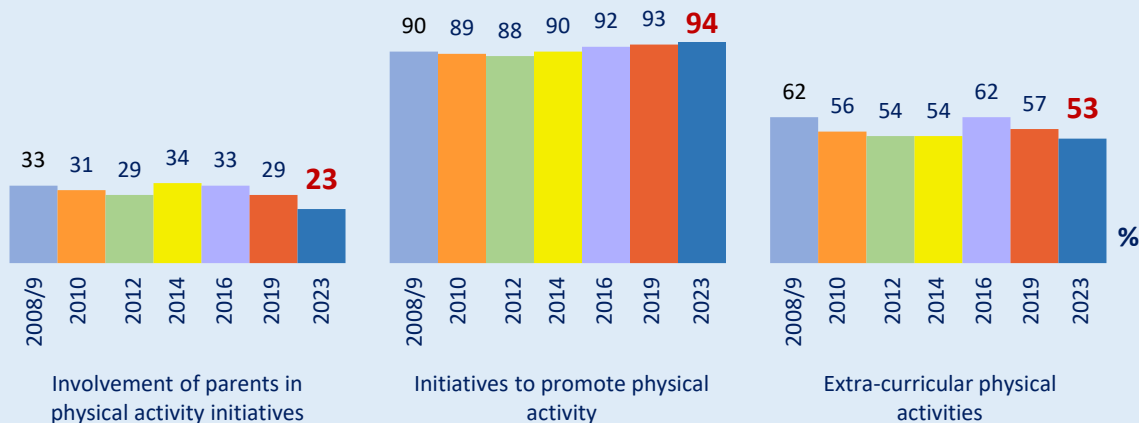
SCHOOL

OKkio alla SALUTE 2023 involved 2,578 primary schools and 2,802 grade 3 classes. Some indicators of school activities and facilities 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, shows a decreasing trend.

Promotion of good eating habits in school



Promotion of physical activity in school



National Coordination Group of OKkio alla Salute 2023

Paola Nardone, Silvia Ciardullo, Angela Spinelli, Donatella Mandolini, Michele Antonio Salvatore, Mauro Bucciarelli, Silvia Andreatti (Istituto Superiore di Sanità); Daniela Galeone, Maria Teresa Menzano (Ministero della Salute); Alessandro Vienna (Ministero dell'Istruzione e del Merito).

Technical Committee

Giulia Cairella, Marcello Caputo, Margherita Caroli, Chiara Cattaneo, Corrado Celata, Laura Censi, Silvia Ciardullo, Liliana Coppola, Barbara De Mei, Maria Paola Ferro, Daniela Galeone, Donatella Mandolini, Maria Teresa Menzano, Paola Nardone, Federica Pascali, Michele Antonio Salvatore, Angela Spinelli, Alessandro Vienna.

Regional Representatives of OKkio alla Salute 2023

Claudia Colleluori, Ercole Ranalli, Manuela Di Giacomo (Abruzzo), Mariangela Mininni (Basilicata), Francesco Lucia, Dario Macchioni, Nicolas Cartolano, Anna Domenica Mignuoli (Calabria), Vincenzo Giordano, Raffaella Errico, Fabio Iavarone (Campania), Marina Fridel, Serena Broccoli, Paola Angelini (Emilia Romagna), Federica Concina, Paola Pani, Luca Ronfani, Claudia Carletti (Friuli Venezia Giulia), Giulia Cairella, Lilia Biscaglia, Maria Teresa Pancallo (Lazio), Camilla Sticchi, Laura Pozzo, Federica Varlese (Liguria), Corrado Celata, Olivia Leoni, Lucia Crotogini, Claudia Lobascio, Giusi Gelmi, Antonio G. Russo, Lucia Pirrone, Simona Chinelli - USR (Lombardia), Elsa Ravaglia, Stefano Colletta, Giorgio Filipponi (Marche), Stefania Macchione, Michele Colitti, Ermanno Paolitto (Molise), Marcello Caputo (Piemonte), Pina Pacella, Domenico Stingi, Pietro Pasquale (Puglia), Maria Antonietta Palmas, Noemi Maria Mereu, Patrizia Cadau (Sardegna), Patrizia Miceli, Walter Pollina Addario, Maria Paola Ferro (Sicilia), Giacomo Lazzeri, Laura Aramini, Rita Simi, Emanuela Balocchini (Toscana), Marco Cristofori, Carla Bietta, Salvatore Macri (Umbria), Anna Maria Covarino (Valle D'Aosta), Federica Michieletto, Mauro Ramigni, Marta Orlando, Erica Bino (Veneto), Antonio Fanolla, Sabine Weiss (PA Bolzano), Marta Legnaioli, Maria Grazia Zuccali, Silvia Molinaro, Chiara Mocellin, Laura Battisti (PA Trento).