



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**

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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



38 million children under age 5 around the world are overweight



In 2017 **more than 2/3** of overweight children under 5 resided in low and middle income countries



Between 2005 and 2017, the number of overweight children worldwide increased from

32 million to 38 million

