

Combat the obesity epidemic

In WHO's Eastern Mediterranean Region, most countries have experienced a nutrition transition towards unhealthy diets and sedentary lifestyles. Almost half the Region's adults (49%), over a quarter (26%) of adolescents and nearly 6% of children under 5 are affected by overweight or obesity. People living with obesity are twice as likely to be hospitalized if tested positive for COVID-19. Everyone can take action and make change. Everyone can play a role in combatting the obesity epidemic to create a healthier future now and post-COVID-19.

What can everyone do?



Governments can provide and improve access to quality obesity care, as well as develop and effect policies that promote and normalize healthy eating and living, in addition to banning marketing of unhealthy foods and beverages high in fat, sugar and salt.

Civil society groups, including nongovernmental organizations and the media, can work with individuals and communities to educate and diffuse key messages on the root causes of obesity, the importance of prevention and treatment, as well as the impact of adopting healthy behaviours like keeping physically active and choosing healthy food and drinks.



Health care professionals, whether working directly in obesity care or supporting and working with those living with obesity, can learn more about obesity, expand their knowledge and have up-to-date, evidence-based obesity management resources to help them understand and address the root causes of this disease.

Individuals and families can adopt healthier behaviours, share experiences, as well as ask for support and support others to improve their health and well-being and that of their children.



We can create happier, longer and healthier lives



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#beatobesity

www.emro.who.int/nutrition