

Prevent and control obesity

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. By 2030, obesity will rise to 60%, affecting 250 million children. The medical consequences of obesity are high and will cost over US \$ 1 trillion by 2025.

The regional framework for action on obesity prevention 2019–2023, a road map for countries of the Region to implement the action areas of the United Nations Decade of Action on Nutrition, is central to accelerating action on obesity prevention and control. It sets out 6 key action areas for improving nutrition and food security.



Step up implementation of the regional framework for action on obesity prevention to create happier, longer and healthier lives.