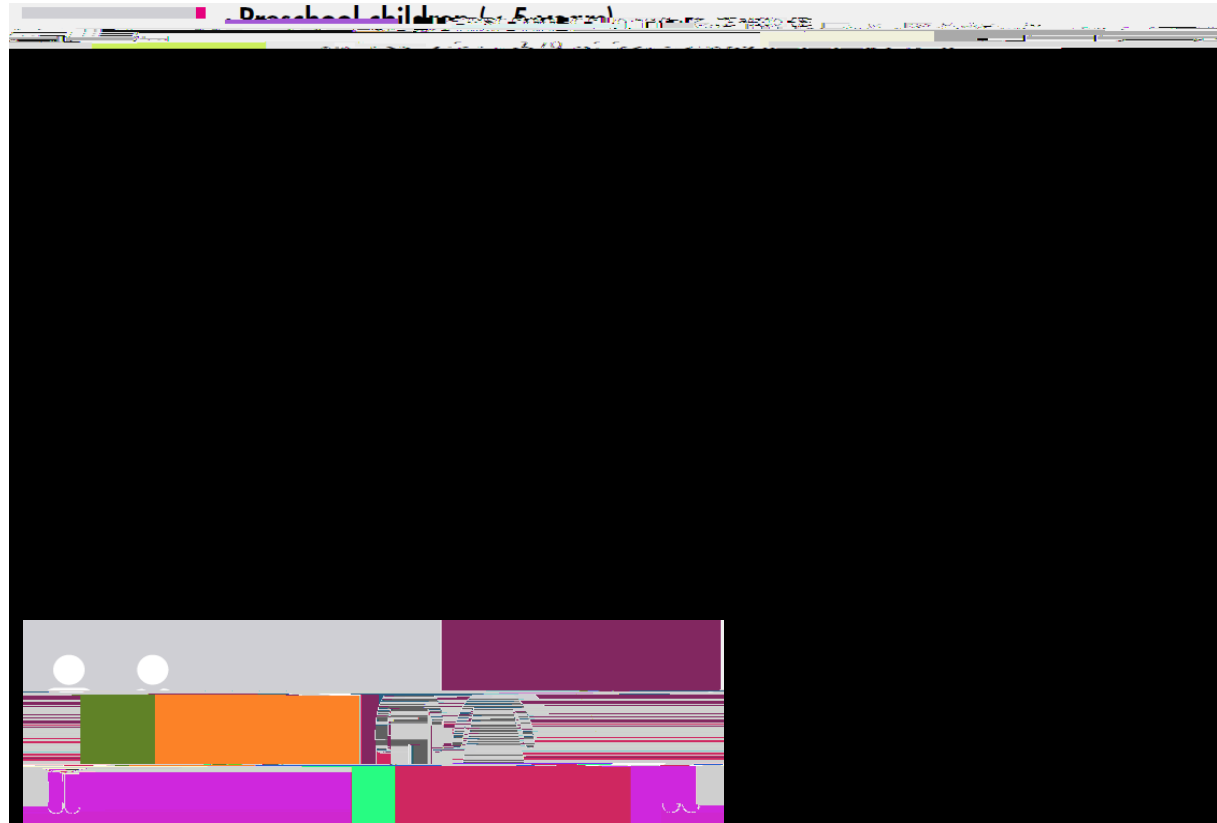


Obesity and Overweight: Population trends & consequences

Rachel Snow,
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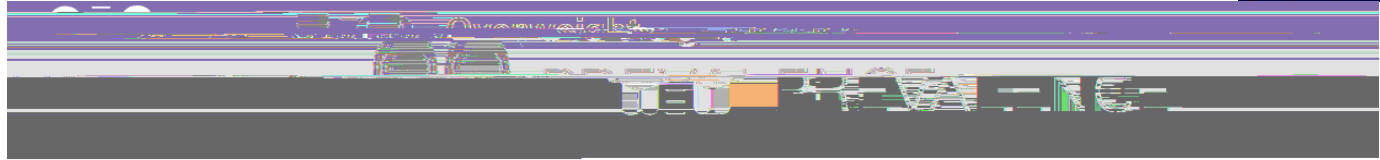
Key facts



: FAO and others,

(Rome, FAO, 2019), fig. 17.

Key facts



Percentage of overweight children under 5, by United Nations sub-region, 2018



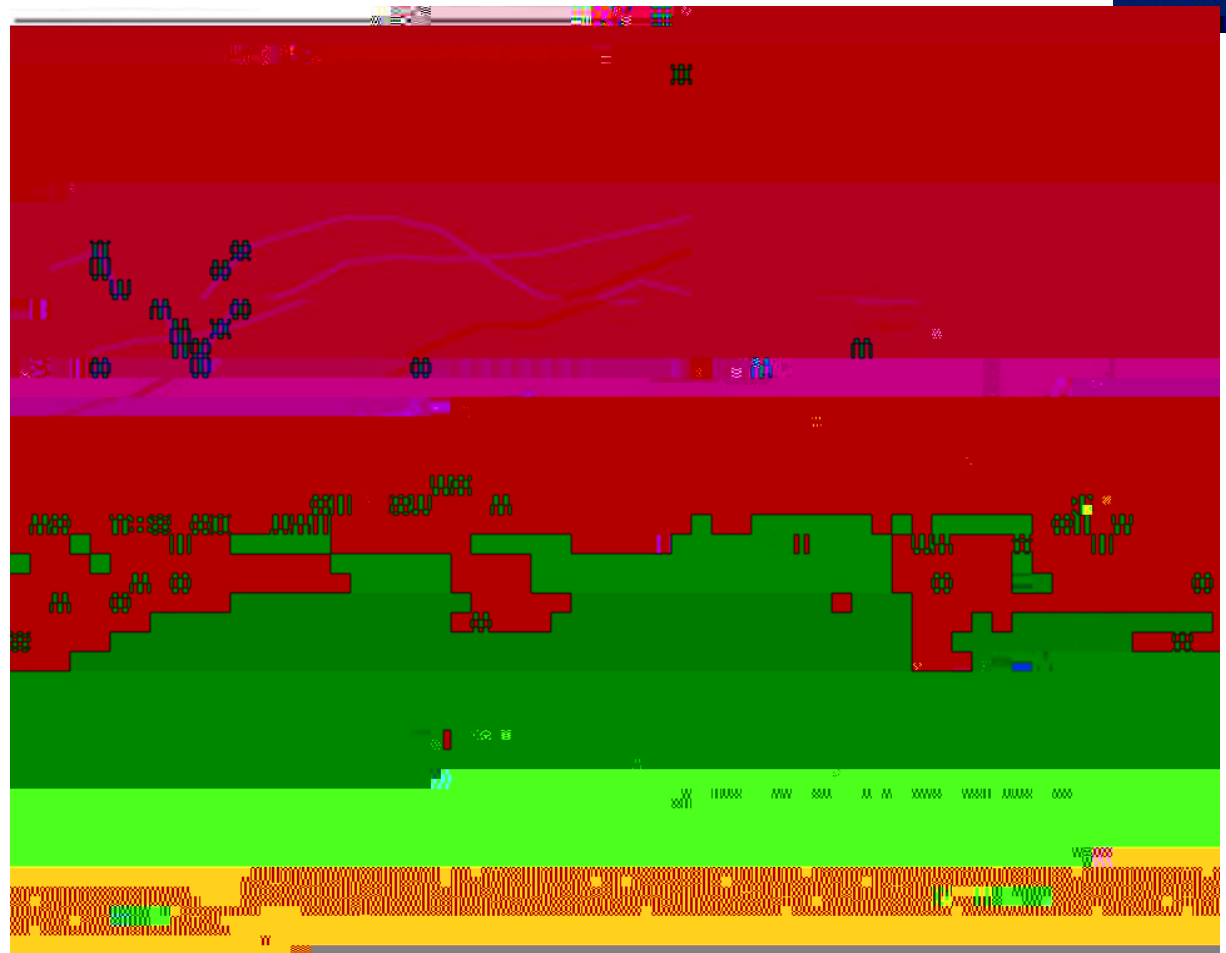
: UNICEF, WHO, World Bank group Joint malnutrition estimates, 2019.

Contributing Factors



Rising incomes in LMIC
greater demand for nutrient-rich foods

Contributing Factors



Pathways from inadequate food access to multiple forms of malnutrition



Health
impact of
obesity and
overweight

~8% of global deaths globally

Health impact



Obese women who become pregnant have elevated risks to their own health, worse pregnancy outcomes, and offspring have higher risks of adult obesity

Breastfeeding reduces risk of overweight/ obesity, breast & ovarian cancers, type 2 diabetes, hypertension – only 2 in 5 infants exclusively BF for 6 months

What works?



WHO “best buys” for cost-effective interventions to improve unhealthy diets:

- behaviour

What works?



Taxation on sugar-sweetened beverages – enacted in 73 countries – emerging evidence

In developed countries, vouchers for fruit and vegetable purchases have increased consumption

Food-based dietary guidelines, in 91 of 193 UM Member States

COVID-19 and Obesity



Malnourished individuals (undernutrition or obesity) more likely to have severe COVID-19 symptoms, requiring hospitalization

Obesity is linked to co-morbidities, but newest data suggests obesity has an independent effect -

In March, obesity was the most prevalent condition among 180 patients age 18-49 hospitalized for COVID-19 in USA

Obesity appears to be a risk factor among young people with no co-morbid conditions