



Science + Research

Clinical Care

Policy + Prevention

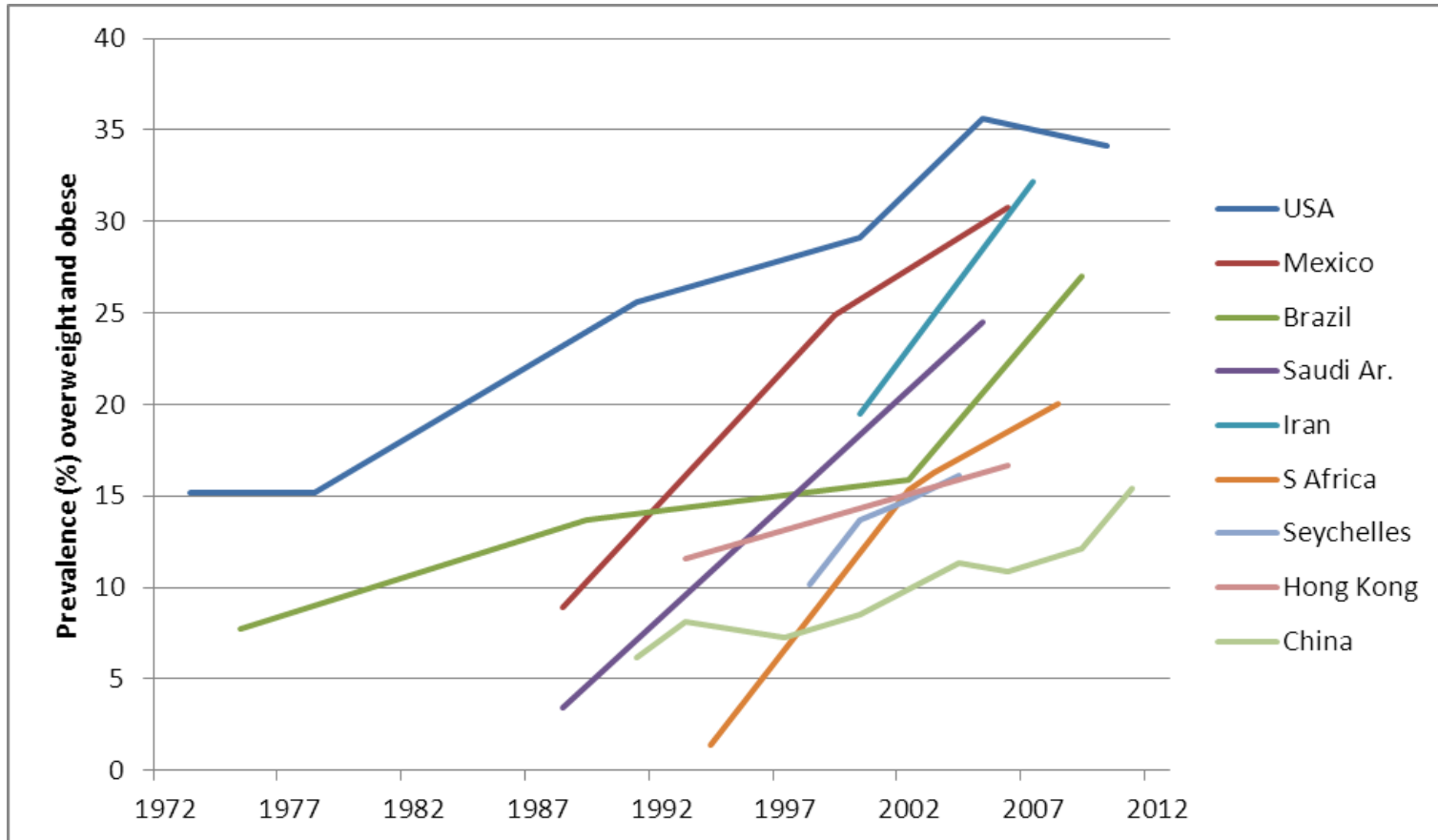
# **Trends in childhood obesity**

**Dr. Tim Lobstein**

Policy Director

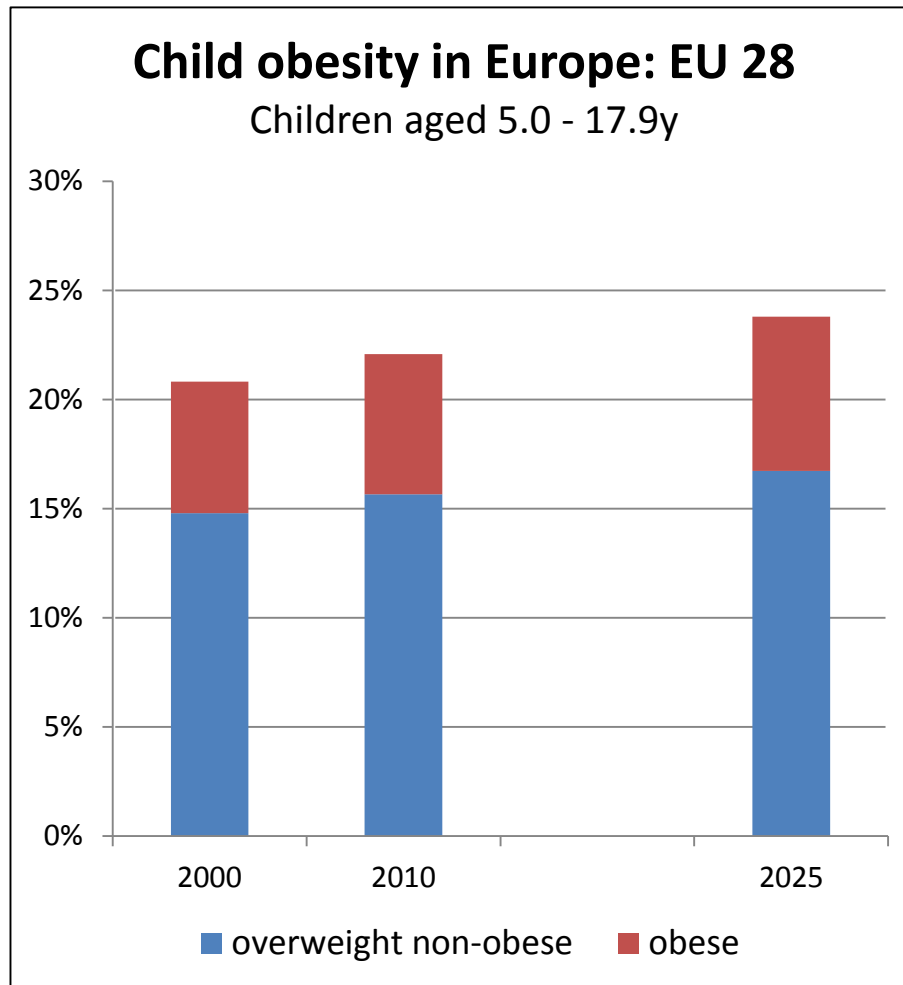
World Obesity Federation

# Global Trends in Child Obesity, 1972-2012



Source: World Obesity Federation, 2014.

# Continuing upward trends for child obesity in Europe



By 2025, estimated **16.3 million children overweight**, including **4.8 million children obese**

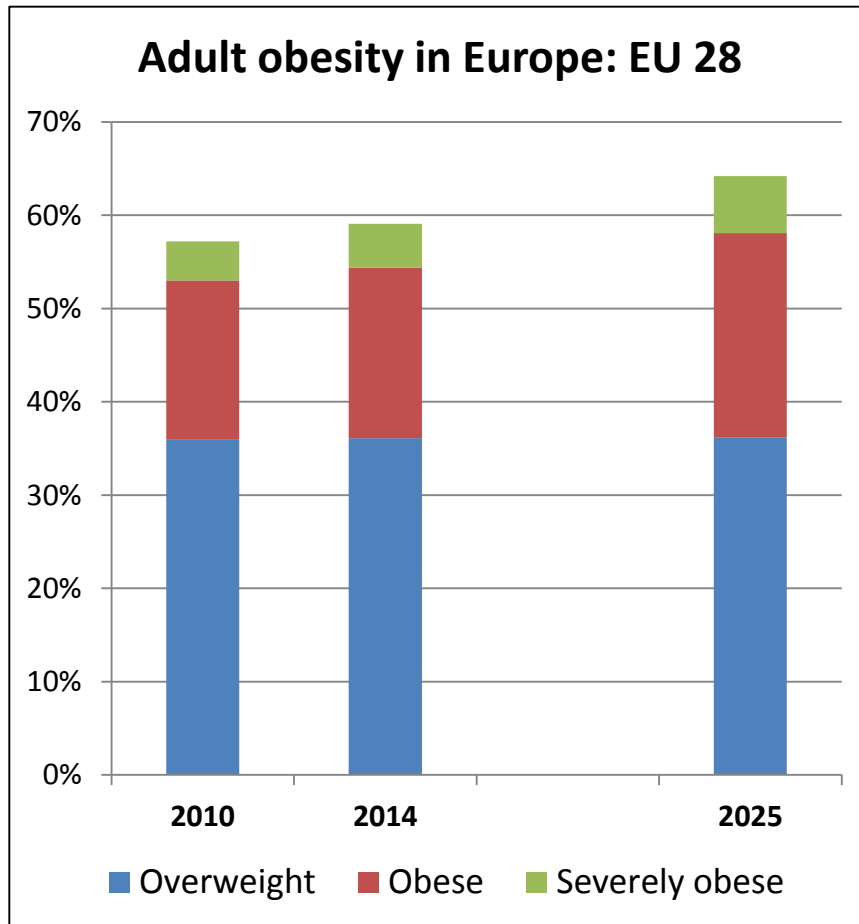
Impaired glucose tolerance:  
410,000 – 680,000

High blood pressure:  
1,060,000 – 1,460,000

Hepatic steatosis:  
1,350,000 – 2,000,000

Global Burden of Disease study, *Lancet*, 2014  
World Obesity Federation, *Pediatric Obesity*, 2016

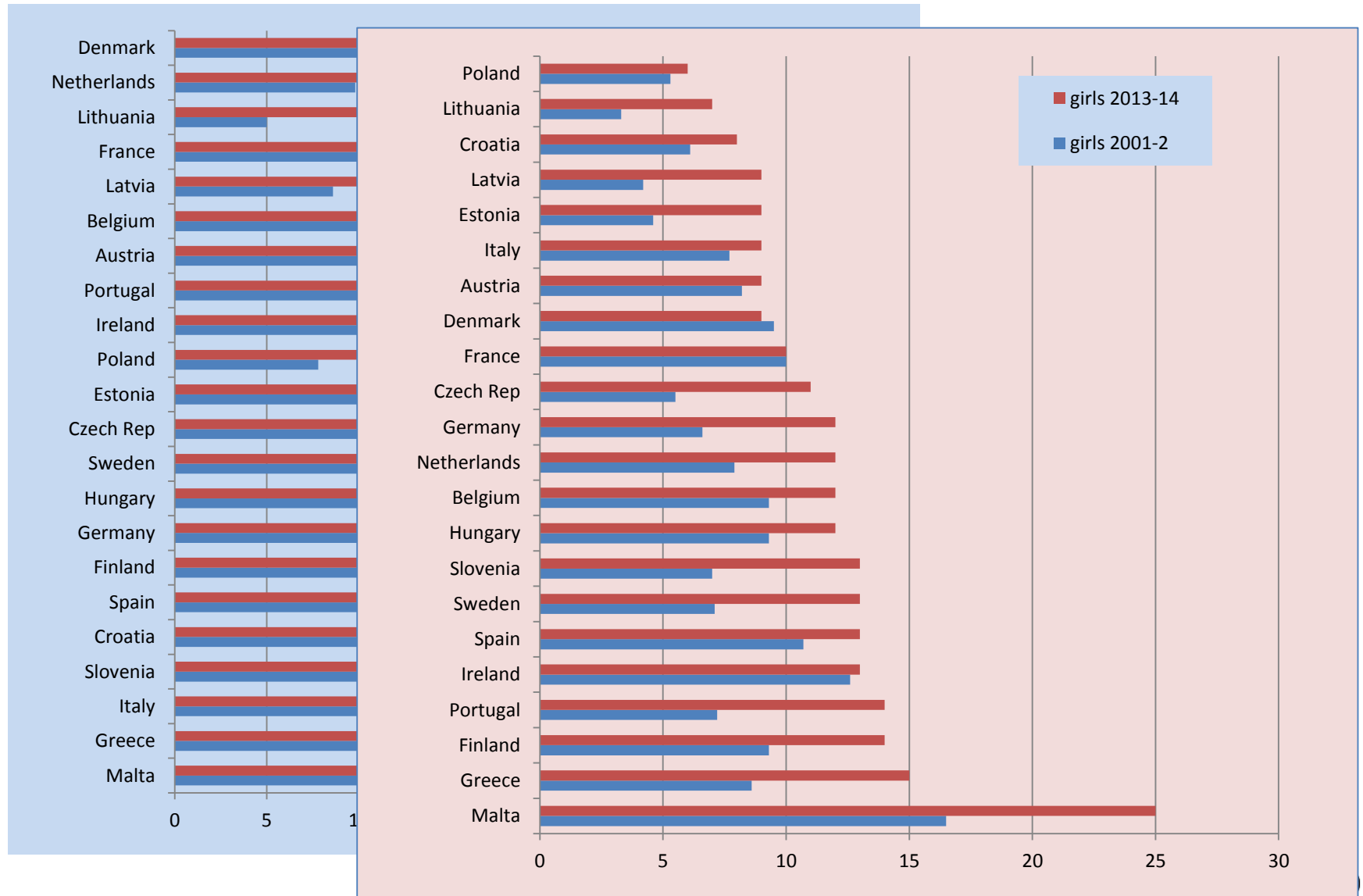
# Upward trends for adult obesity in Europe



By 2025, estimated  
**255m overweight** adults,  
including  
**110m obese**, of which  
**24m severely obese** (BMI >35)

Global Burden of Disease study, *Lancet*, 2014  
World Obesity Federation, 2015

# Wide variation between Member States

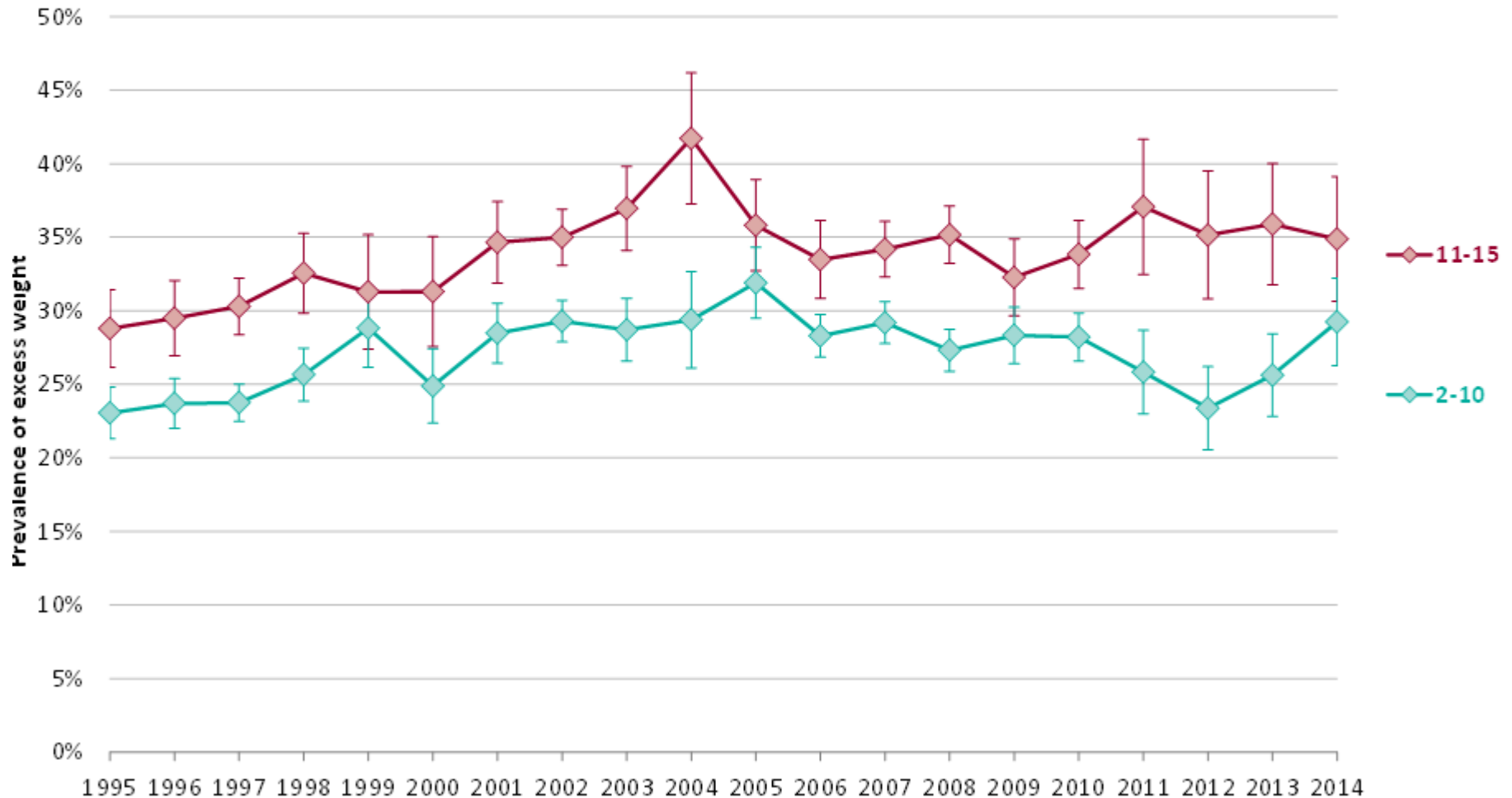




Public Health  
England

# Trend in the prevalence of excess weight

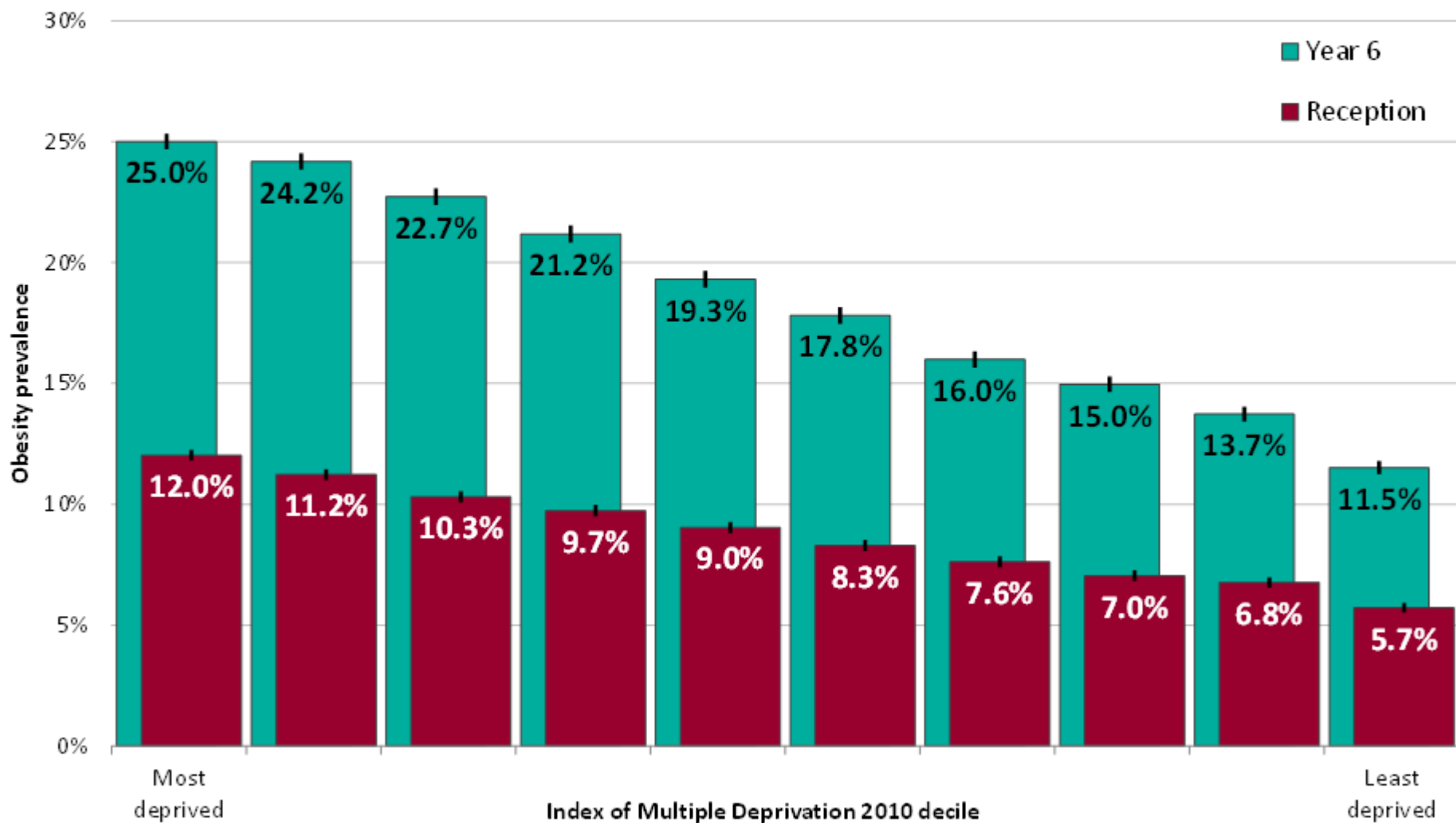
Children aged 2-10 and 11-15 years; Health Survey for England 1995-2014





# Obesity prevalence by deprivation decile

National Child Measurement Programme 2014/15

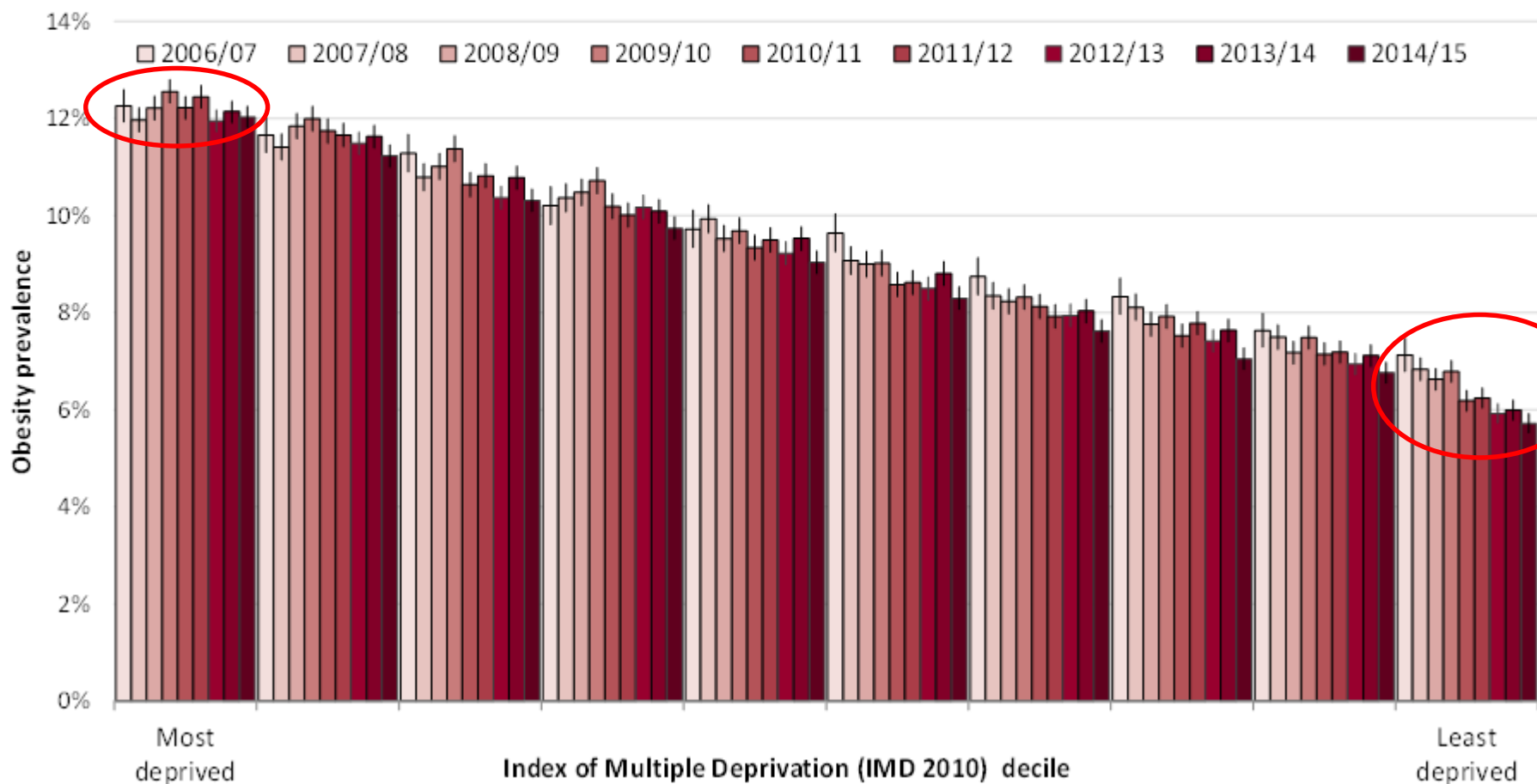




# Obesity prevalence by deprivation decile and year of measurement

National Child Measurement Programme 2006/07 to 2014/15

Children in Reception (aged 4-5 years)



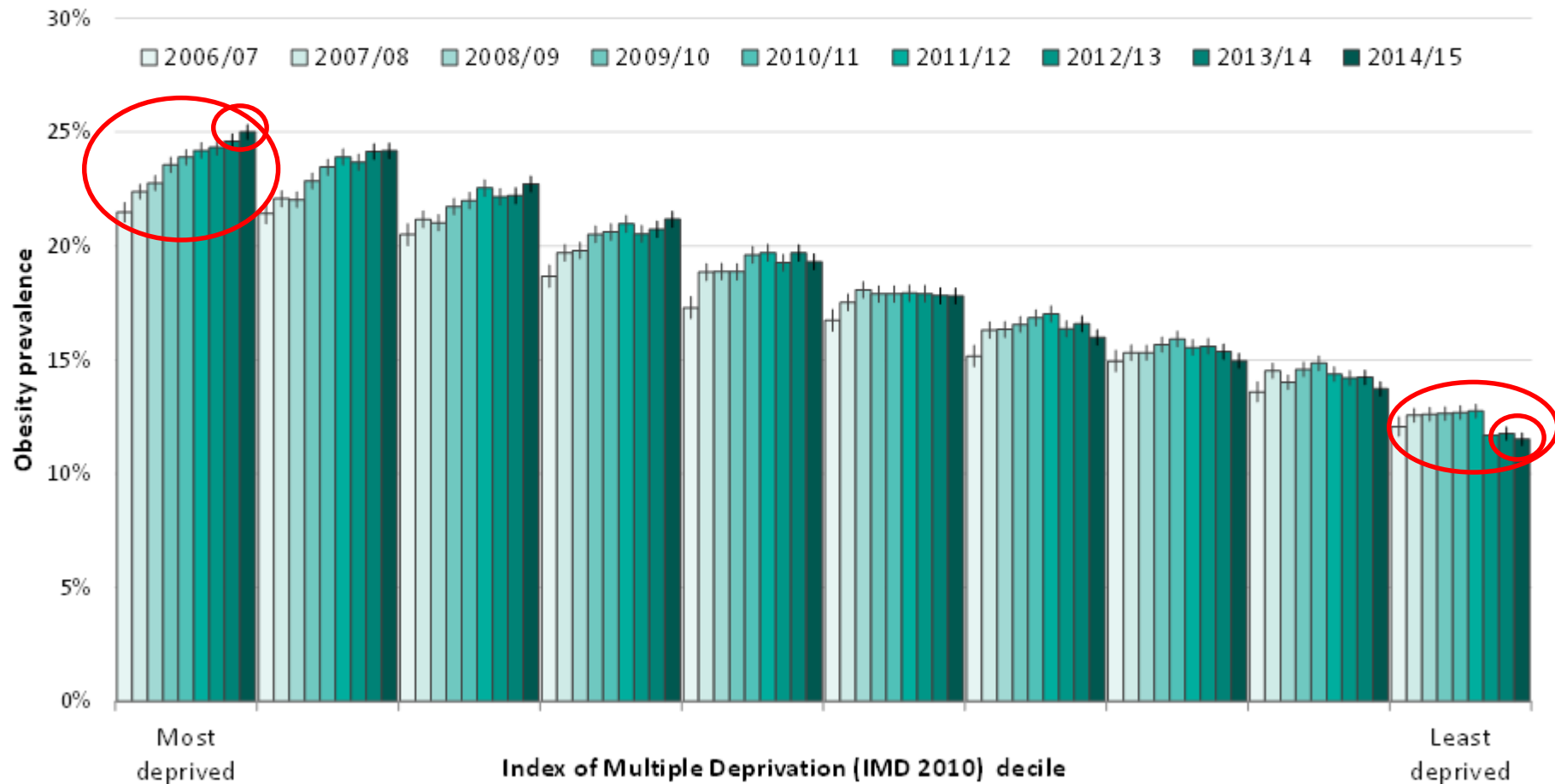




# Obesity prevalence by deprivation decile and year of measurement

National Child Measurement Programme 2006/07 to 2014/15

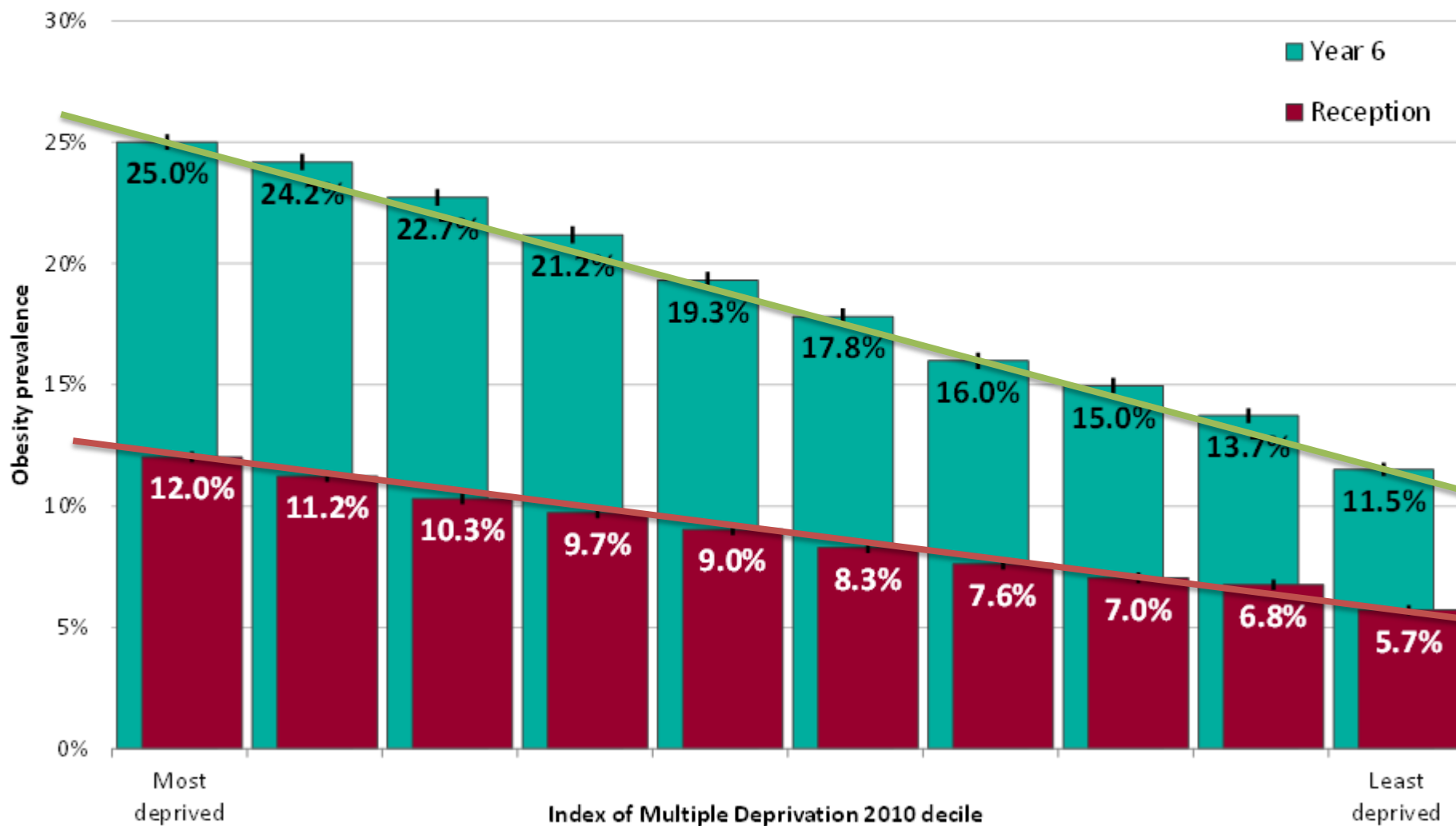
Children in Year 6 (aged 10-11 years)





# Obesity prevalence by deprivation decile

National Child Measurement Programme 2014/15



# Which policies increase or decrease social gradients?

Developing a checklist to guide policy...

Underlying risk/exposure	<input type="checkbox"/>
Reach of intervention	<input type="checkbox"/>
Form of intervention	<input type="checkbox"/>
Take-up of intervention	<input type="checkbox"/>
Resilience of response	<input type="checkbox"/>
Challenges to intervention	<input type="checkbox"/>
...	<input type="checkbox"/>



## SOCIAL DETERMINANTS AND HEALTH INEQUALITIES

### HEPP – Maintaining a focus on health inequalities

This pilot project will contribute to maintaining an EU and Member State focus on health inequalities and help to mainstream measures to address them. The project will have a particular focus on **alcohol, nutrition and physical activity**, related to the **socio-economic gradient** and **disadvantaged areas**. The pilot project will work closely with

- the Joint Action on Reducing Alcohol Related Harm (JA RARHA),
- the Joint Action on Nutrition and Physical Activity (JANPA), and
- the EU Expert Group on Social Determinants and Health Inequalities



### Health Equity Pilot Project

- **Launched 2016**
- **Includes reviews of ‘equity impact’ of obesity interventions**

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In 2016

HEPP will produce **two scientific** reports that focus on updating the evidence on the status of health inequalities in Europe concerning:

- Nutrition and physical activity (and sedentary behaviour)
- Alcohol consumption

For each EU Member State it will also produce a **fact sheet** on health inequalities relating to the above determinants



**Thank you!**

**Dr. Tim Lobstein**

Policy Director

World Obesity Federation

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