



At its Board meeting, Brussels, 3 September 2005, the CPME adopted the following policy: CPME 2006 action plan regarding obesity (CPME 2005/105 EN/FR)

CPME action plan against obesity

Obesity is a complex matters, a mix of individual and societal behaviours. It is life shortening, the main cause of the major chronic diseases and potentially a source of distress, discrimination and bullying.

Furthermore, it also entails an increased economic burden on health.

Obesity is one of the greatest challenge of public health for the 21st century.

There is a willingness at all levels to help reverse the obesity trend. It can be seen in the involvement of the European Commission in setting up the Diet platform, a forum for open and informal discussions on approaches to tackle the obesity epidemic. Council conclusions on obesity are another sign showing Member states' concerns regarding obesity and CPME welcomes those conclusions.

What do we know?

- Obese children have 25-50% risk of progressing into adult obesity
- Overweight and obesity develop overtime
- Prevention offers the most effective means of controlling obesity
- Weight gain and obesity = energy intake from food and drink exceeds energy expenditure from physical activity and other metabolic processes
- Trends in these behaviours are not encouraging: intake of energy increased and sedentary leisure is the trend (TV, video games, internet)

What is needed?

- healthier school (physical activity – sport not focused on the elite/competition + healthy meals and healthy “snacks” & drinks (fruits, vegetables, water) available
- an “active” community (active transport to and from schools...)
- support for and from parents (reliable & accessible info, for example to facilitate healthy meals at home)
- healthy child and out of school care
- increasing our knowledge

- support for health professionals (education, training, incentives)
- monitoring, evaluation and exchange of best practices

CPME actions:

- Doctors are role models: Set an example by committing themselves to slim down when needed.
- CPME asks NMAs to approach their decision makers (CMO and Health Minister) with suggestions:
 - support and participate in lobbying
 - to have fruits and vegetables reintroduced in diet
 - to have physical activity actively promoted
 - to develop tools controlling media (especially kids advertising)
 - to promote regular health checks
 - to have labeling & health claims strictly regulated
 - to teach nutrition principles in schools
- CPME asks NMAs to liaise with scientific societies to map their activities against obesity and to agree with them to insert those activities in the Diet platform database with their details.
- CPME asks NMAs to have the same article on the issue obesity each month in their respective journals. Each NMAs would draft one in turn and all would put it in their journals.
- CPME asks NMAs if they have healthy lifestyle guidelines made by them and the government. If yes, to e-mail a copy to the Secretariat and if not, to meet with officials to suggest drafting such guidelines.

NMAs are requested to monitor and evaluate all actions and to forward this information to CPME.