**Milan Declaration**

A STATEMENT ON BEHAVIOR OF MEMBERS OF THE EUROPEAN ASSOCIATION FOR THE STUDY OF OBESITY MADE AT THE 9TH EUROPEAN CONGRESS ON OBESITY, MILAN, ITALY. JUNE 3-6 1999

**CALL FOR ACTION ON OBESITY**

**PREAMBLE**

There is great concern about the serious health, social and economic impact of overweight and obesity on individuals and communities within Europe and the rest of the world.

Current estimates indicate that among Europeans, the prevalence of obesity is on average 15% and in many countries is rising. In addition, a substantial proportion of Europeans are already overweight when judged against WHO criteria. The effect is severe across Europe. There are very high rates of obesity of 30-50% in some areas, with national rates ranging from 5-22%. No country has been able to avoid the impact of this widespread disease.

Despite this health burden, few European countries have a comprehensive national strategy for the prevention of weight-related diseases or the management of individuals who suffer an existing weight problem. Of particular concern is the proportion of children within Europe who are classified as overweight. Their future health and well-being is important as this is driven primarily by lifestyle habits.

The current high prevalence and trends in obesity reflect changing lifestyles in a changing environment throughout Europe. The comprehensive management and prevention of obesity can only be achieved by promoting healthy lifestyles, with improved activity levels, a reduction in sedentary lifestyles and improved dietary habits.

**STATEMENT**

In view of the urgent need for action to deal with the epidemic of obesity and weight-related health issues, members of the European Association for the Study of Obesity, with the support of others, call on governments and health agencies in Europe to:

- recognize that overweight and obesity are major causes of ill health which present a huge social and economic burden to communities within Europe
- immediately begin the process of developing comprehensive national and European strategies for action on obesity which take into account the needs of each country, build upon existing initiatives and are based on sound evidence of benefit
- support continued research and analysis of the problem of overweight and obesity that will inform the development of improved obesity prevention and management strategies
- increase the provision of health services with professional staff qualified to treat obesity

We also resolve to:

- provide leadership, support and guidance to governments and agencies towards the development of coherent national and Europe-wide strategies for the prevention and management of overweight and obesity

**SIGNATORIES**

**Austria**

- Austrian Obesity Association (Österreichische  Adipositasliga)
  President: Prof. Dr. Manfred Ziegler

**Belgium**

- Belgian Association for the Study of Obesity (L'Association Belge pour l'étude de l'Obésité)
  President: Prof. Dr. Eric Van Gaever

**Bulgaria**

- Bulgarian Association for the Study of Obesity (Bulgarski Obesitetny Obezitetnyi Sofitski Union)
  President: Prof. Dr. Valentin Ivanov

**Czech Republic**

- Czech Society for the Study of Obesity (Česká Obecná Sociologie Obecná kulturně Sociologická)
  President: Prof. Dr. Jan Weidner

**Denmark**

- Danish Association for the Study of Obesity (Danske Obesitetny Forening)
  President: Prof. Dr. Per Birk-Nielsen

**Germany**

- German Association for the Study of Obesity (Deutsche Gesellschaft für Obeseitätsstudien)
  President: Prof. Dr. Harald F. Wolf

**Greece**

- Hellenic Society for the Study of Obesity (Hellenic Society for the Study of Obesity)
  President: Prof. Dr. Niki Pateraki

**Hungary**

- Hungarian Foundation for the Study of Obesity (Magyar Obesitetnyás National Szövetség)
  President: Prof. Dr. István Hoffer

**Ireland**

- Irish Society for the Study of Obesity (Irish Society for the Study of Obesity)
  President: Prof. Dr. Alastair H. Kelly

**Italy**

- Italian Society for the Study and Prevention of Obesity (Società Italiana per lo Studio e la Prevenzione dell'Ossessività)
  President: Prof. Dr. Elio Vanelli

**Japan**

  President: Prof. Dr. Akira Horiguchi

**Netherlands**

- Netherlands obesity of the Dutch Society for the Study of Obesity (NOSB)
  President: Prof. Dr. Marius van Lenthe

**Norway**

- Norwegian Society for the Study of Obesity (Norske Sosialforskningsforbundet for Obesitasforskningsforbundet)
  President: Prof. Dr. Einar Haddock

**Hungary**

- Hungarian Society for the Study of Obesity (Magyar Obesitetnyás National Szövetség)
  President: Prof. Dr. István Hoffer

**Poland**

- Polish Society for the Study and Prevention of Obesity (Polskie Towarzystwo Obecności i Obezności)
  President: Prof. Dr. Adela Kowalczyk

**Portugal**

- Portuguese Society for the Study of Obesity (Sociedade Portuguesa de Obesidade)
  President: Prof. Dr. José M. Mendonça

**Romania**

- Roman Society for the Study of Obesity (Societatea Română pentru Studiul și Managementul Obesitații)
  President: Prof. Dr. Adrian Hănescu

**Russia**

- Russian Society for the Study of Obesity (Rossiyskoe Obesitetnyye)
  President: Prof. Dr. Anatoly Maloletskii

**Spain**

- Spanish Society for the Study of Obesity (SEOB)
  President: Prof. Dr. J. M. de la Fuente

**Switzerland**

- Swiss Society for the Study of Obesity (Svizzera Obesitetnyys)
  President: Prof. Dr. Dominique Meier

**Sweden**

- Swedish Society for the Study of Obesity (Svenska Obesitetnyys)
  President: Prof. Dr. Magnus Nilsson

**United Kingdom**

- British Association for the Study of Obesity (British Association for the Study of Obesity)
  President: Prof. Dr. Paul Bailey

**Venezuela**

- Venezuelan Society for the Study of Obesity (Sociedad Venezolana de Obesidad)
  President: Prof. Dr. Ignacio Rivas

**Prepared in cooperation with**

- International Alliance for the Study of Obesity - Philip James (International Obesity TaskForce) and Michele O.Camus (9th European Congress on Obesity)