The Milan Declaration

A statement on behalf of the European Association for the Study of Obesity made at the 9th European Congress on Obesity, Milan, Italy, June 3-6, 1999.

In view of the urgent need for action to deal with the epidemic of obesity and weight-related health issues, we, 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.

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.

Signed by the presidents of national associations in membership of the European Association for the Study of Obesity