

EASO Policy Recommendations for EU action to address obesity

EASO

Obesity: The Hard Facts



80%

of all healthcare spending in the EU is related to noncommunicable diseases associated with obesity.³



30%

of the EU population will be living with obesity by 2030.¹



10-13%

of deaths in different parts of Europe are linked to obesity.²



€1.6B

EUR in economic costs related to obesity are projected by 2030³

Key Policy Recommendations



Classifying obesity as a health and societal priority

The EU should recognise obesity as a chronic disease within health systems. This will require secure dedicated funding and the establishment of EU Reference Networks.



Advancing obesity research and funding

The EU should prioritise obesity research funding, with a focus on health literacy and developing evidence-based parameters for prevention and professional training.



Creating multi-sectoral National Obesity Plans

The EU should work to facilitate universal access to obesity prevention and treatment. Multidisciplinary obesity centres and integrated healthcare services are essential for bridging treatment gaps.



Implementing comprehensive obesity education in healthcare curricula

Obesity management should be included in medical and nursing curricula across the EU to train future practitioners. This should include the implementation of evidence-based care standards.

Call to Action

Within the 2024-2029 mandate, the EU has an unprecedented opportunity to take decisive action on obesity. **EASO calls on the EU to implement a**

comprehensive obesity strategy with multi-sectoral national plans in Member States. This approach should prioritise clinical education, early detection, patient-centred care, health literacy, reduced stigma, and improved quality of life.

What is obesity?

Recognised as a disease by the WHO since 1948, obesity is defined as an abnormal or excessive fat accumulation that can impair health. As recent scientific evidence demonstrates, it is chronic condition that is driven by biology and genetics - and is much more than a "lifestyle choice". Obesity is a gateway to several non-communicable diseases including cardiovascular diseases, type 2 diabetes, kidney and liver diseases as well as certain cancers.

About EASO

The **European Association for the Study of Obesity (EASO)** serves as Europe's leading authority on obesity science and clinical management. It is in official relations with WHO Europe, and with 40 national Association members and over 200 accredited specialist treatment centres. EASO represents a diverse network of over 20,000 academics, healthcare professionals, public health experts, and early-career researchers.

This framework for EU-wide obesity action will foster a healthier, more productive Europe. By confronting obesity with the same systematic rigor as other NCDs, the EU can drive a world leading transformation in public health and economic resilience, ensuring a better quality of life for all its citizens.

Additional Resources

A new framework for the diagnosis, staging and management of obesity in adults. <https://www.nature.com/articles/s41591-024-03095-3>

Providing a common language for obesity: the European Association for the Study of Obesity Obesity taxonomy.

<https://doi.org/10.1038/s41366-024-01565-9>

References

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3. World Obesity Federation (2022). The economic impact of overweight and obesity in 2020 and 2060. Estimates for 161 countries, 2nd edition. [Available here](#). (Accessed 16/10/2024).
4. Menon, K., de Courten, B., Ademi, Z., Owen, A.J., Liew, D. and Zomer, E. (2022). Estimating the benefits of obesity prevention on productivity: an Australian perspective. International Journal of Obesity, 46, pp. 1463-1469.