



CHANGING THE COURSE:

A BLUEPRINT FOR ACTION ON OBESITY

Obesity is a complex, chronic disease driven by multiple factors - genetic, biological, environmental, social.



1 in 6
EUROPEANS¹
live with obesity



By 2030
30%
of the
EUROPEAN POPULATION
will live with obesity²

Obesity is a gateway to over 200 health complications³



200,000+
new cancer cases/year⁴

Obesity is linked to:



40-80%
of type 2 diabetes cases⁵



72%
hypertension risk is attributable to elevated BMI⁷



35%
of ischaemic heart disease⁶



30-70%
higher probability of experiencing mental health challenges⁸

The cost of obesity

In 2019:



1M
full-time jobs lost to obesity and overweight in Germany⁹



9%
of Italy's health spending was due to obesity and overweight¹⁰

Overweight and obesity are responsible, on average, for



70%
diabetes treatment costs¹¹



23%
cardiovascular treatment costs¹¹



Reducing obesity rates by 5% could generate
€396 bn
in global annual savings¹²



Healthcare costs are
36% HIGHER
for people with obesity¹³

IN ORDER TO TACKLE IT, WE NEED TO:

01

Ensure that European health systems **integrate obesity management** into NCD care pathways



02

Ensure equitable **access to obesity care**



03

Introduce and recognise a comprehensive approach to obesity prevention, treatment and management, as **a key pillar of public health** by integrating it in the existing NCD care pathways.



RECOMMENDATIONS TO ADDRESS OBESITY

For the EU institutions



1

Facilitate the exchange of best practices between Member States for **scaling up secondary prevention strategies concerning obesity**, management, treatment, and data collection.

2

Adopt Council Recommendations on targeted health checks for obesity, cardiovascular disease and diabetes.

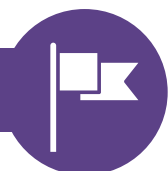
3

Facilitate an “Inter-Speciality” training programme to help healthcare professionals to better support patients with obesity and related metabolic conditions in primary and secondary care.

4

Establish “Cardiometabolic Health Centres of Excellence” to develop integrated care models for Obesity, CVD and Diabetes.

For Member States



1

Develop national, multisectoral plans with targets and roadmaps for obesity prevention, treatment, and long-term management, aligned with the science of obesity and adaptable within broader national CVD or NCD strategies.

2

Adopt Council recommendation on introducing a health check in primary care that would include screening for a comprehensive range of cardiometabolic risk factors, to enable prevention and early detection of CVD, obesity and diabetes.

3

Recognise obesity as a chronic disease within health systems and establish funding structures to improve equitable access to all evidence-based obesity treatments, long-term management, counselling, and peer support services.

¹ WHO (2022). European Region report on obesity. [Available here](#).

² World Obesity Federation (2024). World Obesity Atlas. (Accessed 14/05/2025). [Available here](#).

³ Mahmood Safaei et al., (2021). A systematic literature review on obesity: Understanding the causes & consequences of obesity and reviewing various machine learning approaches to predict obesity. Computers in Biology and Medicine, vol 136, pp. 104 – 754.

⁴ World Health Organisation (2022). European Region Obesity Report

⁵ International Diabetes Federation & World Obesity Federation (2023). Policy Brief to address obesity and type 2 diabetes

⁶ Tsigos C., Hainer V, Basdevant A, Finer N, Mathus-Vliegen E, Micic D, Maislos M, Roman G, Schutz Y, Toplak H, Yumuk V, Zahorska-Markiewicz B, Obesity Management Task Force of the European Association for the Study of Obesity Criteria for EASO-collaborating centres for obesity management. Obes Facts. 2011;4:329–333. doi: 10.1159/000331236.

⁷ Omar Shariq et al. (2020). Obesity-related hypertension: a review of pathophysiology, management, and the role of metabolic surgery. *Gland Surgery*, vol 9, no 1, pages 80-93.

⁸ Gregor Alexander Rindler et al., (2023). Associations between overweight, obesity and mental health: a retrospective study among European adults aged 50+, *Front. Public Health*, vol. 11, pp. 1-12. [Available here](#). (Accessed 11/06/2025).

⁹ Organisation for Economic Cooperation and Development (2019). The Heavy Burden of Obesity: The Economics of Prevention. Country Profile – Germany. [Available here](#). (Accessed 03/05/2024).

¹⁰ Organisation for Economic Cooperation and Development (2019). The Heavy Burden of Obesity: The Economics of Prevention. Country Profile – Italy. [Available here](#). (Accessed 03/05/2024).

¹¹ OECD (2019). *The Heavy Burden of Obesity: the Economics of Prevention*

¹² World Obesity Federation (2022). The Economic Impact of Overweight and Obesity. The estimates for 161 countries. [Available here](#). (Accessed 14.05/2025)

¹³ Sciensano – Public Health Institute of Belgium (2023). The cost of overweight and obesity. [Available here](#).