

SAVE THE DATE

WEDNESDAY 17 APRIL, 1:00 - 3:00 PM

BRUSSELS

EUROPEAN PARLIAMENT ROOM A5E1

OBESITY: THE INVISIBLE PANDEMIC

A 2024-2029 POLICY PLAYBOOK
FOR A HEALTHIER EUROPE

RSVP: secretariat@competere.eu



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 GREEN DEAL

THE CALORIC EQUATION: DECLINE IN ENERGY EXPENDITURE



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Grupo de Inmunonutrición

**Instituto de Ciencia y Tecnología de los Alimentos y Nutrición (ICTAN)
 Consejo Superior de Investigaciones Científicas (CSIC). Madrid**



**Real Academia
 Nacional de Farmacia**



OBESITY AROUND THE WORLD

MULTIFACTORIAL **MALNOURISHED** DISEASE



OBESITY IS ASSOCIATED WITH NCD



METABOLIC SYNDROME

TYPE 2 DIABETES

CANCER

NON ALCOHOLIC FATTY LIVER DISEASE

NEURODEGENERATIVE DISEASES

INFLAMMATORY BOWEL DISEASE

ATHEROSCLEROSIS

AUTOIMMUNE DISEASES

ASTHMA

INFECTIONS

ALLERGIES

LOW-GRADE INFLAMMATION

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PAHO



Pan American
Health
Organization



World Health
Organization
REGIONAL OFFICE FOR THE
Americas

NCD are the number one cause of death and disability in the world

NCD carry a high cost of treatment, placing a direct economic burden on health systems, households and society as a whole

NCDs also impose an indirect economic burden through a significant productivity loss via premature mortality, early labor force exits, absenteeism, and work at lowered capacity

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OBESITY HAS BEEN DEFINED AS AN AGING PROCESS

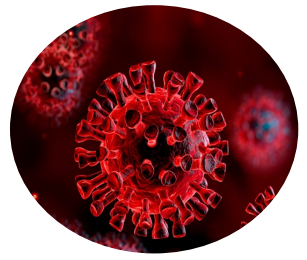


Wärnberg J., et al. Lifestyle-related determinants of inflammation in adolescence. British Journal of Nutrition. 2007; 98(S1): S116–S120

Wärnberg J. & Marcos A. Low-grade inflammation and the metabolic syndrome in adolescents. Current Opinion in Lipidology 2008, 19:11–15



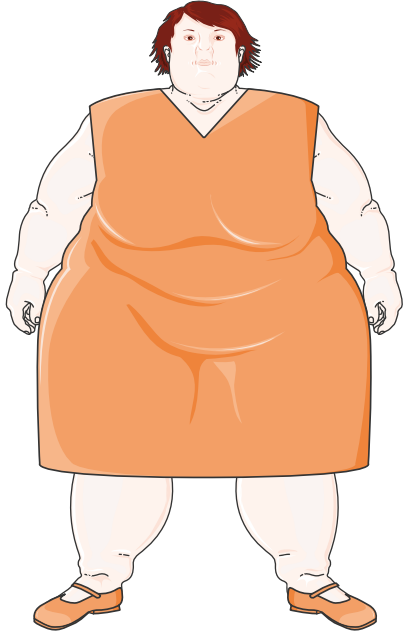
RISK



COVID-19

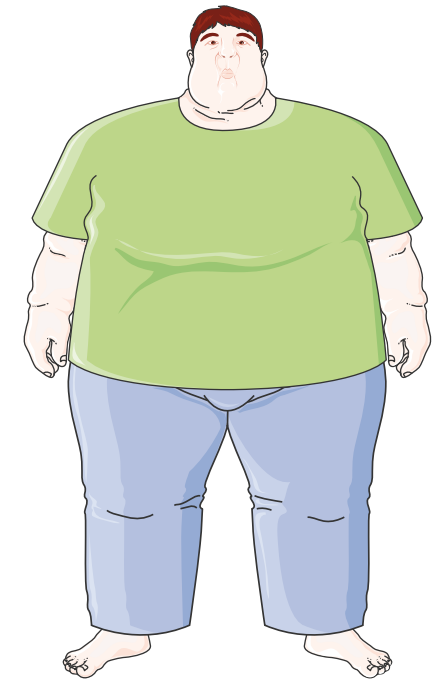


OBESITY



Obesity is a risk factor in the severity of SARS-CoV-2 disease

70% of obese individuals with COVID-19 required intensive care and invasive mechanical ventilation



Simonnet et al., LICORN and the Lille COVID-19 and Obesity study group. High Prevalence of Obesity in Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) Requiring Invasive Mechanical Ventilation. Obesity (2020) 28, 1195-1199

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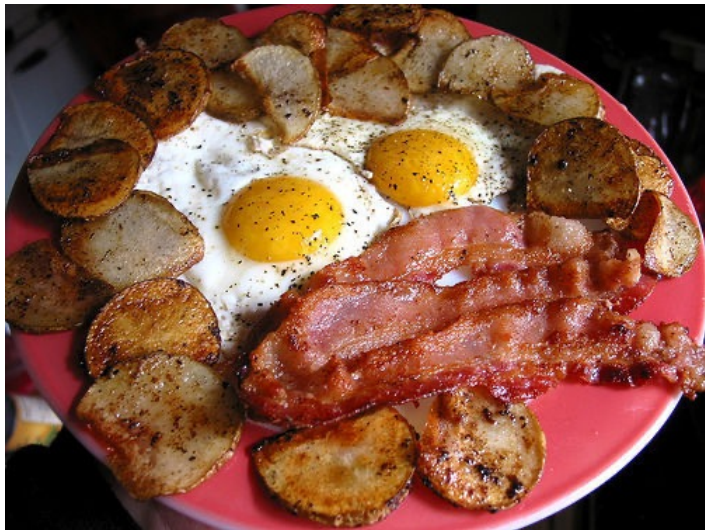
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OBESITY: A WEIGHTY ISSUE FOR CHILDREN



Review

You Are What You Eat—The Relationship between Diet, Microbiota, and Metabolic Disorders—A Review

WHAT WE EAT?

Małgorzata Moszak ^{*}, Monika Szulińska and Paweł Bogdański

Department of Treatment of Obesity, Metabolic Disorders and Clinical Dietetics, Poznan University of Medical Sciences, 61-569 Poznań, Poland; mszulinska1@wp.pl (M.S.); pbogdanski@ump.edu.pl (P.B.)

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MUCH MORE THAN DIET!



IMPORTANT TO WATCH YOUR WEIGHT!

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WHAT ABOUT PHYSICAL ACTIVITY?

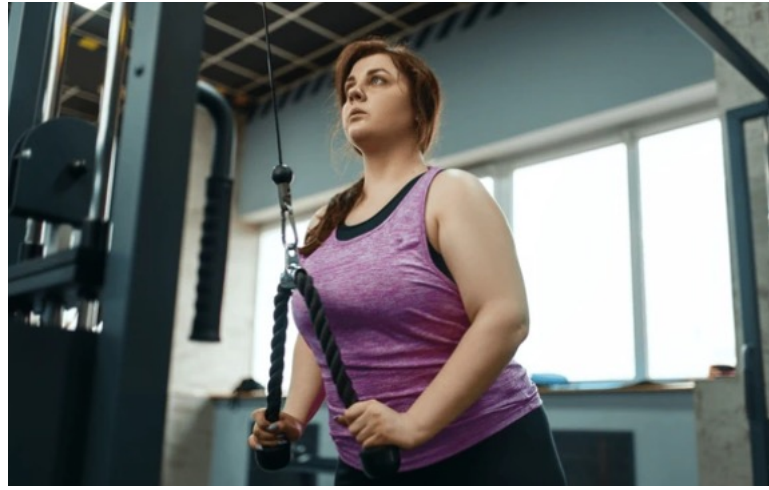
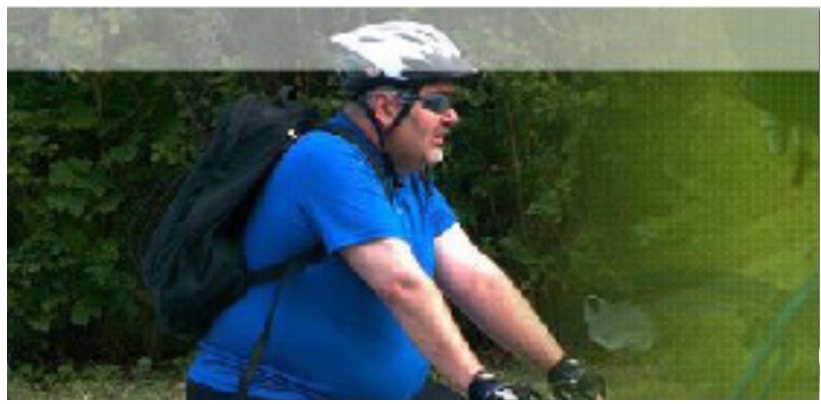


Reducing sedentary habits

Improving fitness

Taking care of muscle injuries

Knowing our own limitations



But never at any price, it is advisable to be well trained by a coach

SLEEP

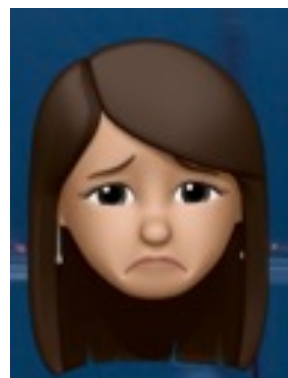
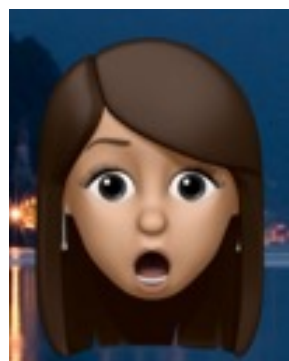
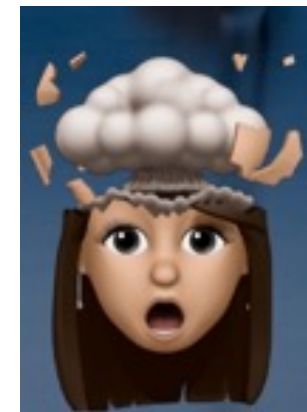
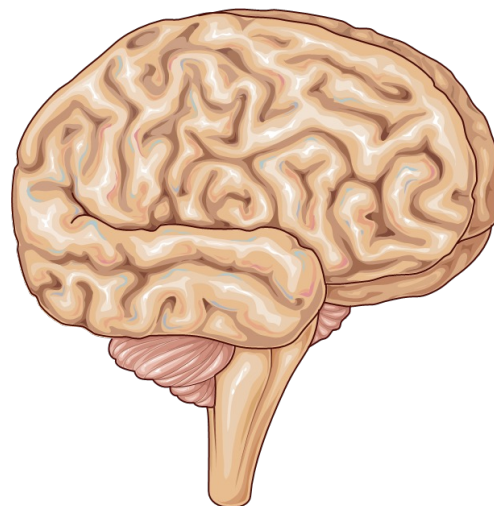
QUANTITY AND QUALITY



← OK →



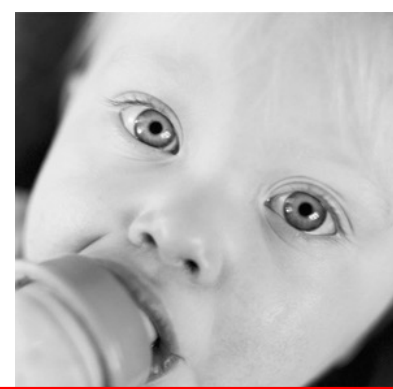
HOW TO MANAGE OUR EMOTIONS



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Breast milk is the best source of nutrition for the first six months of life



IMPORTANT TO PREVENT OBESITY ALONG LIFE



TO IMPROVE LIFE QUALITY, LONGEVITY



AND EUROPEAN GLOBAL ECONOMY



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TAKE HOME MESSAGES



**HEALTHY
YOUTH**

TO ADD MORE LIFE TO YEARS, INSTEAD OF MORE YEARS TO LIFE

**HEALTHY
ELDERLY**



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THANK YOU!

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