Future directions to prevent obesity within the context of the Global Syndemic

Several determinants have been identified that drive the obesity pandemic. The increase in food energy supply over several decades has been suggested as a major driver of the obesity epidemic. The Lancet Global Syndemic Commission, among other expert bodies, recommended that governments provide clear and understandable information to consumers to enable informed choices and to encourage industry to respond to a demand-driven market shift for products that support healthy and economically sustainable food systems.

To tackle the current policy inertia in relation to obesity prevention, many coordinated and synergistic strategies are needed, including the upscaling of existing upstream monitoring efforts, the successful scaling up of whole-of-community interventions, the implementation of the right to wellbeing legislation, and civil society and the public advocating for triple-duty actions to prevent obesity within the context of the Global Syndemic.