Governments need to strengthen their leadership to prevent, manage and treat childhood obesity with robust national strategies

These should:

- Be based on the recommendations made by the WHO’s Commission on Ending Childhood Obesity (ECHO) as a minimum standard.
- Include interdepartmental actions led by ministries of health.
- Use SMART actionable measures to meet the WHO targets on obesity and activity, integrated with the Decade of Action on Nutrition and the SDGs.
- Monitor and enforce all stakeholders’ commitments.
- Support national guidelines for clinical care and management of obesity in pregnancy, infancy and childhood with the resources for their universal application.

Local services need to take action to prevent childhood obesity

This includes providing:

- Health-promoting schools which offer high standards of nutrition, physical activity, health education and community involvement.
- Primary health care for women, including weight guidance in pregnancy and support for breastfeeding.
- Support for healthy infant growth, including maternity leave, baby-friendly hospitals, breastfeeding counsellors and mother and child community facilities.

Health services must take action to manage childhood obesity

This includes providing:

- Care pathways for children with weight difficulties, including family based interventions through to bariatric surgery.
- Multidisciplinary teams of trained and specialist health care professionals at community level, covering nutrition, physical activity and psychological and counselling support.
- Universal access to the necessary healthcare interventions and follow-up services.

Over 223 million schoolchildren globally are overweight or obese. This is expected to rise to 268 million by 2025... UNLESS WE ACT NOW