

SPEAK OUT AGAINST WEIGHT STIGMA



**EVERYBODY
NEEDS TO
ACT** 

Obesity is a global problem, and it affects us all. Around 800 million of us are living with the disease, with millions more at risk. We know the roots of obesity run deep, and the only way we can make progress is by working together. World Obesity Day calls for action at local, national and global levels to tackle rising rates of obesity, reduce the stigma faced by people living with obesity, and improve the systems that contribute to obesity around the world. **Together, we can give everybody the best chance to live happier, healthier, and longer lives.**