LET'S TALK ABOUT OBESITY &
LET'S TALK ABOUT...

the role biology plays in obesity.
LET’S TALK ABOUT...

how the food we have available to us contributes to obesity.
LET’S TALK ABOUT...

genetic risk as a factor for obesity.
LET’S TALK ABOUT...

the importance of healthcare access in addressing obesity.
LET’S TALK ABOUT...

how life events can influence weight gain and obesity.
LET'S TALK ABOUT...

food marketing as a contributing cause of obesity.
LET'S TALK ABOUT...
mental health.
LET'S TALK ABOUT...

sleep!
LET’S TALK ABOUT...

the stigma that people living with obesity face.
LET’S TALK ABOUT...

how we define obesity.
LET’S TALK ABOUT...

obesity as a disease.
LET’S TALK ABOUT...

the risk factor of living with obesity for other health conditions.
LET'S TALK ABOUT...

“Eat less, move more.”
LET’S TALK ABOUT...

the dangers of weight stigma in society.
LET'S TALK ABOUT...

childhood obesity.
LET'S TALK ABOUT...

when individuals are blamed for their obesity.
LET’S TALK ABOUT...

weight.
LET’S TALK ABOUT...

the misconceptions around obesity and wealth.
LET'S TAKE A BREAK...
LET’S TALK ABOUT...

your experience of obesity.
LET’S TALK ABOUT...
bold policies.
LET’S TALK ABOUT...

giving young people the power to act on obesity.
LET'S TALK ABOUT...

creating healthy work environments.
LET’S TALK ABOUT...

how healthcare professionals can improve access and patient experience.
LET'S TALK ABOUT...

how we can make addressing obesity a collective effort.
LET’S TALK ABOUT...

how the media conversation around obesity can be improved.
LET’S TALK ABOUT...

obesity rising in every continent.
LET’S TALK ABOUT...

what we can do to turn conversations into action.
If you are looking for more information on the card topics including:

**ROOTS OF OBESITY**
**OBESITY FACTS**
**CHANGING PERSPECTIVES**

please visit
www.worldobesityday.org

where you will find the Key Audiences, Resources, and Campaign toolkit.
LET'S TALK ABOUT OBESITY & HEALTH
LET'S TALK ABOUT OBESITY & OUR WORLD