

March 4th is World Obesity Day 2021

This year, we are calling for people around the world to come together to address a global crisis. Because now more than ever, *every body needs everybody*.

The 'Every Body Needs Everybody' Campaign:

Obesity is not a lifestyle choice. It is a disease and a risk factor for other diseases such as heart disease, diabetes and certain forms of cancer. People living with obesity are twice as likely to be hospitalised if they test positive for COVID-19. **The roots of obesity** run deep and many are beyond an individual's control.

People living with obesity should not be blamed for their disease. We need a better understanding of obesity, and better support for people living with it. We must address the root causes and take

measures to treat and prevent the disease on a global level.

COVID-19 has only served to highlight existing challenges within our societies (individuals, communities, health systems) as well as the urgency of addressing obesity.

Obesity is a disease and must be treated as one. We all have a role to play in supporting and advocating for people living with obesity. We must recognise that every body matters if we are to build a healthier world for everybody.

Who is 'Everybody'?

Of course, everybody includes **you**. But individuals, healthcare professionals, advocates and policy makers can all play different roles in addressing obesity as a global issue.



People Living with Obesity

It is essential that people living with obesity have the opportunity to share their stories and experiences. Patient insights can raise awareness, improve understanding and drive change.



Individuals

As individuals we can support people living with obesity. We must use our voices to address weight stigma and drive change to ensure people living with obesity have access to safe, equitable and timely care for effective obesity policies.



Healthcare Professionals

Healthcare professionals in all fields can educate themselves about obesity as a disease and ensure that patients living with obesity receive evidence-based and appropriate treatment and management for their condition.



Advocates

Patient advocates and obesity organizations raise awareness, improve education and support research into the impact and treatment of obesity. Their work can pressure policy makers and governments into taking action on obesity.



Policy Makers

Policy makers play a crucial role by implementing policies that recognise obesity as a disease and help ensure better, more resilient and sustainable health for all.



Corporations

Employers can support employees living with obesity by creating environments that promote physical and mental health. Food manufacturers and marketers can support initiatives that limit the consumption of ultra-processed food.

Find out how you can play your part at
www.worldobesityday.org