



## **Manifesto**

### **Everybody needs to act**

On the occasion of **World Obesity Day, March 4**, the Gasol Foundation wants to call all of society to action –in line with this year's motto of the World Obesity Federation: “Everyoneworld has to act” – to join efforts in the prevention and reduction of childhood obesity.

The **creation of an environment in which healthy living habits are the first option** for children is a common responsibility, which requires the active involvement of institutions at all levels: companies, private entities, socio-educational centers and health, non-profit organizations and sports entities and clubs, as well as families and minors.

For this reason, **the signatories of this manifesto undertake to promote the four pillars of healthy living habits - physical activity and sports, healthy eating, sleep and emotional well-** that scientific evidence has identified as essential to improve health, children and adults, and prevent and reduce childhood obesity, as well as other associated diseases –such as cardiovascular diseases, hypertension, type 2 diabetes, some types of cancer or depression.

This promotion must be **multilevel, transversal, multichannel and multicomponent**, to ensure that the current obesogenic environment becomes an environment that favors healthy lifestyles at any time, regardless of the context in which children find themselves: habits healthy must be accessible and form an integral part of the day to day of the little ones and their adult references.

It is especially relevant to mention the importance of reducing the **social inequalities in health** necessary to prevent and reduce childhood obesity, since gender, socioeconomic, physical or psychological condition inequalities and the environment in which boys and girls develop These are elements that directly affect the risk of being overweight and/or obese and/or impaired health habits that influence quality of life and individual well-being.

For all these reasons, I sign this manifesto as a sign of your support and commitment to promoting healthy lifestyle habits with the aim of contributing to social awareness and the prevention and reduction of childhood obesity, either through some of the **actions proposed by the Gasol Foundation on the occasion of World Obesity Day** (March 4, 2022) and/or future activities related to healthy lifestyles.



## About childhood obesity Childhood

overweight and obesity are one of the greatest health challenges of the 21st century. Globally, obesity rates in children and adolescents aged 5 to 19 years multiplied by 10 worldwide from 1975 to 2016, reaching 340 million children and adolescents who are overweight or obese. This means that 1 in 5 minors (18.4%) is overweight (WHO, 2016).

In Spain we are facing a health problem with a high impact. According to the PASOS Study of the Gasol Foundation –the most up-to-date representative reference on childhood obesity in the population aged 8 to 16–, 1 in 3 children (34.9%) is overweight: 20.7% are overweight and 14.2% are obese (according to BMI). According to the ALADINO Study of the Spanish Agency for Food Safety and Nutrition –a representative reference for the population aged 6 to 9 years– excess weight reaches 40.6% (23.3% overweight and 17.3% obesity).

The consequences of childhood obesity are multiple, since, being the largest pandemic of a non-communicable disease worldwide, it affects both the physical and psycho-social development of minors, and its effects occur both in the short and medium and long term.