

# ISA is supporting World Obesity Day & "BETTER NUTRITION FOR EVERY BODY"



Obesity "opens the door" to many non-communicable diseases such as diabetes and heart diseases as well as mental-health illness.

**800 MILLION**  
people worldwide are living with obesity



Childhood obesity is expected to increase by 60% over the next decade, reaching **250 MILLION BY 2030**



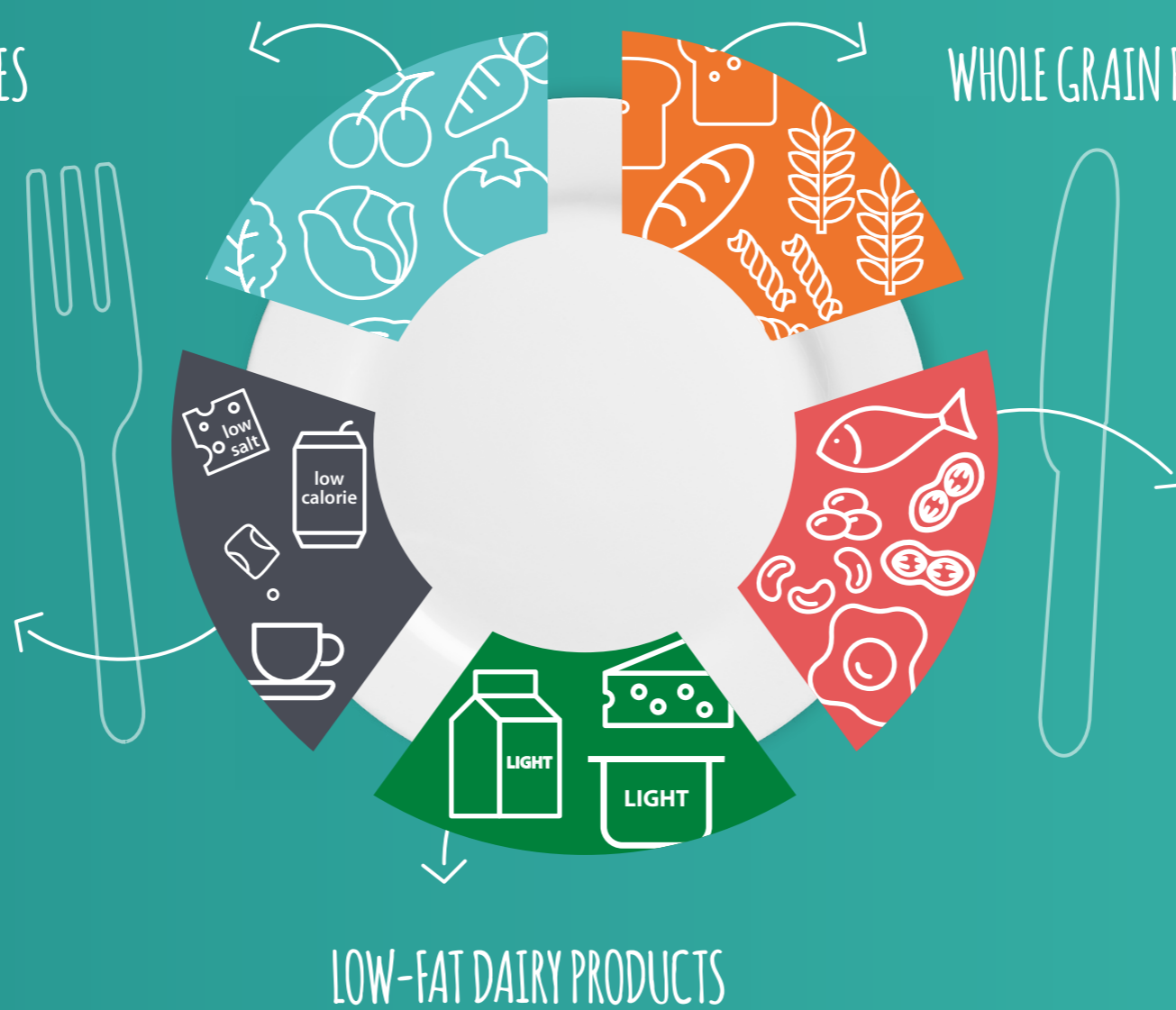
This year, the world also found out that obesity may be a **risk factor** for severe outcomes and complications of **COVID-19**.

People living with obesity are **twice as likely** to be hospitalised if tested positive for **COVID-19**.

The pandemic has made all the more urgent tackling the many and complex roots of obesity including over- and undernutrition. Diets have also been affected by the lockdown, self-isolation and quarantine measures. For healthier and longer lives, securing the best nutritional environment possible should be a priority with easy access to:

FRUITS AND VEGETABLES OF ALL TYPES

FOOD AND BEVERAGES  
LOW IN SUGAR, FAT AND SALT



PROTEIN FOODS SUCH AS  
FISH, POULTRY, EGGS,  
LEGUMES AND NUTS

As part of a "Better Nutrition for Every Body" and an overall healthy lifestyle, **low/no calorie sweeteners can be used to help bring down sugar intake while maintaining sweet taste with fewer or zero calories.**



Replacing added sugars with low/no calorie sweeteners may be one among many dietary strategies to help reduce calorie intake and, in turn, aid in weight management.

Other non-nutritional actions are equally important in combating obesity!  
Such as:



Eliminating weight stigma



Ensuring access to trained healthcare professionals globally



Lifestyle modifications including a healthy sleeping pattern and adding more movement every day!

REMEMBER:

There is **no single cause or solution** to the obesity problem. Simplifying obesity, its roots and management can make treating it even harder. We invite you to watch the [ISA video for World Obesity Day](#) that explains the complexity of the obesity epidemic.

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Supported by:



#WorldObesityDay #ISA4WOD

References:  
1. World Obesity Day 2021. Obesity Fact Sheet & The roots of obesity run deep. Available at: <https://www.worldobesityday.org/resources/entry/information-resources>  
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4. Ashwell M, Gibson S, Bellisle F, et al. Expert consensus on low calorie sweeteners: facts, research gaps and suggested actions. Nutr Res Rev. 2020;33(1):145-154. [Epub ahead of print].