Children living with overweight and obesity are more likely to remain adolescents, and ultimately adults, living with obesity. Additionally, there are also physical and social/emotional complications linked to childhood obesity.

- Children who have a high body mass index between 2 and 19 years are at 40-60% higher risk of early death by any cause.
- Children are at higher risk of psychological distress (poor self-esteem, anxiety, depression and social problems such as bullying and stigma).
- In childhood, obesity is associated with hypertension and early stages of cardiovascular disease, insulin resistance and early stages of type 2 diabetes, asthma, sleep apnea, increased risk of fractures.

Internationally agreed targets are:

- To see no increase in obesity rates from 2010 levels by 2025 for children under 5, older children, adolescents and adults.
- To see an end to malnutrition in all its forms, including overweight and obesity by 2030.

The WHO Commission on Ending Childhood Obesity identified six priority areas for action and proposed activities related to governance, leadership and surveillance to support the implementation of the recommendations.

Six key areas of action recommended by the ECHO Commission:

- Promote intake of healthy foods.
- Promote physical activity.
- Early childhood diet and physical activity.
- Preconception and pregnancy care.
- Health, nutrition and physical activity for school-age children.
- Weight management.

We need to adopt a life course approach. We need to consider all the stakeholders involved including parents, children, businesses, civil societies, governments and promote the development of cross-sectoral policies.