

Mapping the health system response to childhood obesity in the WHO European Region. An overview and country perspectives.

Globally, the prevalence of childhood obesity has been rising, and the European region is no exception. Currently, no efficient management or treatment regarding childhood obesity has been established and while prevention is a key component that should not be ignored, “the problem of overweight and obesity in children is unlikely to be fully resolved without the involvement of the health care systems.”

The aim of the project was “to describe the response to the problem of health systems in Europe, especially in health care delivery.” Through a mixed-methods approach, 15 countries were asked to answer a series of questions. While the results of the project show that overall countries are taking steps to address the problem, it also highlighted a number of flaws and challenges in health systems’ response including:

- The recognition of childhood obesity as a chronic disease
- Professionals and other personnel
- Governance guidelines
- Screening and referral for care
- Diagnosis and assessment
- Primary care
- Specialised care
- Management of patients with severe obesity
- Education
- Inequalities

Reference: World Health Organization Regional Office for Europe. *Mapping the Health System Response to Childhood Obesity in the WHO European Region. An Overview and Country Perspectives*. Copenhagen; 2019. http://www.euro.who.int/__data/assets/pdf_file/0019/401176/Childhood-obesity-web.pdf?ua=1.