

1. Record Nr.	UNINA9910454621603321
Titolo	The challenge of obesity in the WHO European region and the strategies for response [[electronic resource] ] : summary // edited by Francesco Branca, Haik Nikogosian and Tim Lobstein
Pubbl/distr/stampa	Copenhagen, : World Health Organization, Regional Office for Europe, c2007
ISBN	1-280-95343-8 9786610953431 978-928-901-4
Descrizione fisica	1 online resource (76 p.)
Altri autori (Persone)	BrancaFrancesco NikogosianHaik LobsteinTim
Disciplina	362.196/398
Soggetti	Obesity - Prevention - Europe Metabolism - Disorders Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 68-88).
Nota di contenuto	CONTENTS; Acknowledgements; Contributors; Foreword; Executive summary; 1. The challenge; Main messages; Definitions; Introduction; Prevalence; Trends over time; Intergenerational influences; Public health effects; Economic consequences; Socioeconomic variation in prevalence; Assessing the challenge: the next steps; 2. The determinants of obesity; Main messages; Introduction; Sedentary behaviour, physical activity, fitness and obesity; Determinants of physical activity; Dietary influences on obesity; Dietary habits in Europe and their relation to obesity; The food environment What drives the food environment Food marketing and advertising; Socioeconomic drivers of obesity; Obesity and mental health; Studying the determinants: the next steps; 3. The evidence base for interventions to counteract obesity; Main messages; Introduction; Interventions in micro-settings; Interventions in macro-settings; Promoting physical activity; Economic instruments; Considering the

context; Beyond the experimental evidence; Building evidence for effective interventions: the next steps; 4. Management and treatment of obesity; Main messages; Introduction; Intervention approaches: adults Intervention approaches: children and adolescents Management and treatment: the next steps; 5. Development of policies to counteract obesity; Main messages; Introduction; Existing international action frameworks; Current national policies on obesity in countries of the European Region; Development of strategies and action plans; An investment approach to health promotion; Core actions; The role of stakeholders; Evaluating policy; Policy development: the next steps; References; Annex 1. European Charter on Counteracting Obesity

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## Sommario/riassunto

In a brief, clear and easily accessible way, this summary illustrates the dynamics of the obesity epidemic and its impact on public health throughout the WHO European Region, particularly in eastern countries. It describes how factors that increase the risk of obesity are shaped in different settings, such as the family, school, community and workplace. It makes both ethical and economic arguments for accelerating action against obesity, and analyses effective programmes and policies in different government sectors, such as education, health, agriculture and trade, urban planning and transport

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