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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

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
