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## WRITTEN DECLARATION

submitted under Rule 136 of the Rules of Procedure

on obesity as a health problem

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Lapse date: 16.12.2015

**Written declaration, under Rule 136 of Parliament's Rules of Procedure, on obesity as a health problem<sup>1</sup>**

1. According to the World Health Organisation (WHO) obesity doubled worldwide between 1980 and 2014.
2. The report Health at a Glance, published jointly by the Organisation for Economic Co-operation and Development (OECD) and the Commission, presents alarming data, according to which 53 % of adults in the EU are either overweight or obese, and obesity affects 16.7 %.
3. Several studies have found a strong correlation between obesity and medical conditions such as diabetes, depression, anxiety and personality disorders.
4. According to the results of the ESEMeD-WMH project on the epidemiology of eating disorders in six EU countries, approximately 5 % of the population suffers from eating disorders (including bulimia, anorexia and sub-threshold disorders).
5. The Commission is therefore called upon to monitor the data on eating disorders and to put into effect the Action Plan on Childhood Obesity and related programmes such as EU Health, Adocare, ProYouth and NeuroFAST.
6. The Commission is also called upon to encourage the Member States to raise awareness, particularly from an early age, of the problem of obesity, to educate people at home and at school about nutrition and food labelling, to encourage the practice of sports and to introduce better nutritional guidelines for school canteens.
7. Finally, the Commission is asked to consider suggesting that 2017 be designated as the European Year Against Obesity.
8. This declaration, together with the names of the signatories, is forwarded to the Council and the Commission.

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<sup>1</sup> Under Rule 136(4) and (5) of Parliament's Rules of Procedure, where a declaration is signed by a majority of Parliament's component Members, it is published in the minutes with the names of its signatories and forwarded to the addressees, without however binding Parliament.