Obesity is a key risk factor for many non-communicable diseases (NCDs). The Commission’s approach to addressing NCDs involves an integrated response combining prevention across sectors with efforts to strengthen health systems.

The Commission has launched a new Healthier Together – EU Non-communicable diseases initiative aimed at tackling NCDs and improving citizens’ health and well-being. Reducing unhealthy diets, physical inactivity, overweight and obesity among the general population, children and adolescents is one of the areas addressed by the initiative\(^1\). Specific policies and best practices have already been identified and prioritised, for instance for improving the nutritional quality of food available at supermarkets and school canteens. This is in line with Europe’s Beating Cancer Plan’s objectives of supporting prevention through healthy lifestyles.

Moreover, the Commission launched in 2020 the Best ReMaP joint action\(^2\), promoting several initiatives on food reformulation, reducing aggressive marketing of unhealthy foods to children and development of procurement tools for healthier foods. The initiative is complemented by a study for a monitoring system on reformulation initiatives for salt, sugars and fat (EUREMO project\(^3\)), aimed at creating a food reformulation database to inform authorities, consumers and companies about the nutritional quality of foods sold in 16 EU countries.

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\(^1\) The initiative was launched in December 2021 to help Member States reduce the burden of non-communicable diseases, see: [https://ec.europa.eu/health/latest-updates/eu-non-communicable-diseases-ncds-initiative-frequently-asked-questions-2022-04-01_en](https://ec.europa.eu/health/latest-updates/eu-non-communicable-diseases-ncds-initiative-frequently-asked-questions-2022-04-01_en)

\(^2\) [https://bestremap.eu/](https://bestremap.eu/)

\(^3\) [https://bestremap.eu/monitoring/](https://bestremap.eu/monitoring/)