CHILDREN & ADOLESCENTS OBESITY: EVOLUTION OF PREVALENCE IN EUROPE



EGEA 58
International conference
8 November 2018





CHILDHOOD OBESITY SURVEILLANCE INITIATIVE (COSI)

Ana Rito, M.MSc, Ph.D.

ana.rito@insa.min-saude.pt

Researcher

INSA , Lisbon











The obesity epidemic is reversible

Curbing the epidemic and reversing the trend is the ultimate goal of action in the Region

• Visible progress in children in the next 4-5 years;

Contribute to the reversion of the epidemic growth until 2015.

European Charter on Counteracting
Obesity. In Nov 2006, 46 countries signed
a Charter saying:

"We declare our commitment to strengthen action on counteracting obesity...and to place this issue high on the political agenda of our governments. We also call on all partners and stakeholders to take stronger action against obesity... Sufficient evidence exists for immediate action."



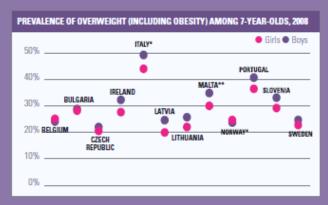


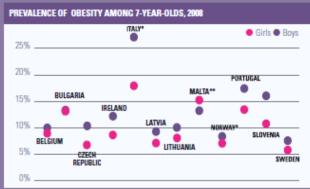


COSI

WHO European Childhood Obesity Surveillance Initiative

Trends in overweight and obesity among primary school-children (6-9 years)





Establishing a Childhood Obesity Surveillance initiative in Europe – WHY?

- I. Only 13 (25%) of 53 WHO member states had nationally representative and validated data on obesity in children aged 6-10 years.
- II. Lack of trend data
- III. Huge variation within and between member states in data collection and analysis
- V. Several limitations in comparing data between countries: different sample sizes, different methodological approaches; different response rates across age groups, different definitions of overweight and obesity







English Français Deutsch Русский

Search

Home

Health topics

Countries

Publications

Data and evidence

Media centre

About us

Health topics > Disease prevention > Nutrition > Activities > WHO European Childhood Obesity Surveillance Initiative (COSI)

Nutrition

News Events Policy Activities Country work Data and statistics Multimedia Publications Partners Contact us

WHO European Childhood Obesity Surveillance Initiative (COSI)

PURPOSE

- The system aims to measure trends in overweight and obesity in primary school children (6-9 year olds) at regular intervals
- To fill the gap in available inter-country comparable anthropometric data of primary-school children using measured weight and height
- To have a correct understanding of the progress
- To monitor routinely the policy response to the obesity epidemic
- To share experiences and resources
- To maximize synergies in terms of integration of essential and support functions
- To address the needs of public health programs and to avoid duplication of efforts



EXPANDING COSI/WHO EUROPE

2007/2008

Belgium

Bulgaria

Cyprus

Czech Republic

Ireland

Italy

Latvia

Lithuania

Malta

Norway

Portugal

Slovenia

Sweden

13

168,813 children

2009/2010

Greece

Hungary

Spain

Macedonia

17

227,222 children

2012/2013

Albania

Moldova

Romania

Turkey

San Marino

(Hungary,

Sweden, Cyprus)

19

256,157 children

2015/2016

Denmark

France

Austria

Estonia

Tajikistan

Montenegro

Poland

Croatia

Kazakhstan

Russia

Serbia

Slovakia

Turkmenistan

Kyrgyzstan

Georgia

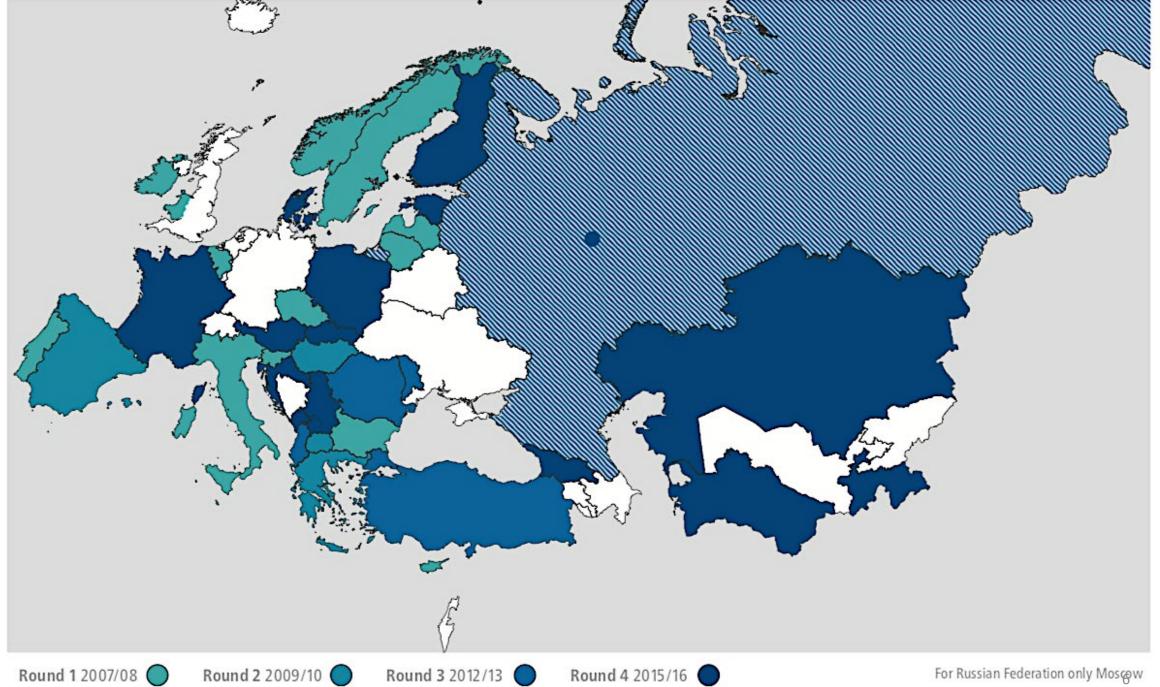
Finlandia

more than 300,000





35











Protocol

Childhood Obesity Surveillance Initiative (COSI)





WHO/COSI EUROPE METHODOLOGICAL PROTOCOL OF STANDARDIZED PROCEDURES

The common COSI protocol establishes the main characteristics of study design and sampling strategy, but – by including a combination of mandatory and voluntary components – also affords participating countries some flexibility to adapt the system to their national context.



STRUCTURE

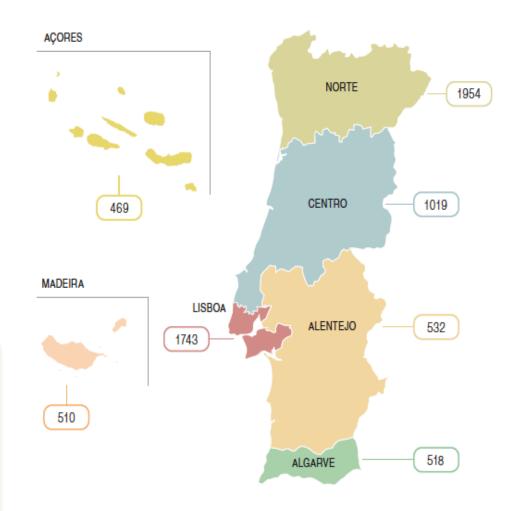
COSI PORTUGAL

Data collection funded by local resources

Under the Ministry of Health umbrella, COSI Portugal is scientifically coordinated and conducted by the National Institute of Health Dr. Ricardo Jorge along with the Directorate General of Health

Implemented regionally by **seven Portuguese Health Regions** (North, Center, Lisbon and Tagus Valley (LVT), Alentejo, Algarve, Madeira, Azores)

- Principal Investigator (PI), responsible for the overall coordination;
- Regional Coordinator
- Supervisor(s) responsible for data collection in each sampled school;
- School personnel (200) responsible for the completion of the school record forms and other relevant tasks.
- Team of 200 trained examiners (mostly health professionals) responsible for the administration of the forms and taking the anthropometric measurements;
- Data clerks responsible for entering the data into electronic data files;
- Data manager responsible for overall data management;



COSI Portugal 2016: 230 schools/ 6745 children

400 Health /Education personnel



Childhood Obesity Surveillance Initiative



CHILDHOOD OVERWEIGHT & OBESITY in **PORTUGAL**

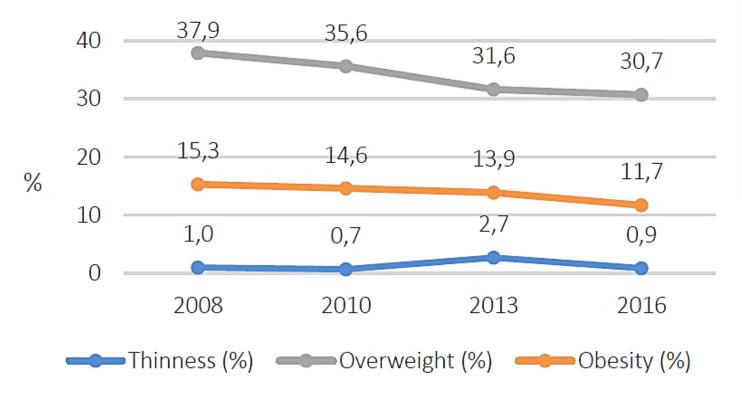


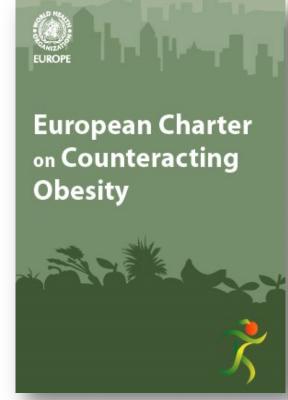






COSI PORTUGAL – TRENDS ON PREVALENCE OF CHILDHOOD OVERWEIGHT AND OBESITY





Visible progress in children in the next 4-5 years;

Contribute to the reversion of the epidemic growth until 2015.

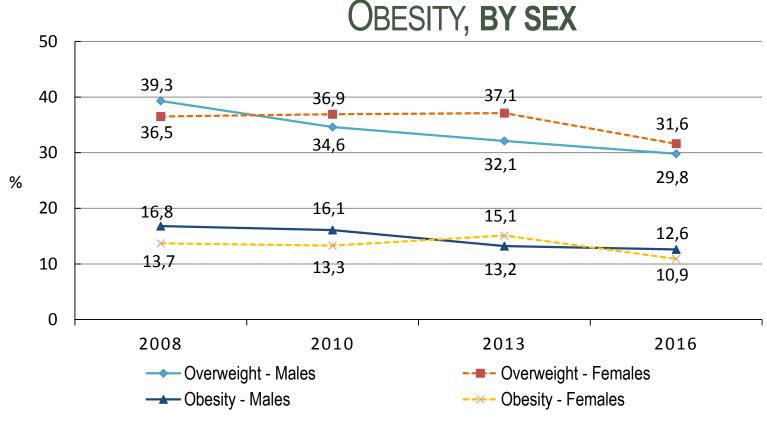








COSI PORTUGAL – TRENDS ON PREVALENCE OF CHILDHOOD OVERWEIGHT AND



Boys: downward trend with a decrease of 9,5% (OW), of which 7,1% (OB)

Girls, this trend was similar, except in 2013, where it was shown a decrease of 6,7% (OW), of which 2,8% (OB)









COSI PORTUGAL – TRENDS ON PREVALENCE OF CHILDHOOD OVERWEIGHT AND





Between the 1st round (2008) and the 2nd round (2016), all the Portuguese regions showed a decrease in the prevalence of overweight (including obesity).

The biggest decrease was in Azores (-15,6%) (46,6% in 2008 to 31,0% in 2016); Lisbon and Tagus Valley (-9,0%) (2008: 38,3% and 2016: 29,3%) and Center (-8,1%) (2008: 38,1% and 2016: 30,0%)



Childhood Obesity Surveillance Initiative



CHILDHOOD OVERWEIGHT & OBESITY in **PORTUGAL** among **EUROPE**



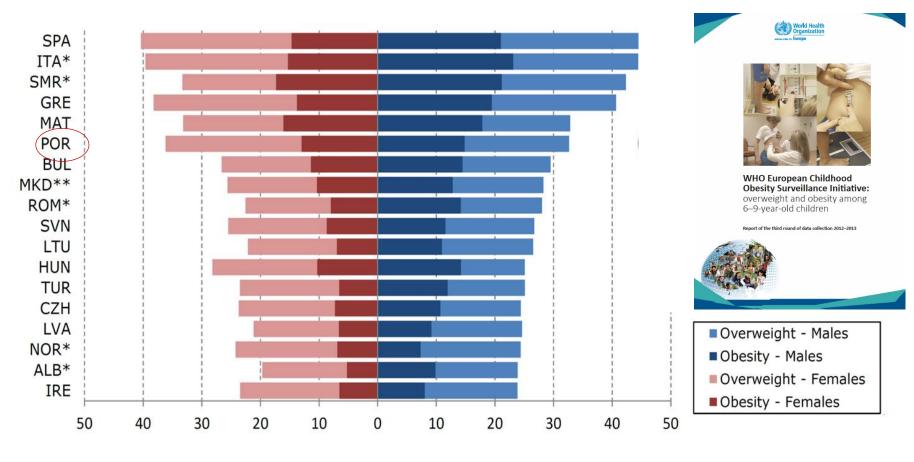
WHO EUROPE COSI 2008 AND 2010

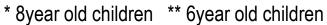
PREVALENCE OF OVERWEIGHT AND OBESITY IN 7 YEARS OLD BOYS





WHO EUROPE COSI 2012/2013 PREVALENCE OF OVERWEIGHT AND OBESITY IN 7 YEARS OLD BOYS



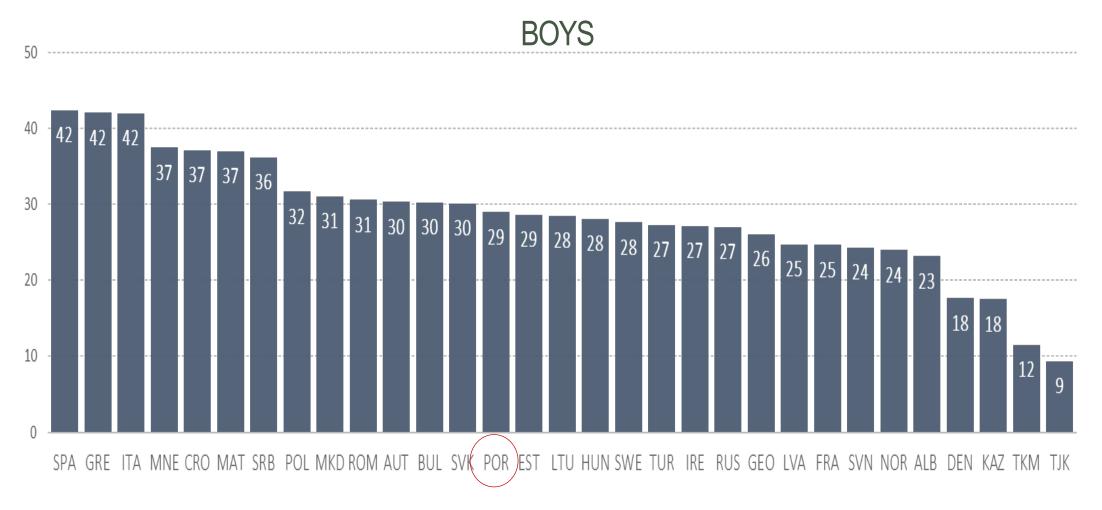




15

WHO EUROPE **COSI 2016/2017**

PREVALENCE OF OVERWEIGHT AND OBESITY IN 7 YEARS OLD



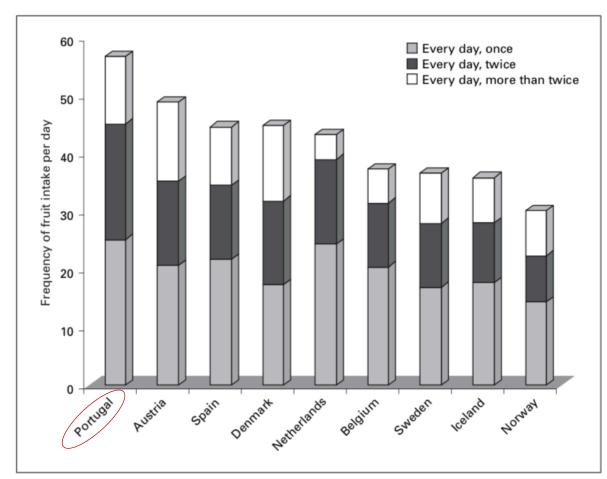
FACTSHEET Childhood Obesity Surveillance Initiative HIGHLIGHTS 2015-17 Preliminary data, WHO Europe 2018

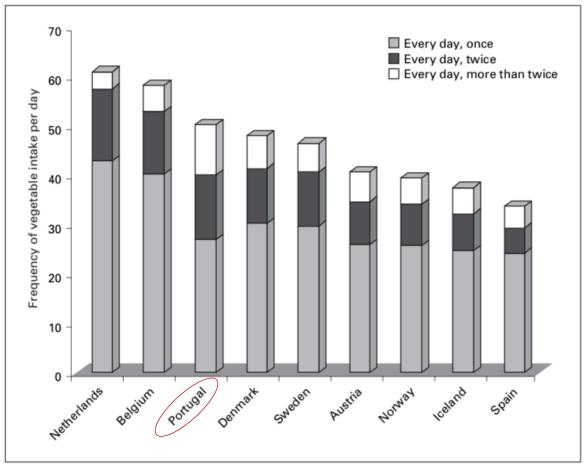




DIETARY INTAKE - FRUIT AND VEGETABLES



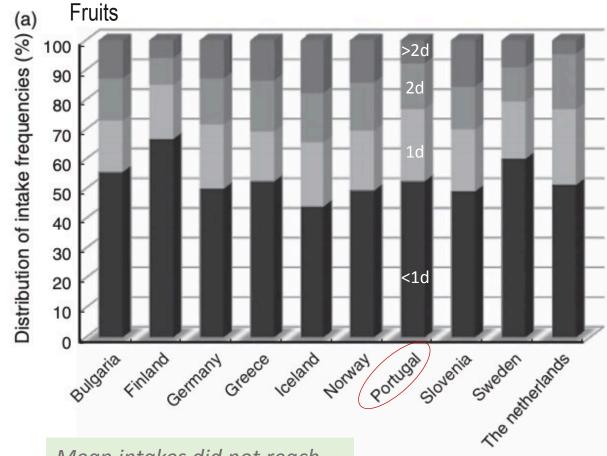


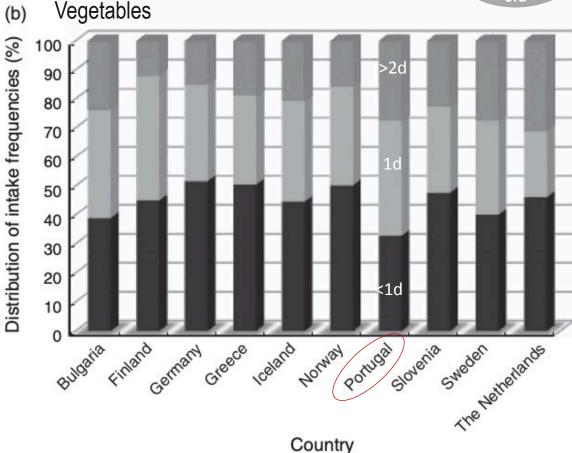




DIETARY INTAKE - FRUIT AND VEGETABLES



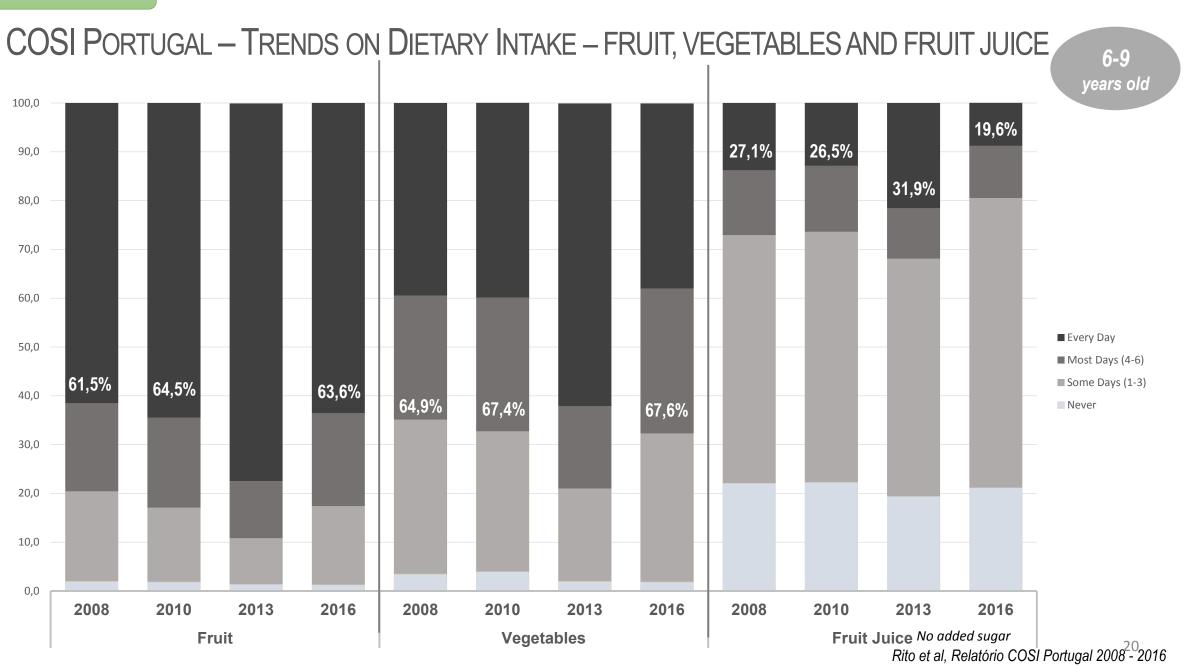




Mean intakes did not reach the WHO population goal of ≥400 g/d in any of the participating countries

Fig. 2 Distribution (%) of intake frequencies (times per day) of (a) fruits (■, > 2 times/d; ■, 2 times/d; ■, 1 time/d; ■, < 1 time/d) and (b) vegetables (■, ≥ 2 times/d; ■, 1 time/d; ■, < 1 time/d) per country (FFQ) among 11-year-old children (*n* 8158) from 236 schools across ten European countries participating in the PRO GREENS project, April–October 2009







COSI PORTUGAL 2016 - FRUIT, VEGETABLES INTAKE BY MOTHER'S EDUCATION AND OCCUPATION

Vegetables

More than 4 days per week

	n	%	p value
Lower education (n=3916)	2426	61,9	p<0,001
Higher education (n=1714)	1418	82,7	
Unemployed (n=630)	377	59,9	p<0,001
Employed (n=4461)	3149	70,6	

Fresh Fruit

More than 4 days per week

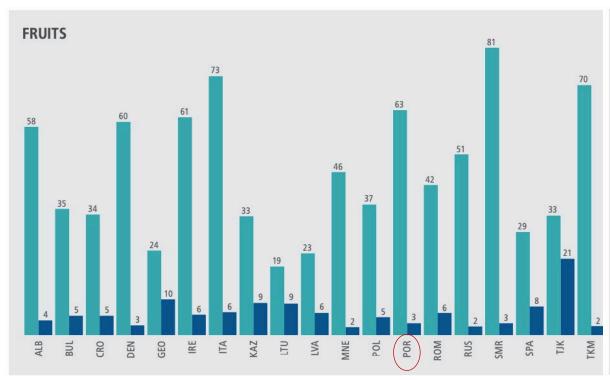
	n	%	p value	
Lower education (n=4007)	3172	79,2	p<0,001	
Higher education (n=1729)	1584	91,6		
Unemployed (n=641)	494	77,1	p<0,001	
Employed (n=4548)	3848	84,6		21

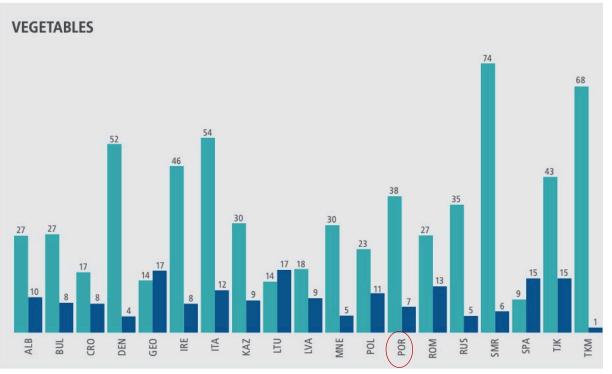




COSI/WHO EUROPE - TRENDS ON DIETARY INTAKE - FRUIT AND VEGETABLES







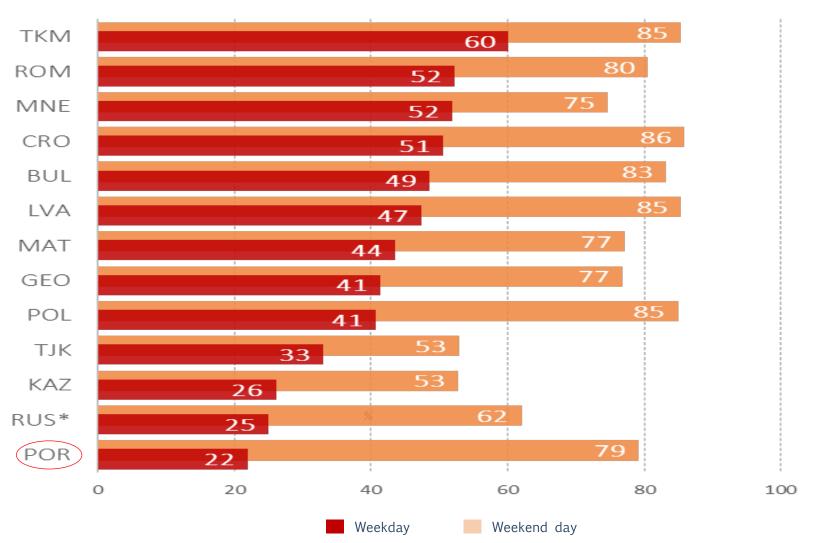


WHO. COSI Fact Sheet: Childhood Obesity Surveillance Initiative HIGHLIGHTS 2015-17



COSI/WHO Europe 2016

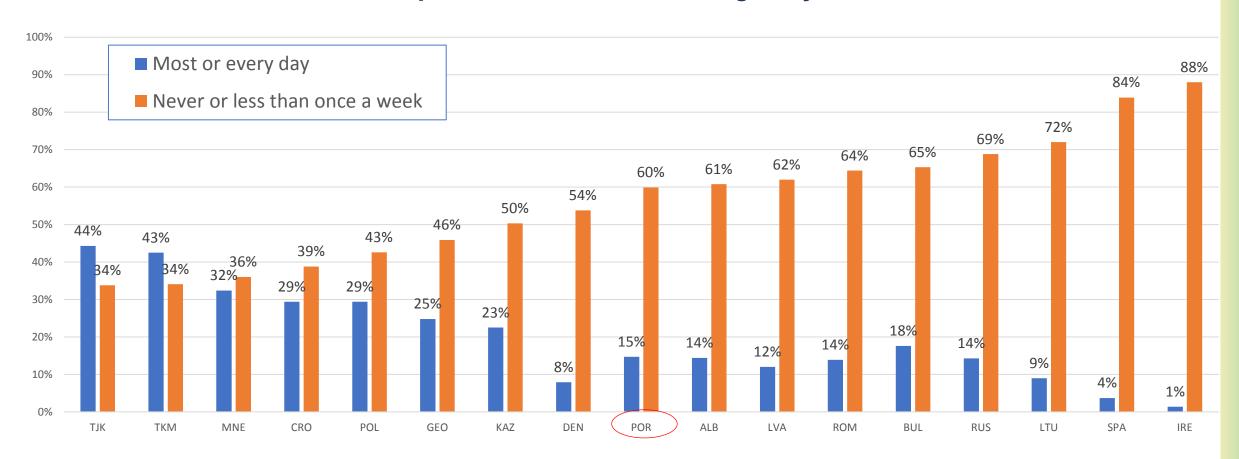
Screen time at least 2h/day (%) among 7-9 years old children





COSI/WHO Europe 2016

Consumption of soft-drinks among 7-9 years old children



Source: WHO/Europe COSI

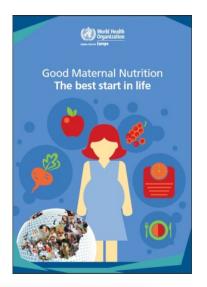


Portugal as leader and as Supporter





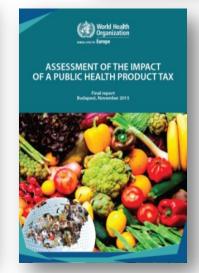
Tackling childhood obesity



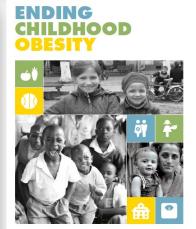


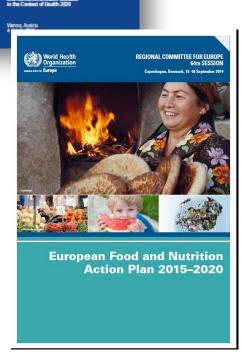








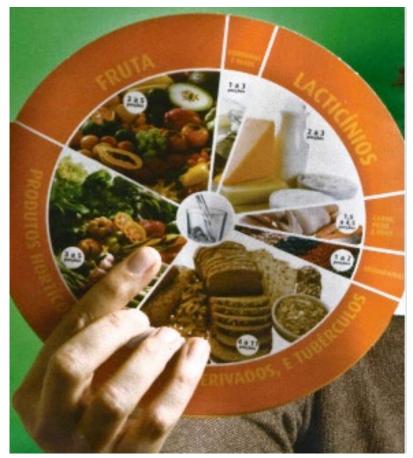








PLATFORM AGAINST OBESITY 2007-2009



















#BEACTIVE launched in Portugal

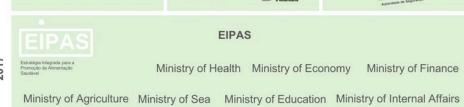
MENOS SAL, O MESMO SABOR

Agreement with Food Industry towards the decrease of salt consumption

STRONG POLITICAL COMMITMENT









An initiative of the Government with 4 television stations, which aims to alert the Portuguese to the risk associated with the high consumption of sugar.



'Imposto Coca-Cola': Consumo de açúcar baixa 5630 toneladas "Coca-Cola tax" (2017):

Sugar consumption decreases 5630 tonnes
28





Search

Home Health topics Countries Publications Data and evidence Media centre About us

Countries > Portugal > Downward trend in overweight and obesity among Portuguese school children

Portugal

News

Events

Areas of work

Data and statistics

Publications

Downward trend in overweight and obesity among Portuguese school children

26-02-2018

Portugal recently published a report on their 4th round of data collection as part of the WHO European Childhood Obesity Surveillance Initiative (COSI), finding evidence of a downward trend in overweight and obesity between 2008 and 2016.

The COSI system monitors the prevalence of overweight and obesity among school-aged children and produces high-quality data in participating countries every 2–3 years. It also monitors the diet and physical habits of school aged-children, as well as their school and family environments. Portugal was part of the first group of countries involved with COSI and has participated in each of the 4 data collection rounds held since 2008.



WHO



PORTUGUESA

Instituto_Nacional de Saúde
Doutor Ricardo Jorge



The COSI Portugal 4th round of data collection found that, from 2008 to 2016, childhood overweight decreased by 7.2% and obesity by 3.6%. It also found that physical activity levels increased between 2008 and 2016. While these findings are encouraging, the prevalence of overweight (30.7%) and obesity (11.7%) remain high in Portugal, and sedentary behaviours have increased, mainly due to the increased time spent playing computer games. In addition, healthy eating habits have not improved. Much remains that can be done to reduce the number of children that are overweight or obese and at risk of the many associated poor health outcomes.

These results demonstrate the need for ongoing surveillance to provide the necessary information for policy-makers to identify what works to encourage healthy eating and promote physical activity. The first round of COSI data collection raised the alarm and many countries have since taken action to tackle the epidemic of childhood overweight and obesity. However, more must be done and preventive measures designed to regulate the type of foods available in schools, limit the marketing of unhealthy foods to children and create school environments that enable children to be active throughout the day.

The results of the 4th round of COSI Portugal are now officially available for public consultation in Portuguese.



UNGA - ADRESSING CHILDOOD OBESITY SIDE EVENT HIGH LEVEL MEETING ON NCDS







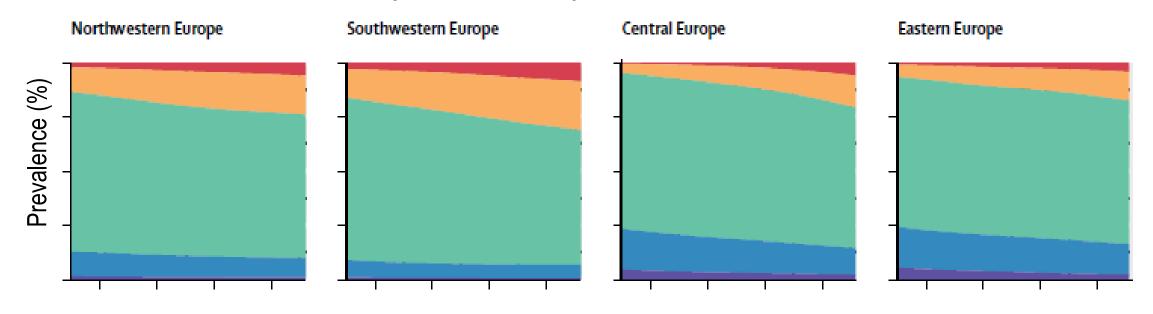
Contribution to the recent article published on Lancet

Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults

Overweight

Obesity







CHILDREN & ADOLESCENTS OBESITY: EVOLUTION OF PREVALENCE IN EUROPE



EGEA 58
International conference
8 November 2018





CHILDHOOD OBESITY SURVEILLANCE INITIATIVE (COSI)

Ana Rito, M.MSc. Ph.D.

ana.rito@insa.min-saude.pt

Researcher

INSA , Lisbon

