

The **Health Service Delivery Framework for Prevention and Management of Obesity**

represents the health systems-focused component of the comprehensive **WHO Acceleration Plan to Stop Obesity**





A new era for action

At the 75th World Health Assembly in 2022, Member States adopted new recommendations for the prevention and management of obesity and endorsed the **WHO Acceleration Plan to Stop Obesity**. The plan is designed to stimulate and support multisectoral country level action across the globe. As part of the priority actions identified, the plan recognizes that health services to prevent, treat and manage obesity must be universally available, accessible, people-centred, affordable and sustainable.

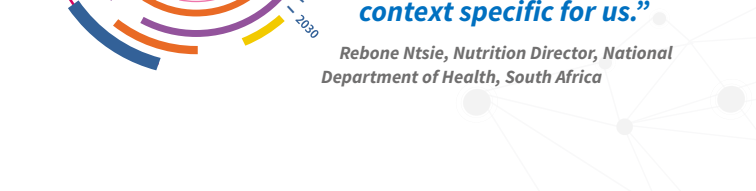
Obesity – a global public health crisis

The global burden of obesity constitutes a major public health challenge that undermines social and economic development throughout the world. Obesity has now reached epidemic proportions and it is estimated that by 2030 over one billion adults globally will be obese. Once associated with high-income countries, obesity is now also prevalent in low-and middle-income countries, including among vulnerable groups. An effective global response to the obesity epidemic is now urgent and imperative.



“The framework comes at a very good time for us. We are already developing our action plan – but this helps us get the job done so that we can move quicker. We can modify it to make it context specific for us.”

Rebone Ntsie, Nutrition Director, National Department of Health, South Africa





© Prot Tachaparnit



© JackF



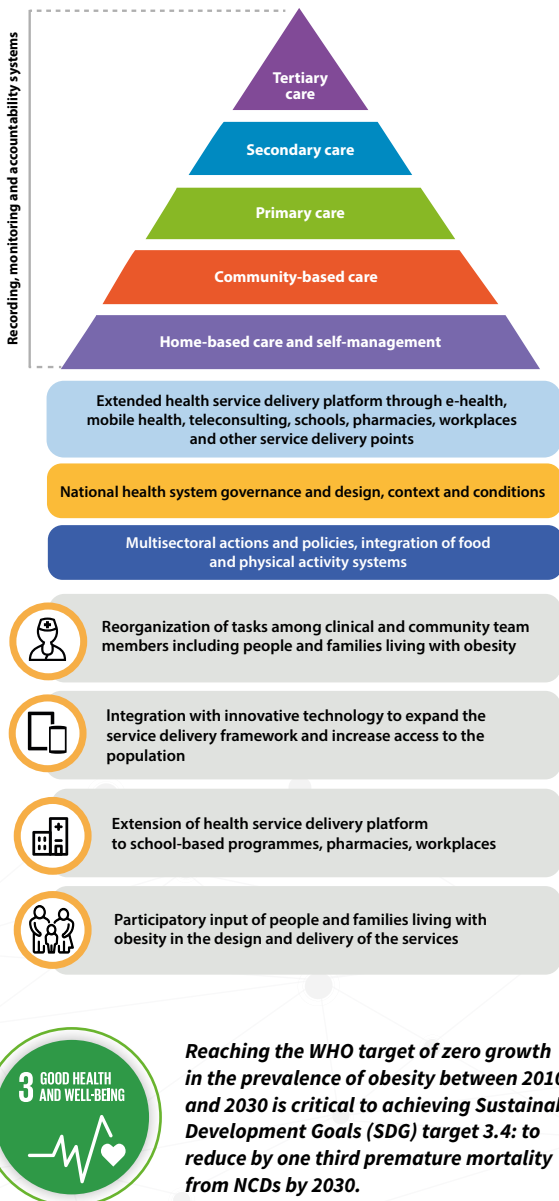
© WHO

A shift to early intervention

Current service delivery models that intervene only when obesity-related comorbidities appear must be replaced with models that recognize obesity as a chronic disease, and can both take adequate care of those already living with obesity and contribute to the prevention of new or progressing cases. There must be a holistic, integrated approach to early diagnosis, screening for related complications and comorbidities, treatment and long-term management alongside multisectoral health promotion and disease prevention measures.

The ***Health service delivery framework for prevention and management of obesity*** promotes expanded access to obesity prevention and management services for all age groups across the life course. It guides the integration and organization of obesity prevention and management services through the health system and community as critical components of universal health coverage. The framework is based on the principles of primary health care, follows a chronic care approach, and is supported by the integration of obesity prevention and management into existing service delivery frameworks across the health care system, including communities and homes. It also supports the planning of required resources for the scaling up and sustainability of services.

Fig 1. Model of care for prevention and management of obesity (harmonization with societal and multisectoral activation points and enablers).



The Health service delivery framework for prevention and management of obesity

- ✔ Identifies obesity as one of the NCDs that must be prevented and treated appropriately within the health system.
- ✔ Integrates and organizes obesity prevention and management with an emphasis on penetrating the established health care service delivery platforms and communities.
- ✔ Supports allocation of adequate resources and supplies across all levels of the system and community, including training of health care providers at all levels.
- ✔ Influences and supports the inclusion of obesity prevention and management interventions in universal health coverage and primary care benefit packages, national insurance plans and other financial coverage schemes in countries.



© Natali_Mis

“The framework represents a new commitment to people living with obesity which is informed by the principles of human rights, social justice and a whole-of-society approach. This is what we deserve, just like other NCD’s areas receive”

Vicki Mooney, Patient Advocate and Executive Director of the European Coalition for People living with Obesity (ECPO).

The health service delivery framework is part of a more comprehensive package to build capacity in health systems to deliver services to prevent and manage obesity. The package includes the **WHO Universal Health Coverage Compendium**, the **WHO Academy Course** and **Advanced Training** for health care providers. The framework is also interlinked with additional interventions proposed in the priority package of the **WHO Acceleration Plan to Stop Obesity**.



© AnnaSkills

“Health services should meet peoples’ needs. Unless we understand what people need and value, we are failing. That is what we have tried to do in our framework.”

Francesco Branca, Director, Department of Nutrition and Food Safety, WHO

The **Health service delivery framework for prevention and management of obesity** is available at: <https://www.who.int/publications/item/9789240073234>.



For further information, please contact:

Department of Nutrition and Food Safety

<https://www.who.int/teams/nutrition-and-food-safety/overview>

Email: nfs@who.int

World Health Organization

Avenue Appia 20, CH-1211 Geneva 27, Switzerland