

4 March 2026

WORLD OBESITY DAY



OBESITY IS A GLOBAL SYSTEMIC FAILURE - NOT AN INDIVIDUAL CHOICE.



(Half of the world's population) projected with obesity by 2035



Living with obesity today



Children with obesity (was 4% in 1975)



Obesity tripled since 1975

It drives NCDs: heart disease, stroke, diabetes & cancer with chronic disease signs already appearing in children.

What Demands Urgent Attention



Systemic Causes:

Poverty, stigma, poor food access



Childhood Obesity:

Rising 4-fold in 50 years



Not a Rich-Country Disease:

Fastest in low & middle income Nations



"Eat Less, Move More" Myth:

Exercise alone is not enough

PREVENT WEIGHT GAIN BY



- ✓ Limit fats and sugars, energy intake and overall portion size
- ✓ Increasing whole grains, vegetables, legumes, fruits and nuts
- ✓ Practising regular physical activity



A Global shift of Obesity matters.

That's why there are **8 billion reasons** to act on obesity now.

References: 1. World Obesity Day 2026 — worldobesityday.org 2. World Obesity Federation — worldobesity.org/what-we-do/world-obesity-day 3. WHO India Campaign — who.int/india/campaigns/world-obesity-day

Disclaimer: This information is for educational purposes only and does not replace medical advice. Consult a healthcare professional for medical decisions.