

PRESS RELEASE

Obesity Alert: The Issue Should Become a Priority for the G7

Open Letter to G7 Leaders for the Borgo Egnazia Summit. Over a billion obese people worldwide. A pandemic with repercussions on public health, social relations, and the economy.

Rome, June 12, 2024 – "With this initiative, we aim to bring to the attention of the leaders of the world's economies a genuine health emergency," says Pietro Paganini, President of Competere - Policy for Sustainable Development. He explains the decision to send an open letter to the G7, currently taking place in Borgo Egnazia, highlighting the issues of obesity, overweight, eating disorders, and generally unbalanced lifestyles. "It is from the world's strongest economies that a response to this emergency must come. For this reason, we will present our proposals at the G7 Health Summit, to be held in Ancona on October 9, 10, and 11."

Developed by Competere, the document sent to the G7 (the full version attached) has also received support from the Center for Obesity Research and Study (CSRO) at the University of Milan.

"Globally," adds Paganini, "the total number of people living with obesity has exceeded one billion, including 159 million children and adolescents and 879 million adults. In 2022, among children and adolescents, the obesity rate was four times higher than in 1990. Among adults, it has more than doubled in women and almost tripled in men."

Competere and CSRO emphasize that the causes of obesity are not solely related to diet. Instead, it is a complex set of factors: diet and lifestyle (quality, quantity, and frequency of caloric intake, energy expenditure); other lifestyle aspects (stress, sleep quality, emotional state, medication intake); socioeconomic and relational factors (economic conditions and social dynamics); genetic and metabolic factors (genetic predispositions and individual metabolic variations).

"Data in hand," notes Paganini, "the policies implemented so far, such as front-of-pack nutritional labeling systems, have not achieved the promised results and never will because they do not address the problem. On the contrary, they have proven to be more of an illusion for citizens/consumers, rather than a stimulus to enhance their knowledge of nutrition and diet. It is therefore urgent to shift the focus from generalized solutions to targeted and personalized prevention and therapy interventions. The technological development of the Internet of Things and Artificial Intelligence, Quantum Physics, advances in personalized medicine, and, more generally, the evolution of human, social, and natural sciences, now offer us the essential tools to implement tailored solutions that meet the specific needs of each individual. At the G7 Health Summit in Ancona, world leaders will have to confront precisely this: what are the advanced technological solutions to prevent and contain an emergency like malnutrition due to excess?"



Hence the appeal launched by Michele Carruba, President of the Center for Obesity Research and Study at the University of Milan: "Obesity is now recognized as a neglected syndemic with severe repercussions on public health and national health systems, social and interpersonal relationships, productivity, and the global economy, profoundly affecting citizens' psychophysical well-being. As the leading indirect cause of mortality worldwide, through so-called non-communicable diseases, it is imperative to intensify efforts to promote policies aimed at reducing obesity, focusing on approaches that enable citizens to adopt a balanced and sustainable lifestyle."

Competere and CSRO are therefore committed to presenting a proposal document that will be illustrated at the G7 Health Summit in Ancona on October 9, 10, and 11.