



4 March 2022

National Obesity Strategy 2022-2032: Enabling Australians to eat well and be active

Today, Health Ministers¹ of Australia released the National Obesity Strategy 2022-2032 (the Strategy), developed by all state and territory governments as well as the Australian Government.

The views of almost 2,750 Australians including researchers, consumers, industry, non-government and professional organisations have contributed to the development of the Strategy. Health Ministers recognise and thank the important contribution from these stakeholders to develop this evidence-informed, direction setting Strategy that will guide action over the next 10 years.

The Strategy's vision is for an Australia that encourages and enables healthy weight and healthy living for all. Led by governments, the Strategy will bring together key partners to work on actions that create supportive and healthy environments, empower people and communities to stay healthy and provide access to early intervention and appropriate obesity treatment for Australians.

The Strategy is primarily focused on prevention but is also about supporting the 14 million Australians currently living with overweight or obesity to live their healthiest lives.

The Strategy has two ambitious goals - to halt the rise and reverse the trend in the prevalence of obesity in adults, and to reduce overweight and obesity in children and adolescents (aged 2-17) by at least 5% by 2030. The success of the Strategy will be enabled by strong leadership, effective use of evidence and data, and investment to support delivery. The ability of government, researchers, non-government organisations, health workers, industry and consumers to all work together to radically shift the obesogenic environment is crucial to achieve the Strategy goals. Everyone has a role to play in halting the rise in obesity.

Consistent with the National Preventive Health Strategy 2021-2030, it is agreed that no single action will be enough to prevent obesity. Instead, a systems-based approach that tackles the environmental influences and empowers individuals will be critical.

The COVID-19 pandemic has shown that people with obesity or chronic diseases get sicker and are more likely to die from infectious diseases, further highlighting the importance of action. The COVID-

¹ The South Australian Government is in caretaker mode and will formally consider endorsement of the Strategy after the swearing in of a new government following the 2022 South Australian state election.

19 pandemic has also postponed the release of this Strategy. Its release demonstrates the priority and commitment by all governments to tackling obesity.

On releasing the Strategy, all governments have committed to building on obesity prevention and treatment policies and actions already in place or under development, including identifying priority actions. In the coming months, the Australian Government, together with states and territories, will identify key activities to be collaboratively progressed in the first stages of the Strategy's implementation.