

**Author:** Lynn Moeng-Mahlangu

**Co Author:** Rebone Ntsie (National Department of Health)

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**Title:** Towards the reduction of obesity in South Africa

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Introduction: The prevalence of overweight and obesity among children and adults is increasing worldwide, including in South Africa. Obesity in South Africa is ranked fifth as a risk factor for early death and years of life lived with disability. South Africa has the highest overweight and obesity rate in Sub-Saharan Africa. The National Department of Health recognized the need to formulate a strategic plan for the prevention and control of obesity. Methods: National consultations started in 2014 with provinces, other government departments, NGO's, UN partners (WHO), academia and the media. Consultations were also held with various food industry groups (restaurants, retailers, non-alcoholic beverage sector, etc). The purpose of the consultations was to review the obesity landscape, identify the dietary and physical activity patterns and consolidate best-practice evidence for interventions considering the major barriers and enablers for obesity. Results: Insufficient physical activity, poor diet, poor early childhood feeding practices and lack of knowledge were identified as drivers of overweight and obesity. Key priority areas for prevention and control of obesity include creation of enabling environment, increased awareness across the population; individual responsibility and the use of a coordinated multisectoral approach. The strategic plan with six priority objectives was then developed. Workplace, schools, early childhood development centre, health facilities, homes and communities are settings targeted for implementation of the obesity strategic plan. Conclusion: Interventions for prevention and control of obesity occurs at different levels therefore the involvement and participation of all relevant stakeholders is vital in the implementation of the strategy.