



This World Obesity Day we want to spotlight the systems.

For too long, responses to the obesity crisis have been focussed on individuals.

It's time we turn our attention to the systems that are failing us.

Health systems, government systems, food systems, the media, and the environments we work and live in. All these systems are contributing to the increasing rates of obesity around the world.

We must work together to call for change to these systems, and people living with obesity must lead this call.



We also need to recognise that obesity is both a disease and a driver of other diseases—it contributes to increased rates of heart disease, diabetes, cancer and other health conditions.

Taking action on obesity is a critical step in reducing the global burden of these chronic diseases.

We need collective action to fix these failing systems.

Together, governments, health professionals, advocates and the public can transform our systems, and build a healthier future for people all over the world.

Join us for World Obesity Day 2025 to put the spotlight on the systems, advocate for change, and leave no one behind.