

Contact: andrea.lenzi@uniroma1.it

Obesity places a significant burden on people affected, increasing their risk of unintended health consequences and reducing their life expectancy. Rising obesity levels have also had an adverse effect on society and economic prosperity, causing a decrease in economic activity through loss of productive life years, and by placing increasing demands on healthcare systems.

Despite the scientific community recognising obesity as a multifactorial chronic disease which requires long-term management, it is often considered to be the responsibility of the individual by governments, healthcare systems and even people with obesity. Obesity is not recognition as disease in Italy, but it has a relevant impact on health policy, clinical, social and economic.

On November 13th 2019, the Chamber of Deputies of the Italian Parliament voted unanimously to approve a motion that recognises obesity as a chronic disease and asks the Government to implement specific actions to promote and improve obesity prevention and management. Among the various commitments there is also a national plan that harmonises the activities in the field of prevention and the fight against obesity; full access to the diagnostic procedures for comorbidities, to dietary-food treatments in the most serious cases, access to second-level centres to evaluate psychological, pharmacological and surgical approaches; guidelines concerning the “first 1,000 days of life” of the child and programs for the prevention of childhood obesity. Obesity now recognised as a chronic disease in Italy. The collaborative, multi-stakeholder effort was long in the making and includes a Charter of Human Rights for People Living with Obesity. The document enumerates actions necessary for the protection of health for obesity prevention and treatment of people living with obesity. The process implemented as a typical policy domino game.

**Key messages:**

- Obesity now recognised as a chronic disease.
- Policy domino game.

## Italy on gaining official parliamentary recognition that obesity is a chronic disease

Andrea Lenzi

*F Serra<sup>1</sup>, A Lenzi<sup>1</sup>, R Pella<sup>1</sup>, C Spinato<sup>1</sup>, G Fatati<sup>1</sup>, M Carruba<sup>1</sup>, A Caretto<sup>1</sup>, P Sbraccia<sup>1</sup>, L Busetto<sup>1</sup>, I Zani<sup>1</sup>*

<sup>1</sup>OPEN, Italia, Rome, Italy