

Management of Overweight and Obesity

The Second National Health Assembly,

Having considered the report on Management of Overweight and Obesity;

Noting that overweight and obesity have an adverse effect on health, increase the risk of causing serious diseases that may result in huge losses of human resources, economic and social losses, quality of life and wellbeing of the population, and that they are obstacles to national development;

Noting that health problems are related to economic and social situations, that the spread of overweight and obesity occurs as a result of changing economic and social conditions in the form of greater urbanization, consumerism, and market-driven society. Food marketing specifically focusing on children has influences on their consumption behaviors. On the other hand, overweight and obesity have caused economic losses and have had adverse effects on society;

Aware that overweight and obesity have become important problems of Thai society in terms of the severity of the impacts and magnitude of the problem;

Concerned about an increase in problems and their impacts in terms of the health of the population, economic losses, and social repercussions;

Realizing that the action to solve overweight and obesity problem is beset with several constraints, including inadequate participation of the sectors concerned which results in little integration in the implementation, lack of clear-cut mechanisms or systems able to develop the work, lack of relevant knowledge, and limitation on the potentials of the personnel, as well as lack of specific evaluation on the efficiency and effectiveness of the work implemented.

Aware that problem-solving should adopt an integrated management approach including campaigning, creating awareness, promoting appropriate consumption behaviors and physical movements/exertion, managing and improving the environment conducive to such consumption behaviors and appropriate physical movements/exertion, and controlling trade and marketing practices that lead to inappropriate consumption behaviors and physical movements/exertion and that mechanisms should be put in place to manage the overweight and obesity problem in an effective manner based on knowledge, facts and participation and conducted in a transparent manner with a view mainly to protecting the public interest;

Aware that breast feeding for at least 6 months alone can prevent overweight conditions and obesity;

Aware that participation in solving problems in society is the key to problem-solving and national development,

Hereby adopts the following resolutions:

1. Adopting the Strategies for Management of Overweight and Obesity as presented in the Annex following the Resolution.

2. Assigning the National Health Commission to consider and submit the Strategies for Management of Overweight and Obesity to the cabinet to consider for approval and for assignment to the National Food Commission to develop plans of action plans accordingly;

3. Requesting the National Health Committee and the National Food Committee participate through relevant agencies and sectors and provide supports;
 - 3.1 Develop clear definition of responsibilities within 1 year.
 - 3.2 Adopt traffic-light signs and warnings for foods with high amounts of fat, sugar, or sodium
 - 3.3 Use tax measures and food prices in the management of the overweight and obesity problem.
 - 3.4 Develop regulations on “Thai Food Marketing: especially that having targets on children and having potential to cause overweight, obesity and NCDs”.
 - 3.5 Monitor the management of the overweight and obesity problem, in particular, the implementation of the Strategies, its suitability, duration, and mechanisms to improve the Strategies in a participatory manner.
4. Requesting the National Health Commission Office to report on the progress, obstacles, and ways to overcome them to the Fourth National Health Assembly.
