

# National Action Against Childhood Obesity

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## Abstract

The *National Action Against Childhood Obesity* is an initiative of the Hellenic Ministry of Health in collaboration with UNICEF, aimed at preventing and addressing childhood obesity in Greece as a critical issue of public health and social equity. This program frames obesity not solely as a medical or dietary concern, but as a multidimensional social inequality that compromises children's rights to health, information, equal opportunities, and well-being. It adopts a holistic, child-centered approach, encompassing health education in schools, training for parents and educators, community-based interventions, and the development of supportive environments that promote healthy choices.

The action is grounded in cross-sectoral collaboration between health, education, and social policy domains, engaging local stakeholders to enhance the sustainability of its interventions. Methodologically, the program utilizes tools for mapping local needs, collecting data, and assessing impact, thereby supporting evidence-based policy formulation. Research data highlight significant social inequalities in both dietary habits and physical activity opportunities for children. Furthermore, the school is identified as a key point of intervention, emphasizing the need for training professionals—teachers, health, and social workers—on children's rights to healthy eating and physical activity.

The Action serves as an example of a collaborative approach between the state, international organizations, and the scientific community, strengthening the link between policy and research. Early implementation outcomes underscore the importance of institutionalizing public health policies that address the root causes of childhood obesity while empowering children as rights-holders and active citizens.

Presentation Language: Greek

## Short CV Nefeli Olga Schoina



Nefeli-Olga Schoina is a Ph.D. Candidate at the Medical School of the University of Patras. She holds a B.Sc. in Food Science and Nutrition and an M.Sc. in Public Health. She works on the National Action Against Childhood Obesity in Western Greece and has research experience at the Laboratory of Public Health, focusing on chemical and microbiological analyses and public health policy in the fields of environmental and food safety.

## **Short CV Michalis Leotsinidis**



Michalis Leotsinidis is Professor Emeritus at the University of Patras and former Director of the Laboratory of Public Health, Medical Department. He holds a B.Sc. in Chemistry and a Ph.D. in Hygiene from the same department. His expertise is in Hygiene and Environmental Hygiene, with over 100 publications and 3,800 citations. He is a member of the EU's SANTE Committee and has coordinated over 40 research projects in related fields.