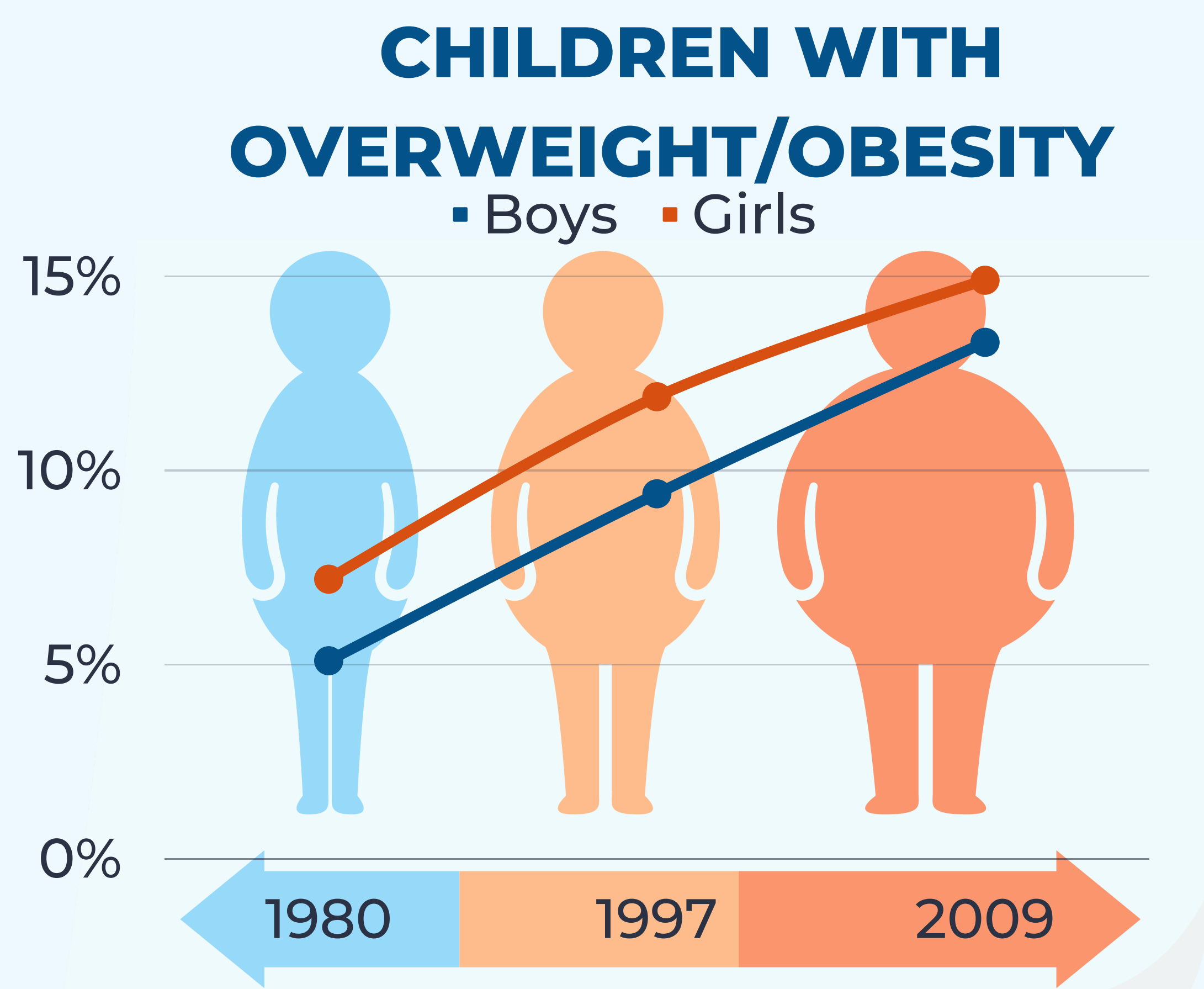


HOW CAN CHILDHOOD OBESITY PREVENTION POLICIES IN THE NETHERLANDS BE IMPROVED BY DIET-CENTRED STRATEGIES AMONG SCHOOL-AGED CHILDREN AND ADOLESCENTS?



Childhood obesity is a complex condition which increases the risk of several health issues. These may include breathing problems, diabetes and cardio-vascular diseases, which belong to the leading cause of death in Europe.

CURRENT POLICIES:

VOLUNTARY



Current policies in the Netherlands are of voluntary nature, leaving no room for enforcement or accountability



WIDESPREAD

There are national and international interventions, as well as local ones - multilevel approach makes policies widespread

INDIVIDUAL RESPONSIBILITY



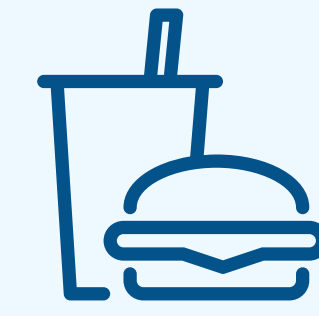
Even the most widespread (JOGG) or government-led (National Prevention Agreement) policies rely heavily on individual responsibility.



COOPERATIVE

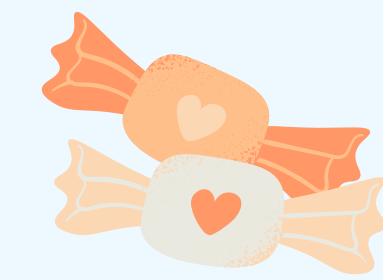
Inter-industry and inter-governance cooperation is present but is limited by lack of accountability

WHY DIET?



THE DUTCH DIET ...

is high in sugar



is high in fat

poor in veggies & fruit



(Boer et al., 2017; Looman et al., 2017)

RECOMMENDATIONS:

FROM VOLUNTARY TO MANDATORY



AWARENESS

Health promotion and habit formation as the basics of prevention. Family: basic unit of intervention

FOOD AVAILABILITY AND BREAKS

Taking the time to eat healthy foods provided for all children at school.

EDUCATION

Taste education > nutritional education: workshops, farm visits and cooking.

ECONOMIC POLICIES

SSB TAX

Reduction of sugar consumption and revenue raising

NATION-WIDE

Policies should not be limited or effective only in certain areas.

INTEGRATED INTERVENTIONS

For greater effectiveness, school and community should maintain.



ACCESSIBILITY, AFFORDABILITY, QUALITY



Preventive measures should be accessible and affordable. Governance and industries must be held accountable for environmental shaping. These increase the quality and cost-effectiveness of prevention and treatment of obesity and related diseases, and decrease the burden on the healthcare system

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