



World Obesity Day 4 March 2023

4 MARCH 2023 IS WORLD OBESITY DAY.

It was established internationally in 2015 in the hope of bringing awareness to this global crisis. Obesity rates are increasing steadily worldwide. If left unchecked, roughly 1.9 billion global citizens will have obesity by 2035.

There is no region in the world that is spared from this epidemic.

THEME:

CHANGING PERSPECTIVES: LET'S TALK ABOUT OBESITY

When we talk, we can change minds, shift norms, and transform health outcomes.

ENCOURAGING CONVERSATION



No matter who you are, a conversation may be all it takes to change perspectives and to spark a change.

MAKING OBESITY A COLLECTIVE EFFORT



Obesity is not an individual problem. We need to acknowledge the role society and other factors play. Everyone has a role to play.

HOW YOU CAN PARTICIPATE

1. TEST YOURSELF



How many **myths** about obesity can you identify correctly?

2. ENCOURAGE SOMEONE



Write a message to someone with obesity on our **Reflection Board**.

3. WIN PRIZES

Stand to win Mr Bean vouchers when you participate in our **short quiz!** Approach our staff for more details.



www.for.sg/nhgwod



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Organised by NHG Diabetes & Metabolic Steering Committee:



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