

Doc. No.	Subject & Item
7/ 150 م ت EB150/7 Add.1	7(i) Draft recommendations for the prevention and management of obesity over the life course, including potential targets

Your Excellency,

On behalf of my country The Sultanate of Oman, I would like to address Item number 7(i) regarding Draft recommendations for the prevention and management of obesity over the life course, including potential targets.

Obesity is a heterogeneous disease, and in our current environment, there are multiple factors that put adults at risk of obesity. From a public health standpoint, prevention of obesity and related health consequences should be a focus of healthcare systems and public health sectors. Preventing obesity is a task that should be carried by multi-societal levels from single individuals to population-based intervention. The factors that contribute to obesity are wide ranging and the science to understand them is growing rapidly.

Most research interventions and public health initiatives have focused on nutrition and physical activity. And there are other modifiable factors, such as sleep, stress, side effects of certain medications, changes in microbiota secondary due to antibiotic use, multiple chronic conditions or smoking that may also contribute to obesity. Much less modifiable factors include age, genetics, epigenetics, income, physical environment, sociopolitical environment, and adverse childhood events, including abuse and neglect. These factors' modifiability are subject to individual control but may also be potentially important influencers of weight management effectiveness.

It has been suggested that primary prevention is the most cost-effective option for addressing obesity. Due to the high prevalence of obesity, it can be argued that population-level interventions aimed at primary prevention may be more appropriate than interventions aimed at individual-level factors.

It is important to highlight the burden of obesity and its impacts in Oman. However, without a proper primary prevention program, it will not be possible to stop the tide of obesity, as the harmful effects on health are passed from one generation to the next. Urgent actions are required to stop this impending public health crisis.

School education and nutrition awareness, encourage physical activity during school hours, early screening for obesity in children and young adults, unhealthy food/beverage taxation, food labelling including addition of calories to menus, healthy food programs and subsidy introductions, more accessible healthy food options, limiting food and beverage advertisement on streets, media and public places, affordable physical activity options, increasing mixed land use and improving the walkability in the surrounding environment, addressing social factors of health that negatively impact an individual's ability to dedicate time or resources to healthy living fundamentals, encourage non-obesogenic workplace environment, community activities raising awareness about obesity and its complications and prenatal educational program for women of reproductive age for pregnancy planning, obesity and postpartum weight retention.

**Thank you your Excellency
Speaker: Sultanate of Oman**