

The Foundation for the Rights of People Living with Obesity in Belgium

- ▼ Advocating for identification of and addressing the unmet health service delivery needs of People Living with Obesity in Belgium

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WHO 1948 (ICD6 and onwards)

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

[Obesity and overweight \(who.int\)](#) (updated 21 June 2021)

ICD11 Entered into Force as of 1 January 2022

Foundation URI : <http://id.who.int/icd/entity/149403041>

Obesity is **a chronic complex disease** defined by excessive adiposity that can impair health.

It is in most cases a multifactorial disease due to obesogenic environments, psycho-social factors and genetic variants.

In a subgroup of patients, **single major etiological factors can be identified (medications, diseases, immobilization, iatrogenic procedures, monogenic disease/genetic syndrome).**

Body mass index (**BMI**) is a **surrogate marker of adiposity** calculated as weight (kg)/height² (m²). The BMI categories for defining obesity vary by age and gender in infants, children and adolescents. For adults, obesity is defined by a BMI greater than or equal to 30.00 kg/m². There are three levels of severity in recognition of different management options.

European Commission 2021

Pre-obesity (overweight) and obesity are medical conditions marked by an **abnormal and/or excessive accumulation of body fat that presents a risk to health** (WHO)

Obesity is **a chronic relapsing disease**, which in turn acts as a gateway to a range of other non-communicable diseases, such as diabetes, cardiovascular diseases and cancer

Source: European Commission [Obesity prevention | Knowledge for policy \(europa.eu\)](#)

About Pacte Adiposité – Adipositas Pact | The Belgian Foundation for the Rights of People Living with Obesity

- **A patient-led, non-profit** Private Foundation **founded in 2021**
- Representing the **rights of people with obesity in Belgium**
- **Evidence-based** approaches for obesity prevention, treatment, ongoing management along the life course through policy change
- Facilitating knowledge exchange, **patient-led research and advocacy.**

Our priorities:

- NCD framework Categorisation
- Health System Transformation
- Education and empowerment

PAP

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Focusing on unmet needs of
People Living with Obesity – for
▼ sustainable health outcomes

www.pa-ap.org

Belgian situation overview

- Adults living with pre-obesity (%): **55%** [1]
- Adults living with obesity (%): **21%** [1]
- Is obesity recognised as a disease? **Yes**
- Cost of obesity [% of total healthcare costs]: The costs resulting from pre-obesity (overweight) and obesity vary between **0.7%** and **8%** of annual healthcare expenditure. [1]

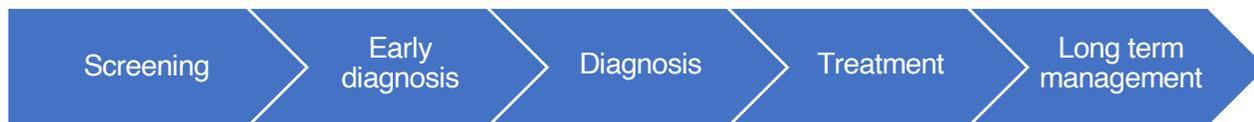
[1] For A Healthy Belgium, Determinants of Health - Weight status. HealthyBelgium, Last Updated: 18 March 2021
[[https://urldefense.com/v3/__https://www.healthybelgium.be/en/health-status/determinants-of-health/weightstatus__;!!Gajz09w!SYZTKOQO208ws7ot41_WKQvbeV8LOnEE3ZGnfeyEF09yIvXIs5yelcwx1xgIPkUOH_zu6e\\$](https://urldefense.com/v3/__https://www.healthybelgium.be/en/health-status/determinants-of-health/weightstatus__;!!Gajz09w!SYZTKOQO208ws7ot41_WKQvbeV8LOnEE3ZGnfeyEF09yIvXIs5yelcwx1xgIPkUOH_zu6e$)]

Unmet needs of patients: Treatment and long-term management

The World Health Organization (WHO) defines **chronic disease management** as the “ongoing management of conditions over a period of years or decades”

SOURCE: [Tackling chronic disease in Europe \(who.int\)](https://www.who.int)

- Treatment is handled at the federal level, but prevention at the community level.
- There is currently no support for the long-term management of obesity.



Key barriers to addressing unmet needs for healthcare service delivery frameworks “fit for purpose”

- **International recognition of obesity as a chronic disease**
 - Not transposed into Belgian policies
- **Lack of a policy and legislative basis**
 - No harmonisation of available treatment and long-term management pathways
 - Low to no treatment coverage by the reimbursement system
- **Lack of full understanding of obesity as a biological chronic disease**
 - Non-optimal or holistic treatment options
 - No harmonisation of available treatment and long-term management pathways
- **Lack of clear understanding and uptake of the rights for all People Living with Obesity to receive sustained treatment and long term management of this chronic disease.**

How you can contribute as Healthcare Professionals

Short term

- Towards a **Citizens Charter for the Rights of People living with obesity in Belgium** – spread the word to your communities and patients to complete the survey
- **Include PA-AP at the policy table towards the Belgian National Plan on obesity**

Medium Term

- Work with your patients and their families for them to **understand the biology of obesity**

Long Term

- **Advocate** for obesity diagnosis, treatment and long term management (beyond BMI) to be included in **core curricula and medical exams**.

Thank you!

www.pa-ap.org | engage@pa-ap.org | @ObesitasBe