

MEDIA ADVISORY

To: Editors & Health Journalists
Issued by: Department of Health
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Department of Health commemorates World Obesity Day

Pretoria: The Department of Health will on Monday, 10 March commemorate the World Obesity Day to raise awareness about the global obesity challenge and advocate for systemic changes to support healthier lives because for too long, responses to the obesity challenges have been focussed on individuals.

Overweight and obesity are serious health problems in South African and they significantly contributes to non-communicable diseases as well as being associated with a higher risk of death and disability from these diseases.

According to the National Food and Nutrition Security Survey (2022), nearly 50% of adults (68% of women, 38% of men) in South Africa are overweight or obese. In addition to this, almost 69% of obese adults live in households without enough food. It is estimated that 1 in 4 people will live with obesity by the year 2025.

It is time we turn our attention to creating supportive environments where people can have access to available healthy food and physical activity opportunities and to receive appropriate nutritional information to make decisions that will contribute to healthy eating habits and lifestyles..

The 2025 World Obesity Day 2025 is commemorated under the theme: "**Changing Systems, Healthier Lives,**" a clarion calls for a shift in focus from individuals to the systems that shape our health. This highlights the need for multi-sectoral interventions to address the root causes of obesity and improve health outcomes.

World Obesity Day is observed every year on March 4 to raise awareness about the causes and prevention of obesity in both adults and children, and to encourage action to address it.

Members of the media are invited to attend the event as follows:

Date: Monday, 10 March 2025
Time: 11h00
Venue: Ritson Campus Hall, Durban University of Technology, KwaZulu-Natal

**For RSVP, please contact Mr Tlou Tlhako 071 382 7425/
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