



## RECIFE DECLARATION 2015

The Latin American Federation of Endocrinology (FELAEN) and  
The Latin American Federation of Obesity (FLASO) on occasion of the *World Obesity Day* declares:

According to the WHO Fact sheet N ° 311 *January 2015* on overweight and obesity : In 2014, more than 1900 million adults aged 18 or older were overweight , of which 600 million were obese and the worldwide prevalence of obesity has more than doubled between 1980 and 2014. As for men 38 % overweight and 11% obese women and 40 % overweight and 15% obese. While overweight and obesity long ago were considered a problem of the high-income countries, currently both disorders are increasing in low- and middle-income countries, particularly in urban environments. In developing countries with *emerging economies* (classified by the World Bank in low- and middle-income) the percentage increase in overweight and obesity in children was 30% higher than in developed countries.

Faced with this problem the *WHO response has been*:

- The Political Declaration of the High Level Meeting of the United Nations General Assembly on the Prevention and Control of Non communicable Diseases, adopted in September 2011 recognized the crucial importance of reducing the level of exposure of individuals and populations to unhealthy diets and physical inactivity.
- The Declaration expresses the commitment to promote the implementation of the WHO Global Strategy on Diet, Physical Activity and Health, including, as appropriate, the introduction of policies and measures to promote healthy diets and increase physical activity across the population.

Report of the Euro monitor, OMS and National Surveys on the percentage of overweight and obesity are:

Country	Obesity	overweight	Total
Argentina	19.2%	32.6%	51.8%
Bolivia	32.2%	37.6%	69.8%
Brasil	17.9%	34.6%	52.5%
Costa Rica	26.2%	38%	64.2%
Colombia	25.3%	38.8%	64.1%
Chile	27.1%	38.4%	65.5%
Cuba	13.7%	29.8%	43.5%
Guatemala	31.3%	37.7%	69%
Ecuador	14.2%	36.7%	50.9%
El Salvador	23%	37%	60%
Perú	17.5%	34.7%	52.2%
Paraguay	22%	35%	57%
Panamá	25%	36.5%	61.5%
República Dominicana	27.1%	37.5%	64.6%
México	32.2%	36.9%	69.1%
Nicaragua	28.3%	36.5%	64.8%
Uruguay	27.6%	37.2%	64.8%
Venezuela	26.3%	34%	60.3%
Honduras	19.2%	57.4%	76.6%

**Source:** Survey of power in Havana) . INEI Demographic and Family Health 2014, Peru. Survey of Risk Factors for Chronic Nontransmissible Diseases, Ministry of Health, Paraguay 2011. Prevalence of Risk Factors Associated with Cardiovascular Disease (PREFREC) Panama 2010-2011. Cardiovascular Risk Factors Survey Dominican Republic EFRICARD 2011. Global School Health Survey in El Salvador, 2013 and 2008

National Survey EFRAES Mexico 2014. Prevalence of obesity and overweight Venezuela 2010 National Survey of Risk Factors for Uruguay 2013. Survey CMDI, Nicaragua 2013. Nieto R and col.Nutrientes,2014,6,1333-63. WHO inform Honduras 2014. Encuesta Nacional de Chile 2010. 3er Encuesta Nacional de Factores de riesgo de Argentina 2013

The report published by the Pan American Health Organization / World Health Organization (PAHO / WHO in *September 2015*) notes that sales of industrially processed, foods including fast food and sugary drinks, ultra-processed products have increased steadily in Latin America and are contributing to increased obesity rates across the region, especially from 2000 to 2013 with great acceleration of sales in low-income countries. With this report the displacement of feeding patterns, with a feed resulting from excessive caloric density rich in free sugars and saturated fat, high in salt and low in fiber is reflected.

Obesity, especially severe and morbid, has a very significant effect on the increase in health costs and absenteeism by direct effect and associated comorbidities that accompany it. Another factor contributing to this is the sedentary lifestyle that reaches between 52-70% in our countries. Against this background, the prevention and treatment of obesity can be analyzed in their relationships cost-effectiveness and cost-effective to improve the health of people and their labor productivity.

**We as subject specialists committed to the health of our population we join the WHO statement and propose the following guidelines:**

- We declare **11 of October as World Obesity Day** (ratifying FLASO resolution october 1990) and develop educational and promotional activities of prevention that day in the community.
- As the fundamental basis of this statement the prevention of obesity, promoting lifestyle changes based on highlights:
- A **healthy diet** adapted to the customs of the country with native foods with low intake of refined carbohydrates, low in saturated fats and reducing portions. Restrict the intake of alcohol. Promote intake of plain water in sufficient quantity according to each age group.
- The practice of continuous **physical activity (Move)** promoting the not sit more than 30 minutes at a time, and perform at least 30 minutes of aerobic exercise alternating two days combining elasticity, resistance and muscle strength.
- Continuing **medical education** should be addressed by the scientific societies as endocrinologists, nutritionists, internists and pediatricians. In addition to the specialties related to the multidisciplinary team such as nutritionists, exercise physiologists, coaches or trainers psychologists, psychiatrists, bariatric surgeons, etc.
- Continue to conduct refresher **courses** and training aimed at general practitioners, specialists concerned related to the multidisciplinary team.
- Encourage the implementation of **training courses** for doctors to prescribe exercise within the prescription as a fundamental part of medical treatment indicated.
- To encourage **medical schools** to include in their curricula the issue of obesity and its comorbidities such as chronic illness. The importance of healthy nutrition and exercise.
- Promote **recognition of obesity as a chronic disease** in both official body in each country, as well as private medical insurance services.
- **Drugs** to be prescribed by physicians responsible must be approved by recognized international organizations who will provide informative guides.
- In view of the low intake of fruits and vegetables in the population, promote awareness of the slogan **"5 a day"** promoting the intake of vegetables and fruits ( 400 g / day ) consisting of 3 servings of fruits and vegetables 2 day , low glycemic and low percentage of carbohydrates. Each company must implement its recommended list as accessibility in each country fruits.
- To promote the **" healthy Snack " or "healthy lunchbox "** tailored to each country according to their customs menus.
- Suggests the **prohibition** of sale of soft drinks, candy, chips and pasteurized juice in schools or in the near perimeter to schools.
- Regulation and control of the **foods** that are shipped in bars, canteens or food dispensers in schools.

- Set the subject of **daily sport** in the curricula of schools promoting exercise from preschool to college.
- Promoting food industries in the implementation of food **nutrition information** to consumers by clear and reliable labeling
- We recommend **restricting** the use of refined sugars and fructose added to beverages and foods both official and private entities.
- Suggest restrict the use of the **salt** shaker off the table
- Invoking **regional governments** to consider obesity and cardiometabolic disease (diabetes, hypertension, coronary artery disease) priority public health problem and to establish national strategies for prevention and treatment.
- Invoking the mass media, print, radio, television, to undertake **a program of community awareness** about the deleterious health effects of obesity, promoting the adoption of healthy lifestyles for prevention.
- **Implement in our cities facilities** to practice exercise and campaigns to stimulate the same as caminerias, bike lanes, stations with machines for muscle strengthening.

***This document is signed by the countries of both Federations:***

*Argentina, Brazil, Bolivia, Colombia, Costa Rica, Chile, Cuba, El Salvador, Honduras, Guatemala, Dominican Republic, Ecuador, Mexico, Nicaragua, Panama, Peru, Uruguay, Paraguay and Venezuela.*