



Weqaya

The National Center for
Disease Prevention and Control

Obesity Control & Prevention Strategy 2030

Overview

Dec 4, 2019

(Saudi Centre for Disease Prevention and Control)

Establishment

Mandated in the Ministerial council decision 200, to monitor and control communicable and noncommunicable diseases and protect and promote health across the Kingdom of Saudi Arabia (KSA), SCDC (the Saudi Centre for Disease Prevention and Control) has been established by the KSA government as the Kingdom's national public health agency.

Objectives

1

Prevent and control communicable and non-communicable disease, injuries and other threats to health



2

Monitor, measure and evaluate population health and related risk factors in KSA to inform policies and programs



3

Advance innovative, evidence-based public health solutions



4

Foster the next generation of Saudi public health experts

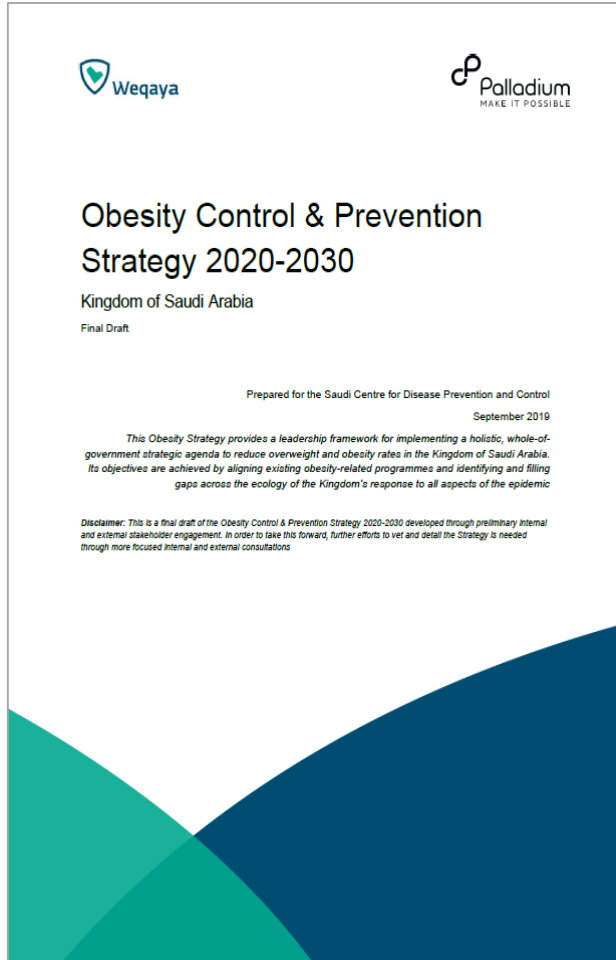


5

Serve as the reference authority for public health initiatives in the Gulf



The National Obesity Control & Prevention Strategy

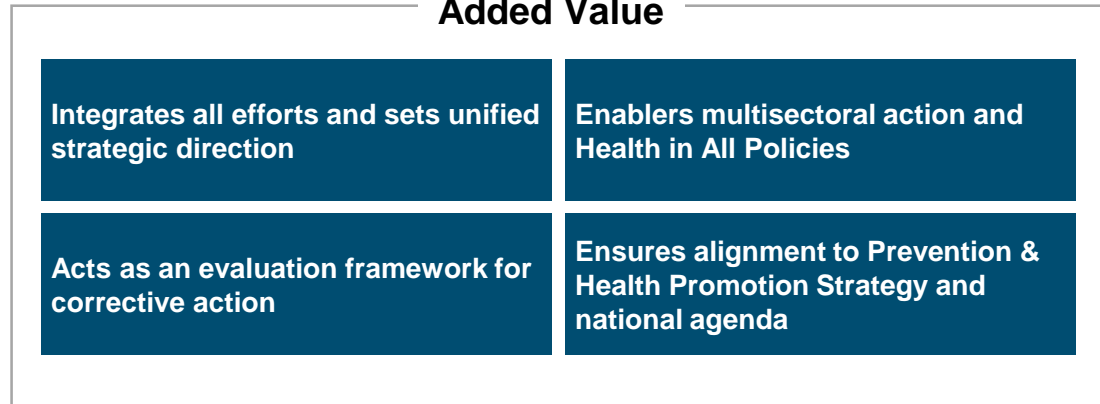


The image shows the cover of the 'Obesity Control & Prevention Strategy 2020-2030' report. It features the Weqaya logo in the top left and the Palladium logo in the top right. The title 'Obesity Control & Prevention Strategy 2020-2030' is prominently displayed, followed by 'Kingdom of Saudi Arabia' and 'Final Draft'. Below this, it states 'Prepared for the Saudi Centre for Disease Prevention and Control' and 'September 2019'. A paragraph describes the strategy as a leadership framework for implementing a holistic, whole-of-government agenda to reduce overweight and obesity rates. A disclaimer at the bottom notes that this is a final draft developed through preliminary internal and external stakeholder engagement.

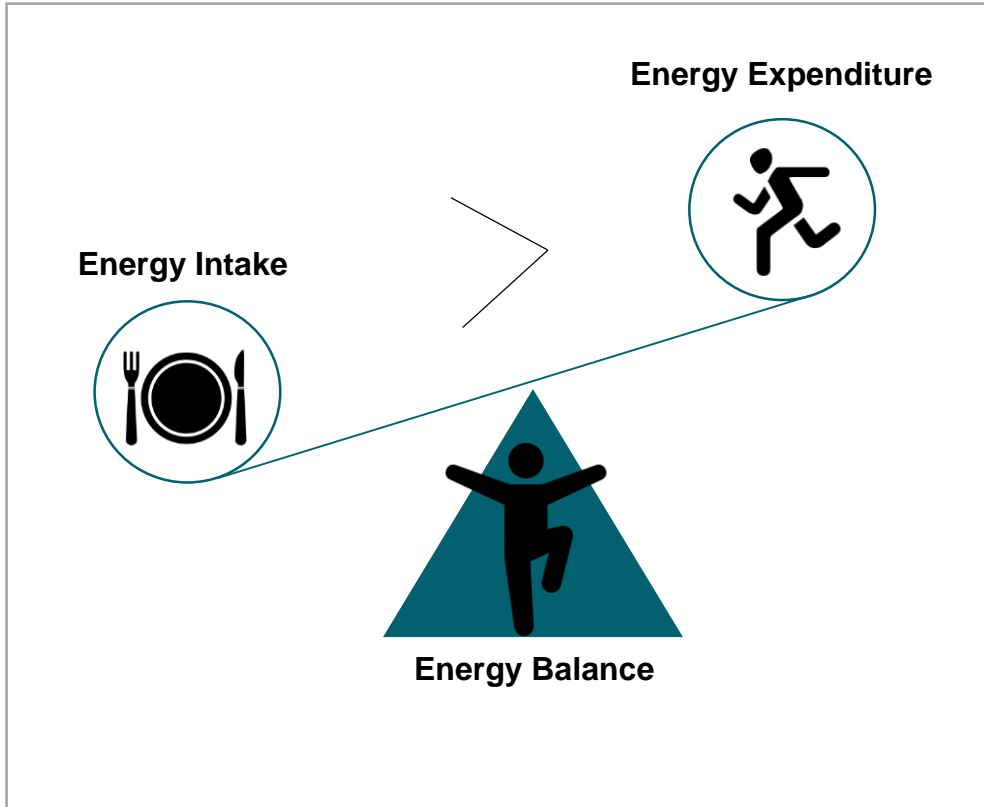
Components



Added Value



Understanding Obesity



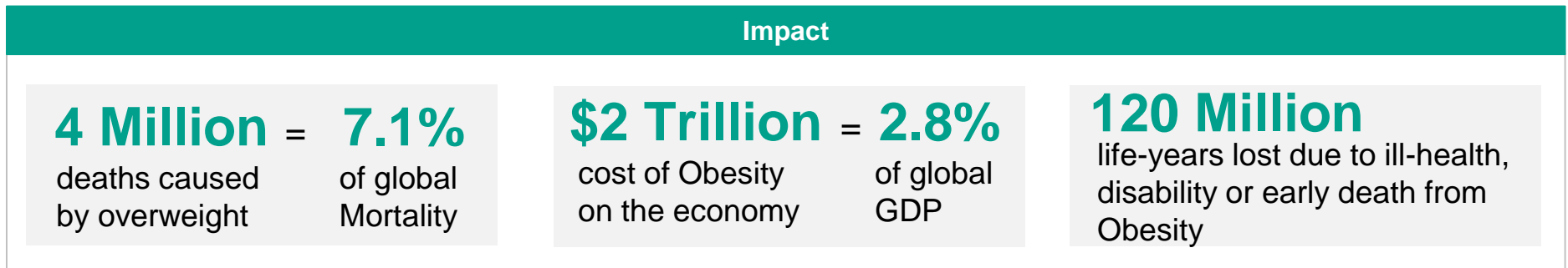
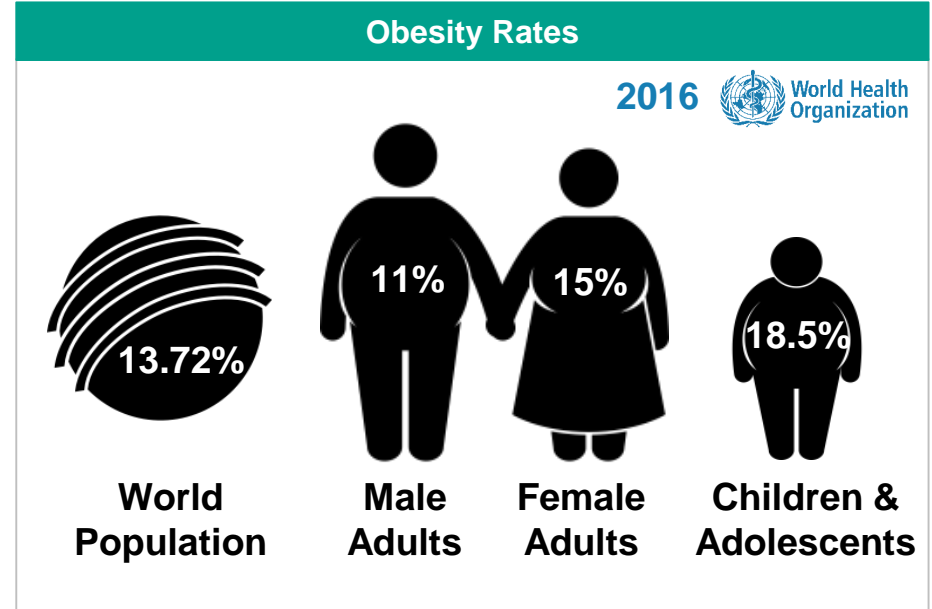
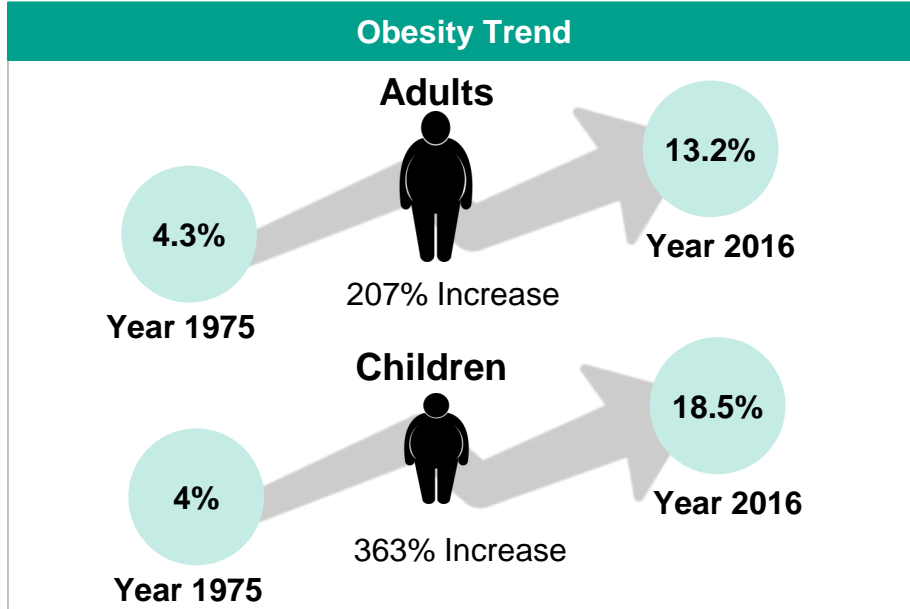
Source: <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

Globally, there has been:

- an increased intake of energy-dense foods that are high in fat; and
- an increase in physical inactivity due to the increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization.

An Evolving Issue Globally

Obesity has become a global rising epidemic that requires a call for action



Source: 1. <https://apps.who.int/gho/data/view.main.BMI30CWV?lang=en> 2. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

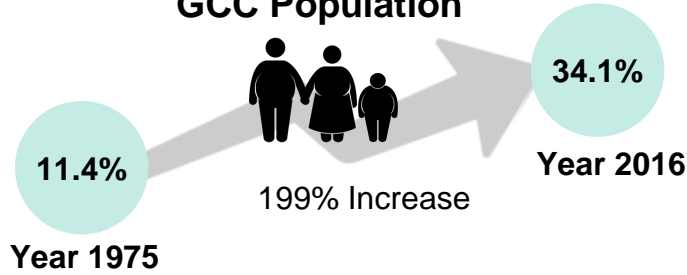
Obesity - A Regional Issue

The GCC is leading in the obesity rates and is heavily impacted by the epidemic

Obesity Trend

Sustained **socio-economic growth** across has resulted in an alarming **spike in the prevalence of obesity**

GCC Population



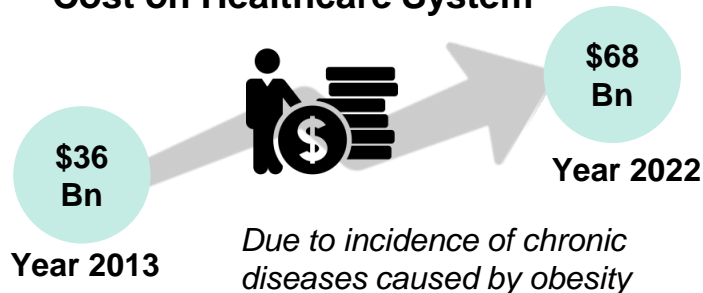
Obesity Rates

4 GCC countries are among the **top 10** most obese countries in the world



Impact

Cost on Healthcare System



Impact on Health

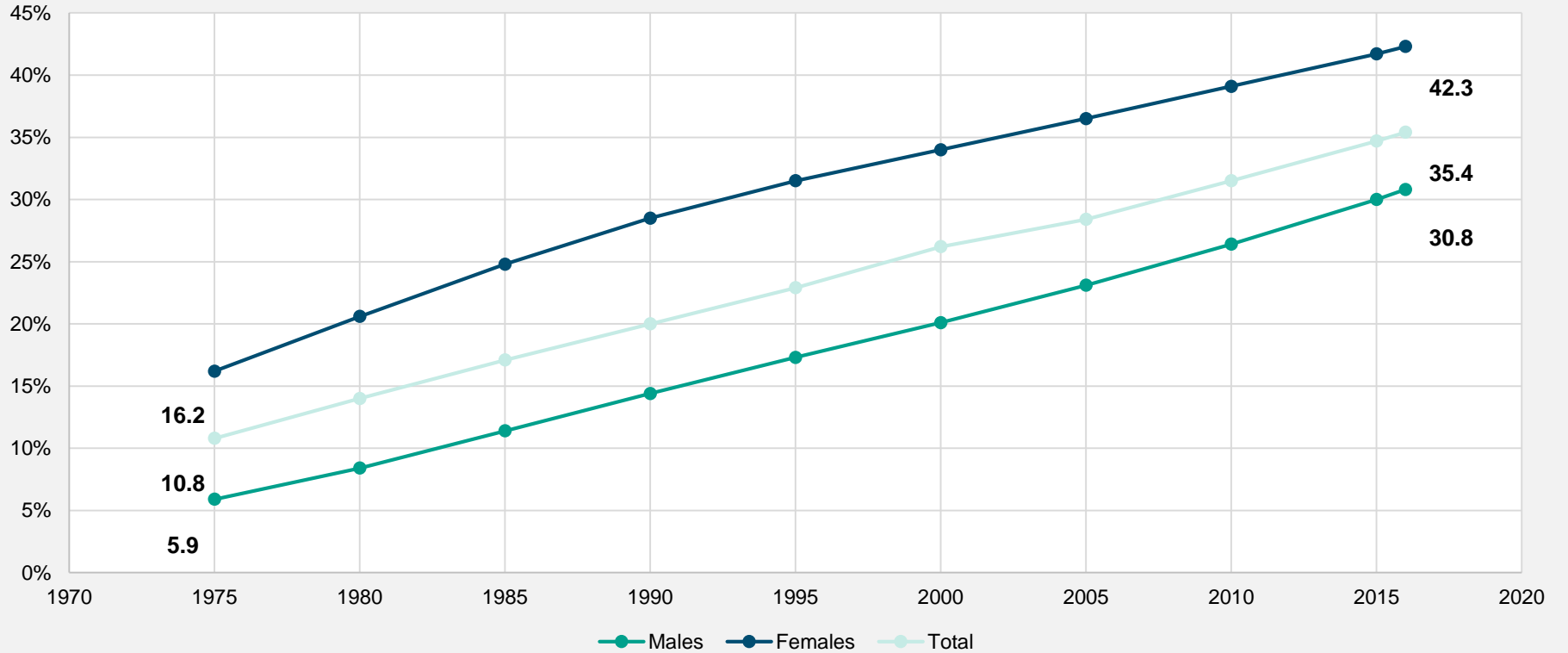
73.6%



Deaths from Non-Communicable Diseases in GCC

Obesity in the Kingdom

Prevalence of obesity among adults in KSA (Above the age of 18) (1975-2016)



A Call for Action

Smaller studies across KSA consistently confirm extremely high rates of obesity in different regions

Tabuk

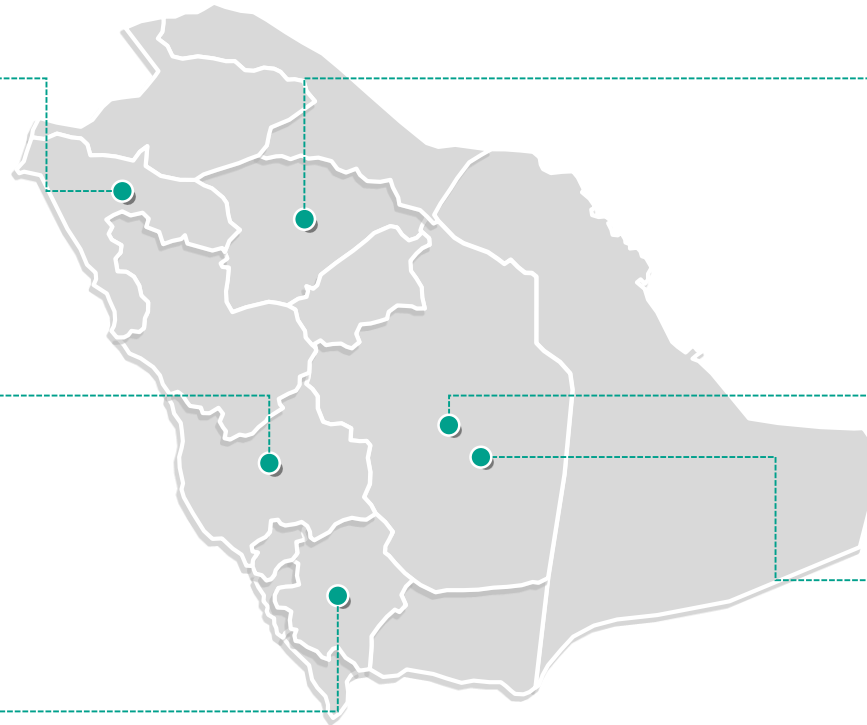
22.4% of male and 29.5% of female students in Tabuk, KSA – 2015/16 are obese (*Al Dahi, et al., 2017*)

Jeddah

63.3% of women of child bearing age in Jeddah shows high rates of obesity (*Alharbi & Jackson, 2017*)

Aseer

65% of pregnant women in Aseer Regions have a prevalence of obesity (*Al-Asmari, et al., 2015*)



Hail

56.2% of male and 71% of female Saudi citizens attending primary health care centers in Hail region are obese (*Ahmed, Ginawi, 2014*)

Riyadh

82% of adults visiting a major family practice center in Riyadh are obese (*Al-Haqwi, et al., 2015*)

Al-Kharj

68.5% of male and 45.8% of female adults population in Al-Kharj, Saudi Arabia are obese (*Al-Ghamdi, et al., 2018*)

The Kingdom's Vision 2030 focuses on healthy lifestyle and obesity in its Quality of Life Program



Livability – Health Category

Indicators

Obesity Rate in Adults

28.7% → 28.7%

Initiatives

1

Establishing and activating nutrition clinics

2

Development of a comprehensive pre-hospital care system

3

GCC agreement and delivery plan aligned with WHO

4

Rashaka initiative



Lifestyle – Sports Category

Indicators

Number of activated sports venues

463,3 → 4,991

% of individuals who exercise on a weekly basis

13% → 18%

Initiatives

1

Develop and deliver national coaching strategy

2

“My health comes first” program

3

My Sport is My Future” Program

A Call for Action

The rapid increases in obesity prevalence in KSA and its serious public health consequences reflect the need for action to develop an integrated response

The Need for Action

1

Ranked 4th



Saudi Arabia ranked 4th in the most obese countries.

(World Population Review, 2019)

2

32.3%



32.3% of school age children are obese

*(Meta analysis of 18 studies from 2000-2012
Al Shehri, Al Fattani, & Al Alwan, 2013)*

3

7.6%



Only 7.6% of the population meet the standard for daily consumption of fruits and vegetables.

(Saudi Health Information Survey, MOH, 2013).

4

46%



75%



46% of Males and 75% of females had 'none-to-low' physical activity levels

(Saudi Health Information Survey, MOH, 2013).

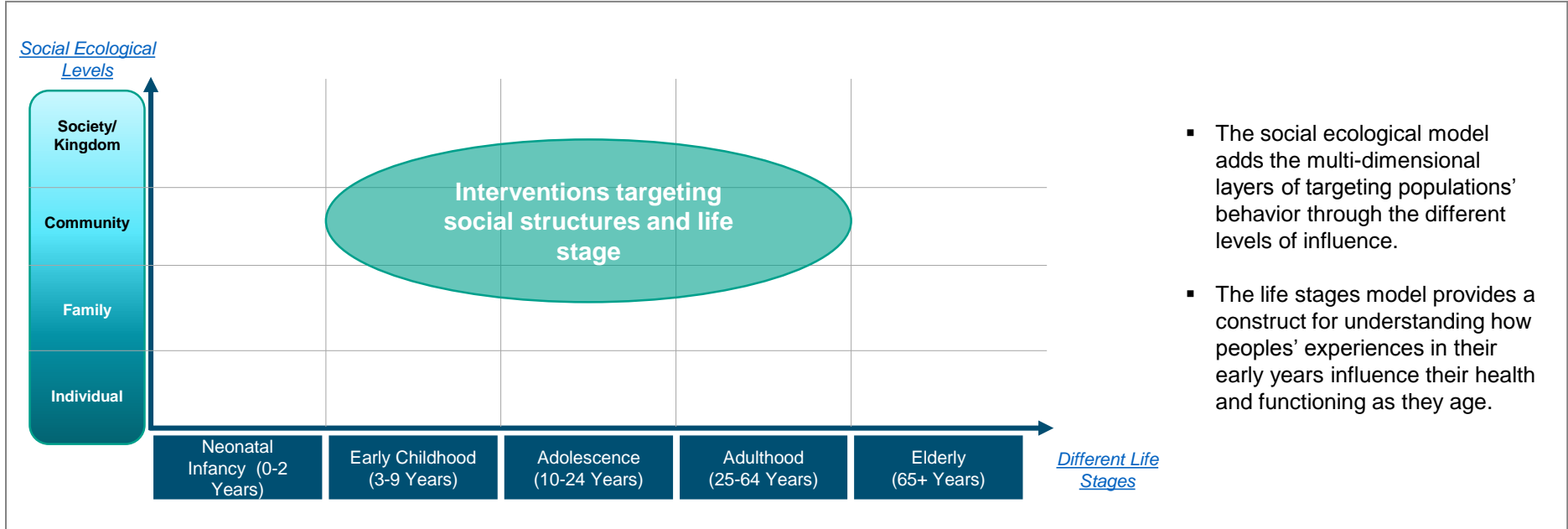
Obesity Control and Prevention Strategy

The purpose of the Strategy is to inform the coordination and implementation of a holistic response to improve health outcomes related to obesity in the Kingdom. It aligns current data, strategies, programs, and needs and identifies a leadership framework to guide implementation of a strategic and coordinated response.

Approach

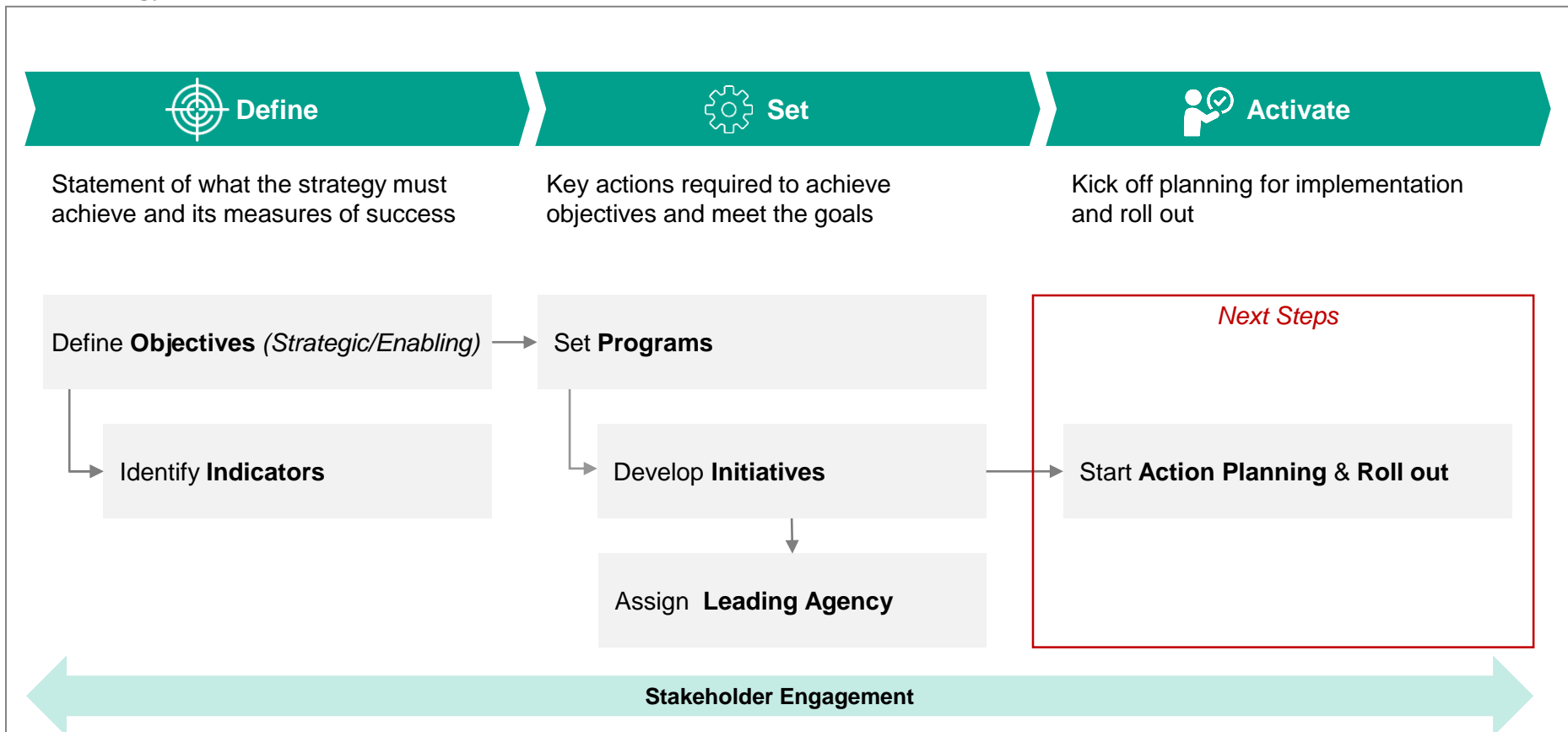
The Strategy is based on a hybrid approach that addresses all socio-ecological levels of society and life stages

Approach



Using the life stage approach and the Social Ecological approach, a multi-dimensional framework for the strategy implementation was developed providing a conceptual foundation for addressing this complex network of factors involved with addressing obesity, and guides the development of appropriate tools, activities and systems for monitoring and evaluating them.

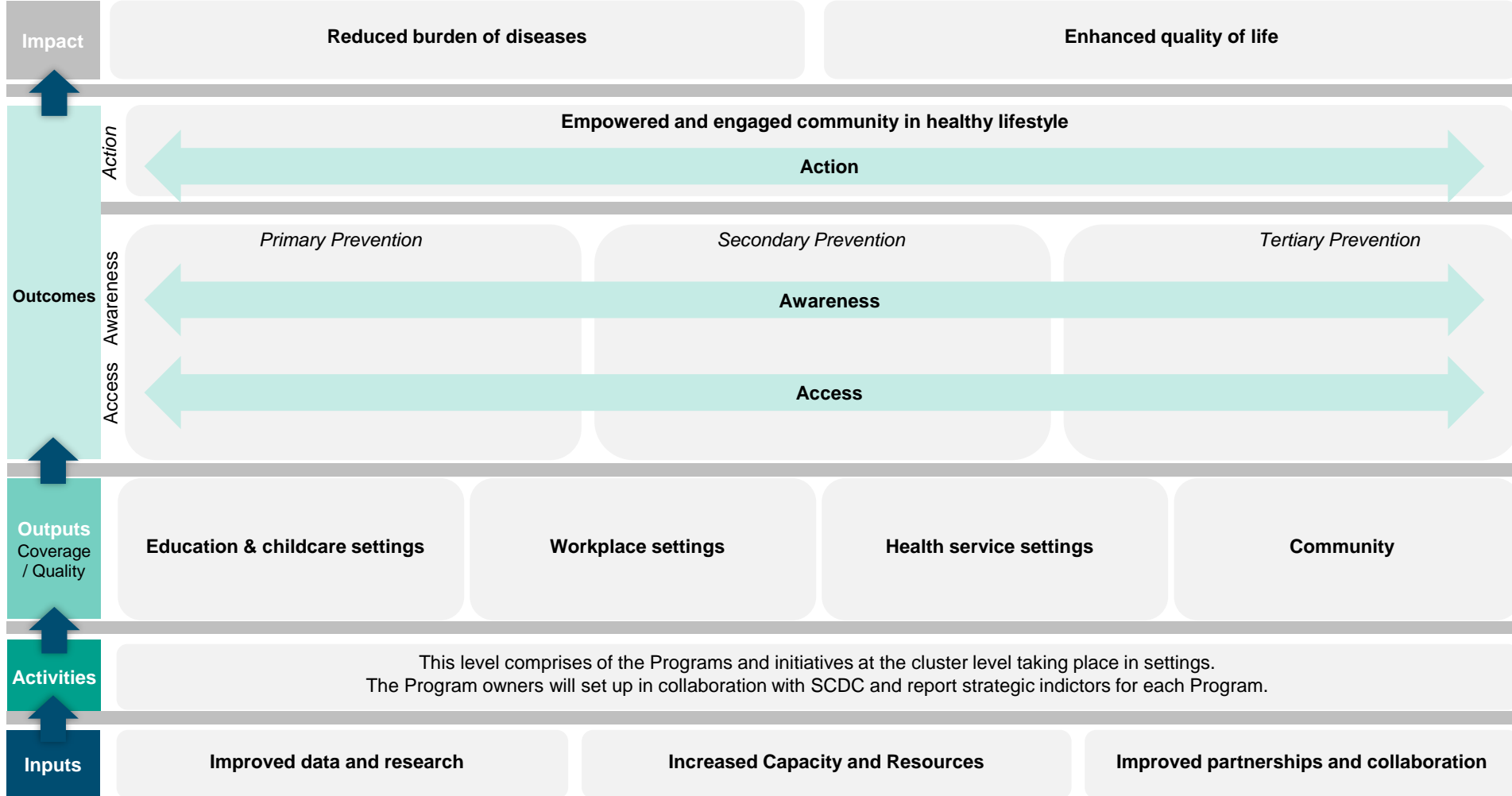
Methodology



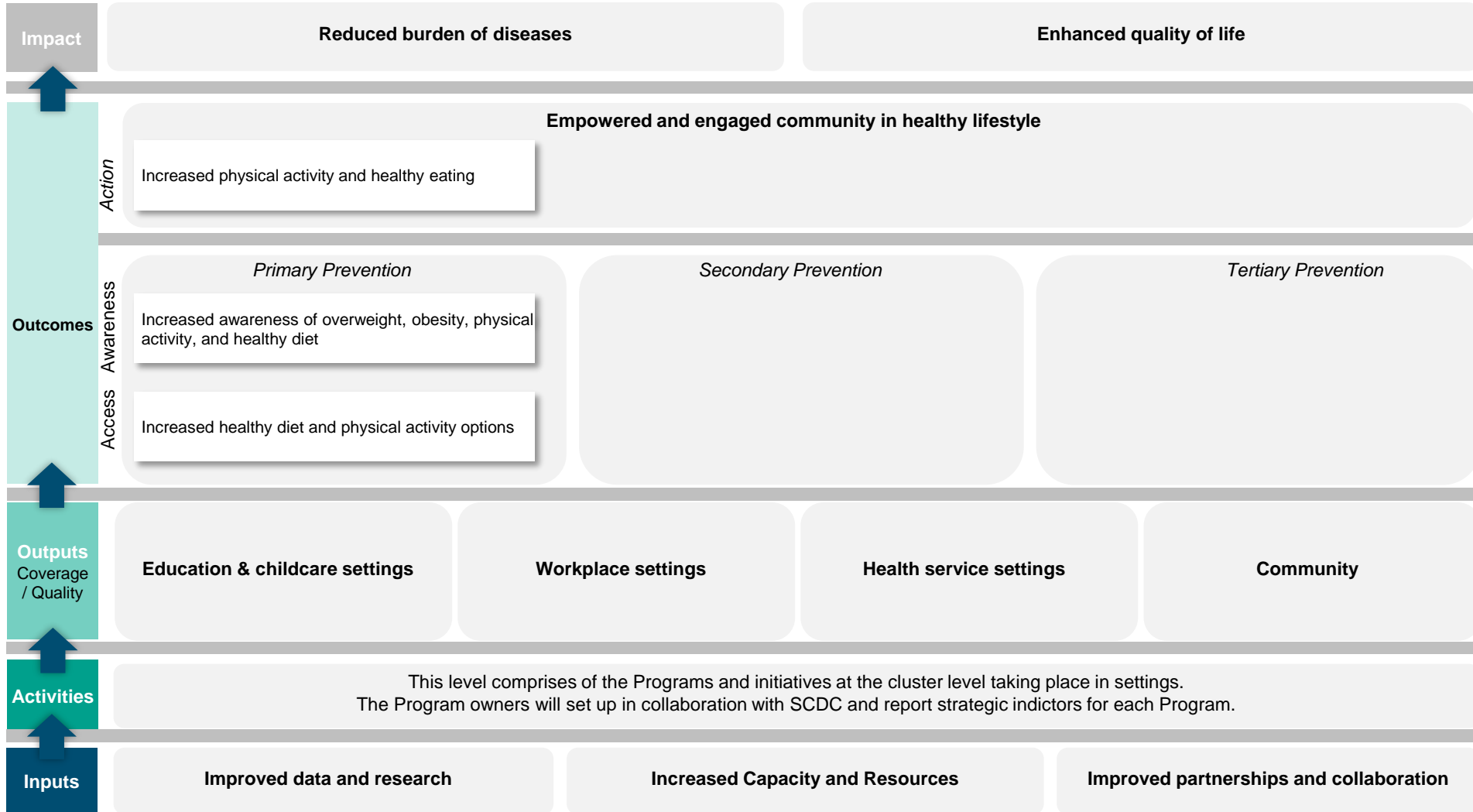
Obesity Control & Prevention Logic Model - Framework

Topics: Communicable Diseases, Non-Communicable Diseases, and Injury and Violence

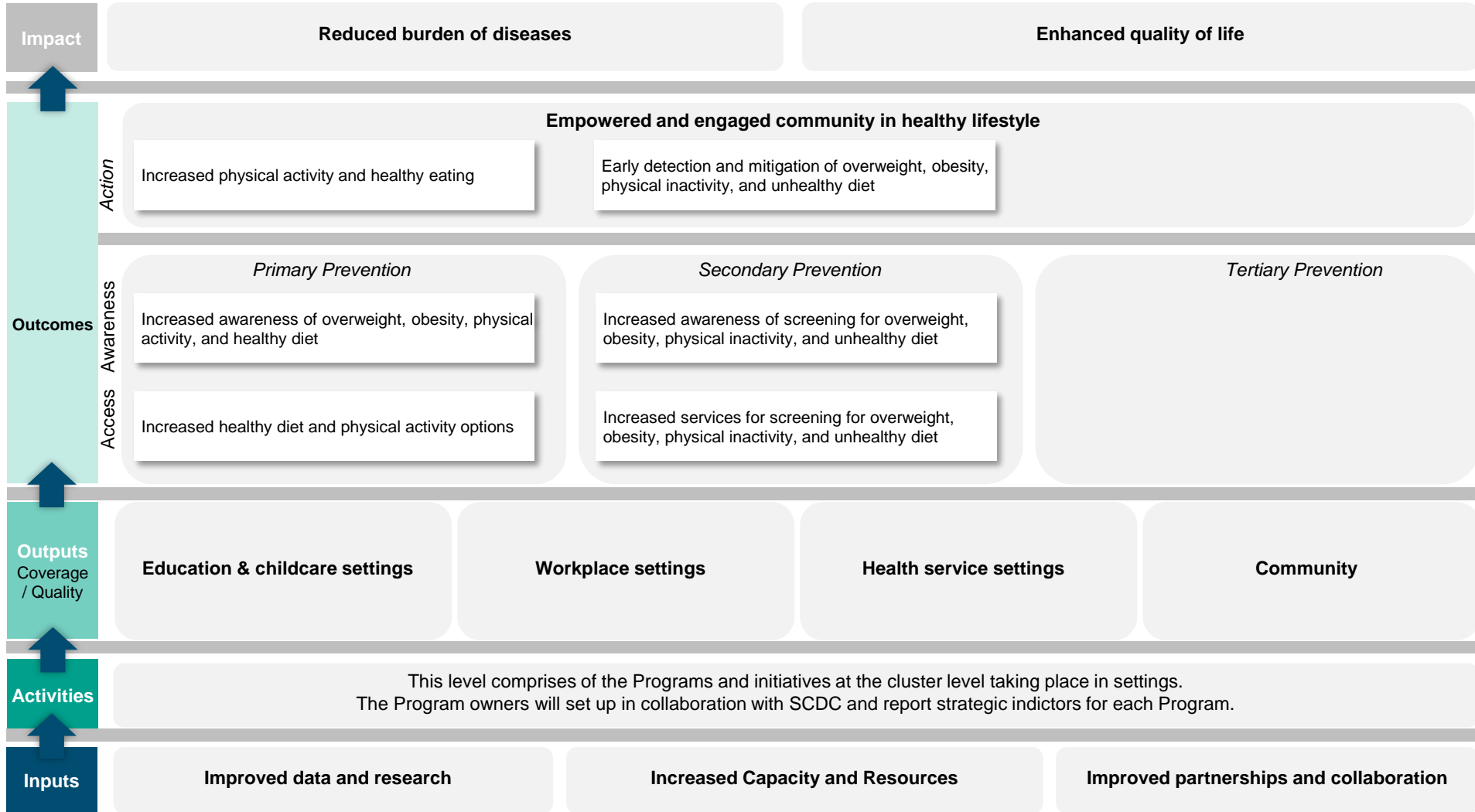
Guiding Principles: Health Promotion Strategy will work to address all the socio-ecological levels covering all the stages of life and health inequalities



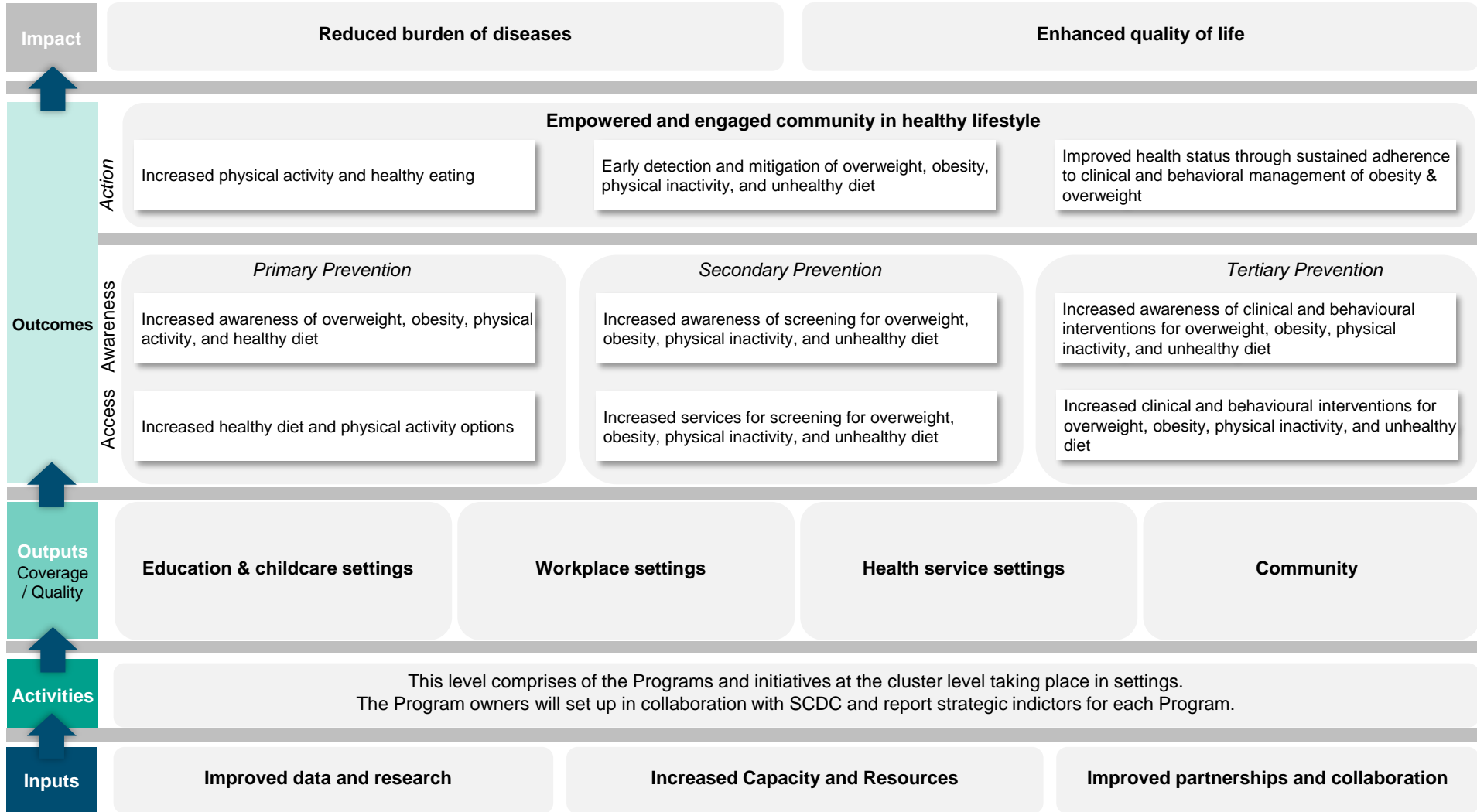
Obesity Control & Prevention Logic Model - Framework



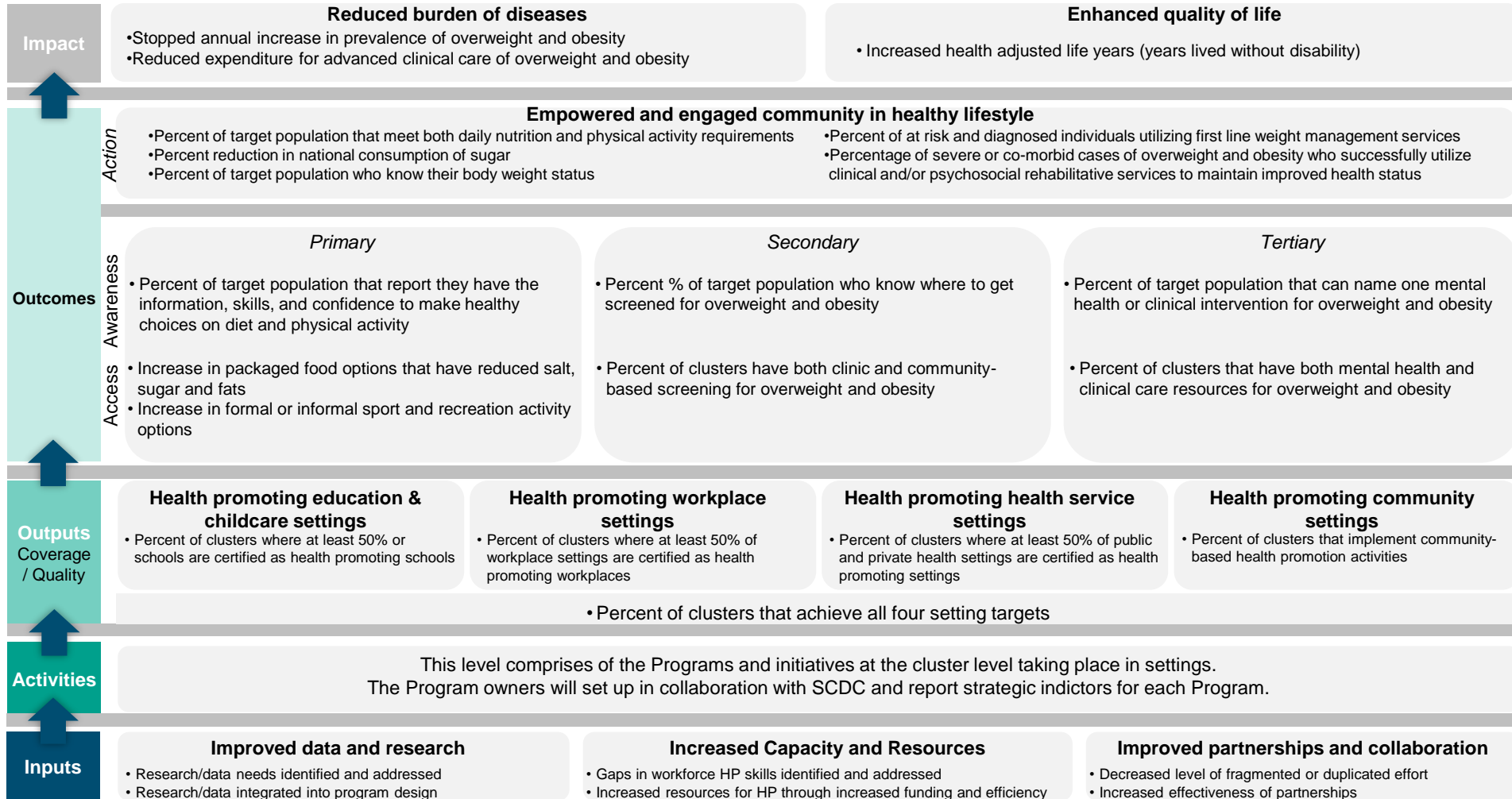
Obesity Control & Prevention Logic Model - Framework



Obesity Control & Prevention Logic Model - Framework



Obesity Logic Model - Indicators



Programs

We have conducted several external and internal workshops to detail the below Program topics

Primary Prevention	Secondary Prevention	Tertiary Prevention
<ul style="list-style-type: none">▪ Obesity Awareness▪ Nutrition Awareness▪ Physical Activity Awareness <p><i>In community, schools, and Maternal & Childcare Services)</i></p> <ul style="list-style-type: none">▪ Food content▪ Food labelling and marketing▪ Advertising regulation▪ Incentivize healthy food choice▪ Community zoning and infrastructure design▪ School curriculum	<ul style="list-style-type: none">▪ Obesity Screening Awareness▪ Obesity Screening Implementation <p><i>In community, schools, and Maternal & Childcare Services)</i></p>	<ul style="list-style-type: none">▪ Improving awareness of rehabilitative services▪ Service expansion to Increase options for quality rehabilitative services

Snapshots from the Strategy Consultation Workshop

7 Entities
40+ Participants



أقام اليوم #المركز الوطني للوقاية من الأمراض ومكافحتها
#الوطنية للوقاية من #السمنة ومكافحتها ورشة عمل بعنوان الاستراتيجية
#الوقاية الحكومية و #الخاصة
@SaudiWeqaya

أقام اليوم #المركز الوطني للوقاية من الأمراض ومكافحتها ورشة عمل بعنوان الاستراتيجية
#الوطنية للوقاية من #السمنة ومكافحتها، وحضرها عدد من المتخصصين والمهتمين من
#الوقاية الحكومية و #الخاصة
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Next Steps

1

Conduct **further vetting** with stakeholder

2

Start **Action Planning** in collaboration with owning entities to guide implementation of initiatives

3

Work on building strong foundations: Data & Research, Capacity & Resources, Partnerships & Collaboration

4

Approve and **roll out** the Strategy

THANK YOU