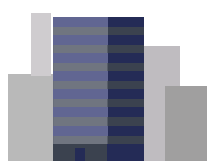


OBESITY IN LATIN AMERICA THE SOCIAL AND ECONOMIC COSTS

WHAT IS THE ISSUE?

In Latin America, overweight and obesity have risen significantly in the last few decades due to:



Increasing urbanisation



Less manual work



Access to processed food



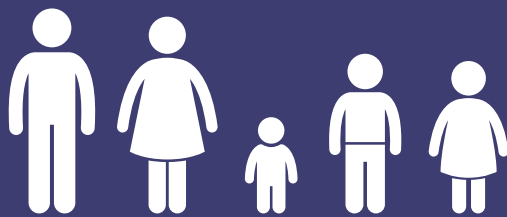
Less physically active lifestyles and more screen-based activity

KEY FIGURES

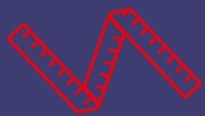


of adults in Latin America and the Caribbean are estimated to be overweight (compared to a global average of 34%) and 23% are obese.

In Chile almost **25%** of 6 - 7 year old children are obese and



67% of people aged 15 years and over are overweight or obese.



Mexico has the second highest proportion of obese people in the world (after the US):

70% of Mexican adults are overweight and over 30% are obese.

The economic impact of obesity in Brazil is estimated at

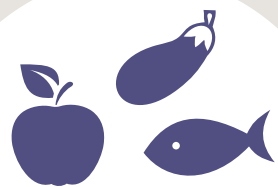
2.4%
of GDP

WHAT DID WE LEARN?

Obesity is an 'epidemic' in Latin America and the main challenges are:



Easy access to highly processed food and drink combined with targeted marketing



Inadequate access to nutritious food and drink among the less educated and lower income population

PERCEPTION

A lack of perception and awareness among the general population



Growing risks concerning transparency and the perceived integrity of stakeholders such as researchers



Inadequate governance and a lack of cross-sector collaboration

Find out more by reading the full report '**The social and economic costs of obesity in Latin America: a call to action**' [here](#)

As an in-house 'think-tank', the Sodexo Institute for Quality of Life is inspired by Sodexo's deeply held conviction that improving Quality of Life leads to the progress of individuals and contributes to the performance of organisations. Its role is to gather and develop insight to help Sodexo understand better what are the levers of Quality of Life.

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