The ACTION teens study explained

ACTION teens is a pioneering international study that captures perceptions, attitudes, behaviours and potential barriers to effective obesity care in teens living with obesity (12–17-year-old boys and girls).

The global, cross-sectional, quantitative and survey-based study aims to improve obesity management and treatment for teens living with obesity by:

- Generating evidence to drive awareness of the needs of teens and caregivers
- Identifying areas of misalignment between teens, caregivers and healthcare professionals (HCPs)

The ACTION teens study explained

The results show

Teenagers living with obesity:

- **Nearly 1 in 4 (24%)** teens do not realise that they classify as living with obesity¹
- **Two thirds (65%)** believe the responsibility to lose weight lies with them alone¹
- **Over a third (39%)** of boys living with obesity perceive their weight to be ‘very good’ or ‘excellent’²
- **80%** of teens living with obesity seen by HCPs already have at least one comorbidity⁴

Caregivers:

- **1 in 3 caregivers** do not realise that their child classifies as living with obesity and
- **nearly half (49%)** perceive their child’s health to be ‘very good’ or ‘excellent’¹

- **Over a third (37%)** of caregivers think their child’s weight is entirely their child’s responsibility¹
- **Nearly half (45%)** of caregivers believe their child will simply grow out of obesity⁵

HCPs:

- **87%** of doctors have not received advanced training in how to manage obesity after medical school¹
- **Almost 1 in 5 (18%)** HCPs are not comfortable discussing weight³
The impact of obesity – in children and adults – on individuals, society and our healthcare systems should not be underestimated. There is urgent need for governments and society to recognise and treat obesity as a disease, so that more teens can get the right support to help them live happier and healthier lives.

Professor Jason Halford, Head of the School of Psychology, University of Leeds, UK, and President of the European Association for the Study of Obesity (EASO)

The growing impact of adolescent obesity

175 million children and teens live with obesity worldwide. The prevalence of obesity among children and teens aged 5–19 is predicted to double by 2035.

A child living with obesity will face 3x higher risk of mortality in early adulthood.

Who took part?

<table>
<thead>
<tr>
<th>Teens living with obesity</th>
<th>Caregivers of teens</th>
<th>Healthcare providers who treat teens</th>
</tr>
</thead>
<tbody>
<tr>
<td>5,275</td>
<td>5,389</td>
<td>2,323</td>
</tr>
</tbody>
</table>

...from which countries?

- Australia
- Colombia
- Italy
- Mexico
- Saudi Arabia
- South Korea
- Spain
- Taiwan
- Turkey
- UK

References