

**Question for written answer E-002811/2026
to the Commission**
Rule 144
Elena Kountoura (The Left)

Subject: Addressing obesity as a chronic disease: recognition, prevention and treatment at EU level

Obesity is one of the most serious public health problems in Europe. Around 51 % of the EU population over the age of 16 is overweight, while 17 % is obese¹. Obesity significantly increases the risk of cardiovascular disease and diabetes, and is considered to be responsible for at least 13 types of cancer. At the same time, stigma and fatphobia take a toll on patients' mental health.

Bearing in mind that obesity is the fourth-leading cause of premature death worldwide, that the socio-economic impact on European health systems amounts to EUR 70 billion per year², that EASO has expressed concern that obesity is not fully addressed as a chronic disease in the Commission's Safe Hearts plan³, that around one in three children in Greece is overweight or obese⁴, and that the European Parliament resolution explicitly recognises obesity as an NCD and calls on the Commission to propose a new, comprehensive action plan for obesity with measurable indicators and mechanisms to monitor results⁵, can the Commission answer the following:

1. Does it intend to recognise obesity as a chronic disease?
2. Does it intend to propose a new European action plan for obesity and specific financial tools to strengthen early diagnosis, research and equitable access to obesity treatments?
3. Does it intend to support the Member States in developing targeted public information and awareness-raising activities, combating stigma and integrating obesity education into the curricula of healthcare professionals?

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¹ See: EPRS, Obesity in the EU: An ongoing epidemic, March 2025, [https://www.europarl.europa.eu/RegData/etudes/ATAG/2025/769510/EPRS_ATA\(2025\)769510_EN.pdf](https://www.europarl.europa.eu/RegData/etudes/ATAG/2025/769510/EPRS_ATA(2025)769510_EN.pdf).

² See: https://knowledge4policy.ec.europa.eu/health-promotion-knowledge-gateway/obesity_en.

³ EASO, Safe Hearts Plan: EASO responds to the European Commission Cardiovascular Health Plan, February 2026, <https://easo.org/safe-hearts-plan-easo-responds-to-the-european-commission-cardiovascular-health-plan/>.

⁴ According to the WHO, Greece is among the countries with the highest prevalence rates, ranking second in obesity and third in overweight, <https://www.who.int/europe/publications/i/item/WHO-EURO-2025-11788-51560-78769>.

⁵ See: European Parliament resolution of 13 December 2023 on non-communicable diseases (NCDs), https://www.europarl.europa.eu/doceo/document/TA-9-2023-0467_EN.html#def_1_17.