

EN

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Answer given by Mr Várhelyi
on behalf of the European Commission
(21.8.2026)

In line with Article 168(7) of the Treaty on the Functioning of the EU¹, the Union complements national policies and encourages cooperation across Member States in the field of public health. Therefore, the Commission is supporting Member States in addressing non-communicable diseases and their risk factors, including obesity, through the 'Healthier Together' initiative². Actions funded under the EU4Health Programme³ include PreventNCD⁴, Health4EUkids⁵ and stakeholder-led projects⁶, such as PODiaCar⁷. The Safe Hearts Plan⁸ builds on these actions for young people under its prevention pillar.

Through the aforementioned initiatives, this Plan addresses obesity as one of the main contributing factors in the development of heart disease.

The Safe Hearts Plan addresses lifelong prevention, including obesity, through existing actions and those newly funded under the EU4Health work programme, such as a Joint Action on lifelong prevention⁹ funded with EUR 5 million and supported technically by the World Health Organization and the Organisation for Economic Co-operation and Development. Two flagships of the Plan specifically address ultra-processed foods, toward healthier diets. The plan makes it clear that the Commission intends to continue to provide EU funding to support physical activity, including its crucial role in prevention, through programmes such as Erasmus¹⁰ and EU4Health.

Furthermore, obesity is addressed through the Council Recommendation on health-enhancing physical activity¹¹, the European Week of Sport¹² and the #BeActive campaign¹³. The Mediterranean diet is recognised as a model for healthy living in the EU Strategy for Adriatic and Ionian Vision for 2030¹⁴.

¹ https://eur-lex.europa.eu/resource.html?uri=cellar:2bf140bf-a3f8-4ab2-b506-fd71826e6da6.0023.02/DOC_2&format=PDF.

² https://health.ec.europa.eu/non-communicable-diseases/healthier-together-eu-non-communicable-diseases-initiative_en.

³ <https://eur-lex.europa.eu/eli/reg/2021/522/oj/eng>.

⁴ <https://www.preventnecd.eu/>.

⁵ <https://www.dypedegr/health4eukids/>.

⁶ https://ec.europa.eu/info/funding-tenders/opportunities/portal/screen/opportunities/projects-details/43332642/101128946/EU4H?order=DESC&pageNumber=1&pageSize=10&sortBy=es_SortDate&keywords=obesity&programmePeriod=2021%20-%202027&frameworkProgramme=43332642.

⁷ <https://podiacar.eu/>.

⁸ <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=celex:52025DC1024>.

⁹ https://health.ec.europa.eu/document/download/26284fbb-0c7b-4d4d-ae57-f7f2a47e493f_en?filename=funding_c2025_5148_annex_en.pdf.

¹⁰ <https://erasmus-plus.ec.europa.eu/>.

¹¹ <https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:C:2013:354:0001:0005:EN:PDF>.

¹² <https://sport.ec.europa.eu/european-week-of-sport>.

¹³ <https://www.beactiveday.eu/>.

¹⁴ https://ec.europa.eu/regional_policy/whats-new/newsroom/05-12-2025-mediterranean-diet-more-than-just-a-way-of-eating-eu-strategy-for-adriatic-and-ionian-vision-for-2030_en.