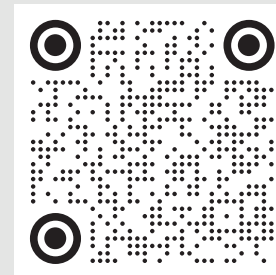


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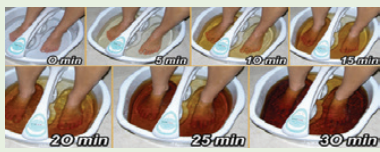
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OBESITY FACT SHEET

THE HEART AND STROKE FOUNDATION SOUTH AFRICA (HSFSA) started in 1980 and as such has 44 years of history to share. The HSFSA's key mission is to reduce the morbidity and mortality of cardiovascular disease (CVDs) which include heart disease, strokes, associated risk factors and other circulatory diseases. Although the Foundation's focus is on South Africa, it also positively impacts the African Continent and countries globally with its workstreams in health promotion and disease prevention.

The programmes that the HSFSA has developed are often replicated in other countries as a good practice model. The HSFSA will be working with regional and global organizations to further impact obesity reduction targets in order to mobilize for action based on the World Obesity Day 2024 theme: "Let's talk about obesity & _____" to be commemorated on 4 March 2024.

1. WHAT IS OBESITY?

Obesity is defined by the World Health Organisation as 'abnormal or excessive fat accumulation that presents a risk to health'. It is most commonly measured by BMI, though there are other methods such as waist and height ratios that taken with BMI, can be more accurate.

2. OBESITY IS A DISEASE

It is caused by a variety of factors, including biology, mental health, genetic risk, environment, healthcare access, and access to ultra-processed food. It is not due to lack of willpower. Learn more about the ROOTS of obesity on the website.

3. OBESITY IS A RISK FACTOR

People living with obesity are at a greater risk from other chronic diseases such as diabetes, cardiovascular disease and certain cancers. Obesity is also a risk factor for complications of Covid-19.

4. 'EAT LESS, MOVE MORE' DOES NOT "FIX" OBESITY

Eating less, moving more' implies that weight loss is just about diet and exercise, ignoring other drivers of obesity. Although physical exercise plays an important role in overall health and can be used in the context of comprehensive weight management interventions and prevention strategies, exercise alone is not an effective obesity treatment.

5. WEIGHT STIGMA IS DANGEROUS

In many countries, people living with obesity are regularly blamed for their disease. Weight stigma reinforces assumptions that obesity is merely a person's individual responsibility. It can damage mental and

physical wellbeing and may prevent people from seeking necessary medical care. While stigma differs in different parts of the world, one thing is clear: experiencing systemic bias does not help people to adopt healthier lifestyles. In fact, it can make it harder. Learn more about the impact of stigma.

6. INDIVIDUALS ARE NOT TO BLAME FOR THEIR OBESITY

Obesity is often driven by forces outside of a person's control. Biological and genetic factors put some of us at greater risk. Our physical and social environments impact on our ability to live healthy lives and expose us to unhealthy foods that are engineered to make us eat more. Obesity is therefore the result of complex biological, genetic and environmental factors.

7. OBESITY IS NOT JUST ABOUT WEIGHT

Weight is one indicator of obesity, but treating obesity is about improving overall health, not just about losing weight. It is possible for a person with a higher BMI

to be managing their disease and living at a 'healthy weight'.

8. OBESITY IS NO LONGER JUST A DISEASE OF RICH COUNTRIES

Obesity is now rising the fastest in lower- and middle-income countries. Many are simultaneously tackling overweight/obesity and under-nutrition. Obesity is especially prevalent in poorer and more vulnerable communities.

9. CHILDHOOD OBESITY CAN AND MUST BE PREVENTED AND TREATED

Childhood obesity has nearly doubled every 10 years. It can profoundly affect children's physical health, social, and emotional well-being, and self esteem. It is associated with poor academic performance and a lower quality of life. It is often carried through to adulthood, so prevention and treatment is vital to stopping a global rise in obesity. Education is needed to support appropriate nutrition for children.

30 YEARS OF IMPACT

A special message from the Children's Hospital Trust CEO Chantel Cooper



Photo caption Founding Trustees: Tom Sutcliffe, Prof Heinz Rode, John Bester, Prof Dave Beattie, Prof Syd Cyves, Chris Niland and Mr Ted Parlabeau



This year marks a significant milestone for us: the 30th anniversary of our journey of ensuring that sick and injured children have access to essential healthcare. We could not have reached this remarkable milestone without the unwavering support of donors.

Inspired by the needs of the Red Cross War Memorial Children's Hospital, the idea to establish the Trust was sparked and nurtured by Prof. David Beatty, a beloved and esteemed professor of paediatrics and child health at the University of Cape Town. Alongside dedicated individuals like Chris Niland and John Bester, a vision was realised – an organisation with a mission to support sick and injured children and governed by stringent standards of excellence and commitment.

Because of you, wishes have come true. As I enter my eleventh year with the Trust, through firsthand experiences, I have witnessed the transformative power of your support, not only for individual children and their families but also for our dedicated healthcare workers. There are certain children who have etched themselves into my heart with their remarkable stories, transcending boundaries, and inspiring hope. Imraan, who spent months in the Oncology ward, embodies the strength and resilience of young warriors fighting cancer. Cady, diagnosed with a brain tumour at a young age, symbolizes courage and

determination after she underwent surgery in one of our state-of-the-art theatres. Now 16, she remains steadfast in her dream of becoming a brain surgeon, a testament to the possibilities our support enables.

Our influence goes beyond the local boundaries of the Red Cross Children's Hospital, reaching children through projects like the upgraded paediatric ward and new outpatient unit at Victoria Hospital, along with the expanded neonatal unit at Groote Schuur Hospital. Moreover, our impact stretches into Africa through the African Paediatric Fellowship Programme, empowering paediatricians to specialize and elevate care standards continent-wide. Dr. Joyce, an extraordinary example of the programme's success, established Uganda's inaugural cancer treatment facility for children, leaving an enduring impact on countless lives.

We appreciate the significance of our history; our gaze is now fixed firmly on the future. In addition to and through collaborative efforts with the Red Cross Children's Hospital, the Children's Hospital Trust envisions expanding our impact to ensure that all children have access to essential healthcare within their communities, particularly those who do not require specialized care. Our inaugural initiative will focus on enhancing the burns service in partnership with Red Cross, Ceres, and Worcester Hospitals.

We extend our deepest gratitude to our donors who have supported us on this incredible journey. Together, we've made a profound impact on the lives of countless children.

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For 30 years, your generous donations transformed countless lives, bringing healing and hope to sick and injured children. As we celebrate this journey together, your ongoing support will directly fund vital infrastructure, training programs, and life-saving equipment. Join us in shaping the next 30 years of impact and healing for children in need.



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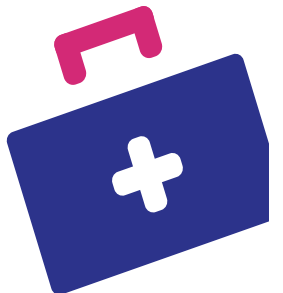
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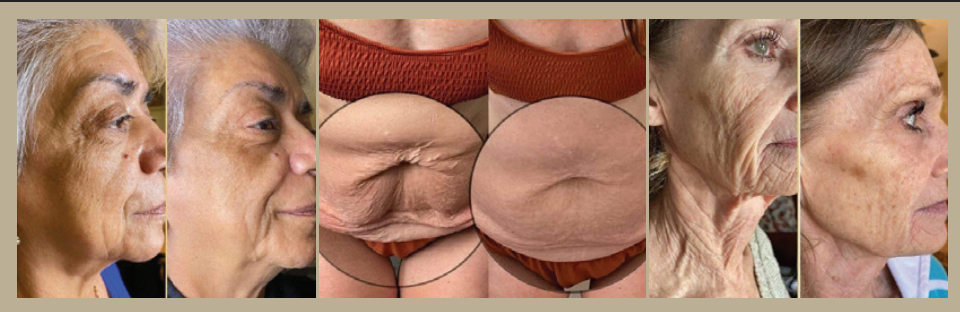
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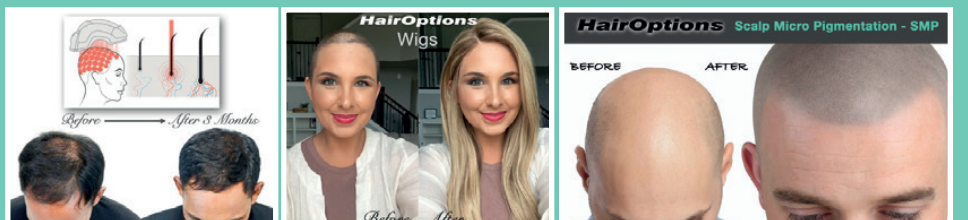
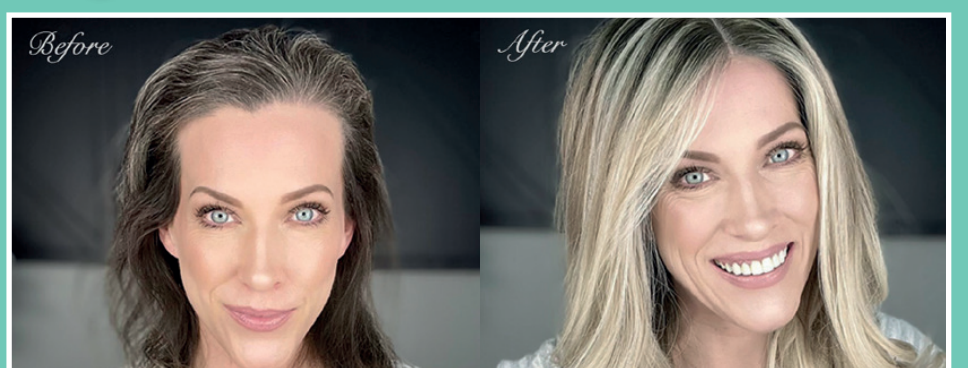
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OBESITY FACT SHEET

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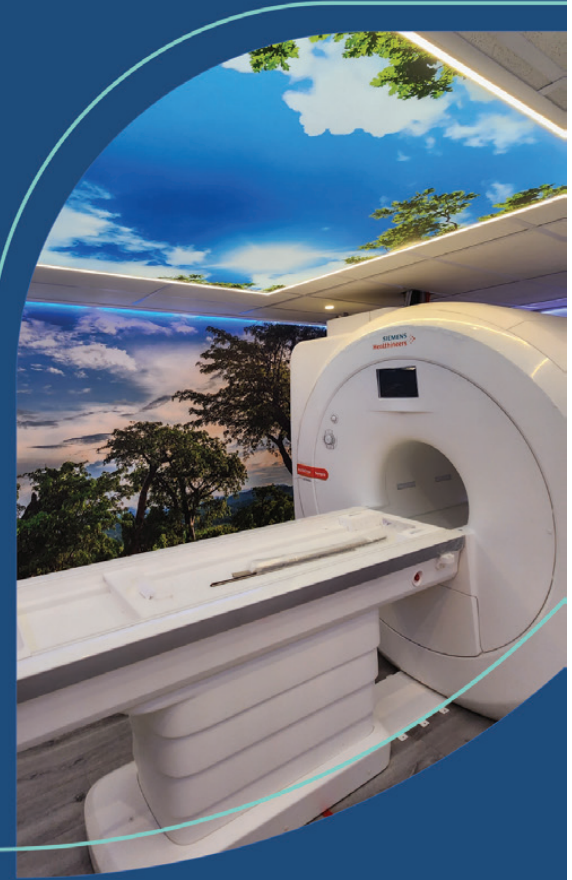
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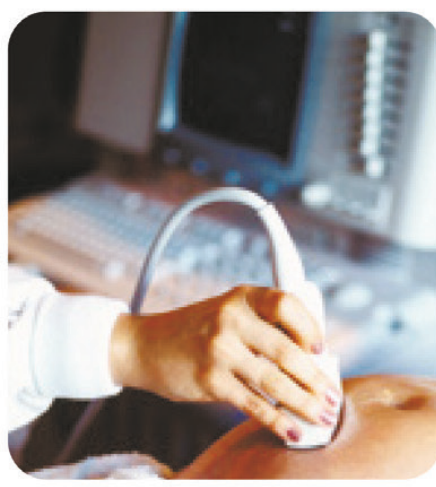
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