

10-country survey reveals nearly one in four adolescents living with obesity do not know they have obesity

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New research from 10 countries presented at this year's European Congress of Obesity (ECO) shows that nearly one quarter of adolescents

living with obesity (ALwO) (24%) do not know they have obesity. However, most ALwO surveyed (85%) are worried about the impact of their weight on their future health. Many struggle to talk to even those closest to them about their weight status, and two thirds feel it is their sole responsibility to deal with their excess weight.

The [data](#) comes from the ACTION teens global survey study, supported by Novo Nordisk, who manufacture medications for [obesity](#) and diabetes, in collaboration with a steering group of international experts and patient advocates that include EASO President Professor Jason Halford, University of Leeds, UK, and Vicki Mooney, ACTION teens study author and Chairwoman of the Irish Coalition for People Living with Obesity (ICPO) and Executive Director of the European Coalition for People living with Obesity (ECPO). The [countries](#) included are Australia, Colombia, Italy, Mexico, Saudi Arabia, South Korea, Spain, Taiwan, Turkey and the United Kingdom.

A total of 5,275 ALwO (aged 12-

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