



ADIPOSITAS PACT
STICHTING | FONDATION
PACTE ADIPOSITE

FOUNDATION FOR THE RIGHTS OF
CITIZENS WITH OBESITY

Professionals in health system and Obesity

Shaping the Future of Healthcare: Building a Sustainable Paradigm for Nursing and Beyond

ESNO Mini-Congress

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European Social and Economic Committee



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www.pa-ap.org

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Foundation for the
Rights of citizens with Obesity

ABOUT ADIPOSITAS PACT | PACTE ADIPOSITÉ (FOUNDATION FOR THE RIGHTS OF CITIZENS WITH OBESITY)

It is a **non-profit Private Foundation** established under Belgian law, **led by citizens of lived experience** with obesity **representing our legal and consumer rights towards access to healthcare.**

Our aims are to advocate on three main priorities namely:

- **Categorisation** in terms of definition and scope of Obesity as a chronic disease as set out by the WHO
- **Transformation of the policy and regulatory framework** to ensure that citizens and patients can make an informed choice and have affordable access to the treatment needed (mental as well as physical)
- **Educate** policy makers, the media, at international, national, community and local levels as well as medical professionals, employers and patients as to the holistic (mental as well as physical) elements of the biological disease and various ways in which it can be managed (from prevention through to self-management) throughout the life cycle.



The nursing profession has a **legal mandate and obligation** to stand up and be counted as a key contributor to policies that drive to better health outcomes.



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Policies that impact health outcomes are largely NOT “health policies” or “disease specific policies”

EU Professional
Qualifications
Directive

Crossborder
Healthcare
Directive

Anti-discrimination
legislation

(especially discrimination
on the grounds of health
status Vs physical
appearance)

EU Mental Health
Plan

EU Pharmaceutical
package

EU Health
dataspace
legislative
package

THE CHALLENGE IN A POST-COVID WORLD?

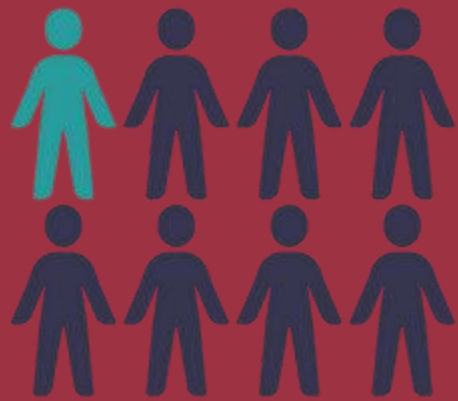
1. COVID-19 is not “over”.
2. Did we collectively learn from COVID?
- 3. How can Specialist and Advanced Practitioner Nurses be at the centre of driving health system resilience?**



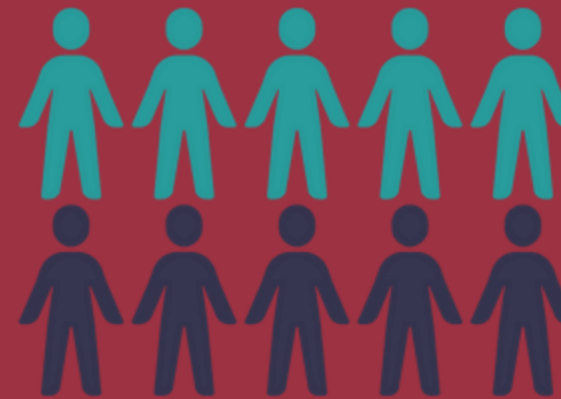


A GLOBAL PANDEMIC

Pre-obesity (overweight) and obesity are medical conditions marked by an abnormal and/or excessive accumulation of body fat that presents a risk to health ([WHO 2019](#)). Obesity is a chronic relapsing disease ([WHO 2022](#)), which in turn acts as a gateway to a range of other non-communicable diseases, such as diabetes, cardiovascular diseases and cancer.



1 IN 8 PEOPLE IN THE
WORLD WERE LIVING WITH
OBESITY



DURING COVID-19,
PEOPLE WITH OBESITY
WERE 49% MORE AT RISK
TO DIE.



IN THE EU, ON AVERAGE
59% OF THE ADULT
POPULATION IS LIVING
WITH PRE-OBESITY OR
OBESITY



DURING COVID-19,
PEOPLE WITH OBESITY
WERE 113% MORE AT
RISK TO BE HOSPITALISED.

SOURCE: WHO Obesity Report 2022



HEALTH SYSTEM RESILIENCE



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Financing

ensuring **sufficient monetary resources** in the system and **flexibility to reallocate and inject extra funds**; ensuring stability of health system funding through countercyclical health financing mechanisms and reserves; **purchasing flexibility and reallocation of funding to meet changing needs**; and **comprehensive health coverage**.



Governance

effective and participatory **leadership** with strong vision and communication; coordination of activities across government and key stakeholders; an organisational learning culture that is responsive to crises; **effective information systems and flows**; and surveillance enabling timely detection of shocks and their impact.

Resources



appropriate level and distribution of **human and physical resources**; ability to **increase capacity** to cope with a sudden surge in demand; and motivated and well supported workforce.

Service delivery

alternative and flexible approaches to deliver care





ACCESS TO HEALTH
CARE
FOR OBESITY
IS A LEGAL RIGHT IN
EUROPE



16 EUROPEAN COUNTRIES

27 EU MEMBER STATES

04 EU FREEDOMS

Discrimination on the grounds of **health status**

PORTUGAL

Ancestry, gender, race, language, place of origin, religion, political or ideological convictions, education, economic situation, social condition, sexual orientation, age, gender identity, civil status, family situation, genetic heritage, reduced capacity to work, disability or **chronic disease**, nationality, ethnic origin, membership of a trade union.

Belgium | Croatia | Finland | France | Greece | Hungary

- INTERNAL MARKET RULES : Access to SERVICES (including health services)
- FREEDOM OF MOVEMENT (Health Professionals)



International standards on the right to physical and mental health | OHCHR

A new opportunity for accurate narrative that puts health professionals at its core

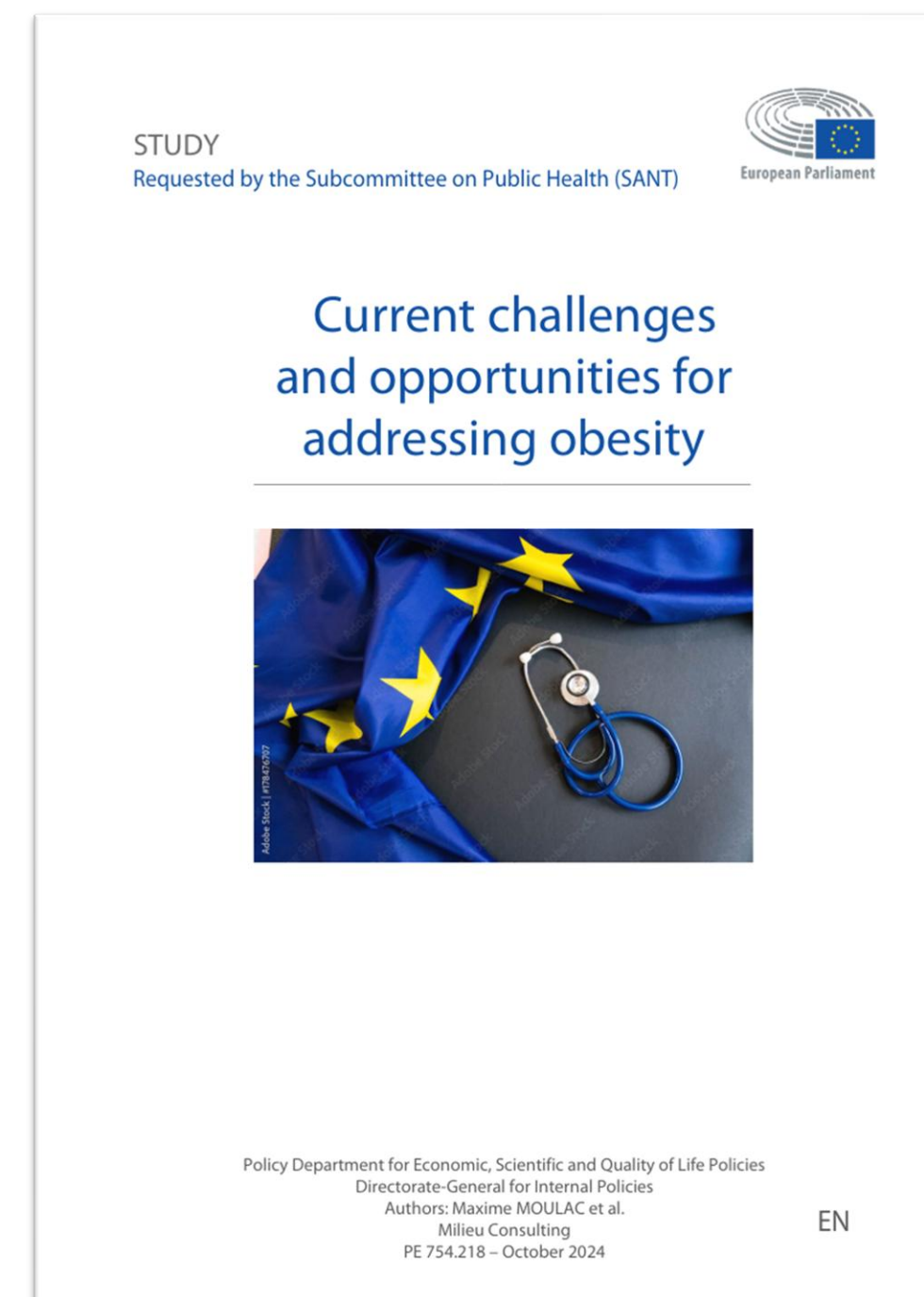
Effective healthcare for individuals with obesity requires integrated, multidimensional, and patient-centered care.

Pharmacological and surgical treatments play an important role in managing obesity, but they are not standalone solutions.

Upskilling healthcare professionals is vital for delivering empathetic and effective care to individuals with obesity



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[Current challenges and opportunities for addressing obesity](#)

THE CHALLENGE IN A POST-COVID WORLD?

1. COVID-19 is not “over”.
2. Did we collectively learn from COVID?
- 3. How can we ensure health system resilience for people with obesity with such scarce resources?**



AS CITIZENS AND PATIENTS WE CALL UPON YOU



Governance

- **Include People with Obesity as full partners** in for planning and delivering health services.
- Ensure that People with Obesity are **fully consulted** on questions related to **data, research agendas and health outcomes that matter to us.**
- **Registries and biobanks** specifically for obesity are established and tied into the EMA network.



Service delivery

- There is a **legally embedded treatment pathway** for the screening, diagnosis, early intervention, treatment and long-term management of obesity .
- This pathway **is reimbursed along the same lines as other major NCDs.**

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Resources

- **COMs** and other multi-disciplinary treatment infrastructure ringfenced government funding.
- All **health disciplines** are **educated** on the biologies of obesity



Financing

- **Creatively consider financing** for innovative medicines and treatment pathways.
- **Be inspired by the Belgian legal solution to the GLP1 shortages**



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ESNO CAN ACTIVELY DRIVE BY



Governance

- ESNO initiating a **special interest group on obesity** to focus on education and activation.
- Engage with **The Foundation for the Rights of Citizens with Obesity**
- Engage with relevant MEP Working Groups at the European Parliament (**MEP Interest Group on Obesity and Health System Resilience**)



Service delivery

- Think about how you could see colleagues **working as interdisciplinary specialist coordinators for obesity patients** in your clinics and hospitals,



Resources

- All **health disciplines in nursing and nursing support services** are **educated** on the biologies of obesity

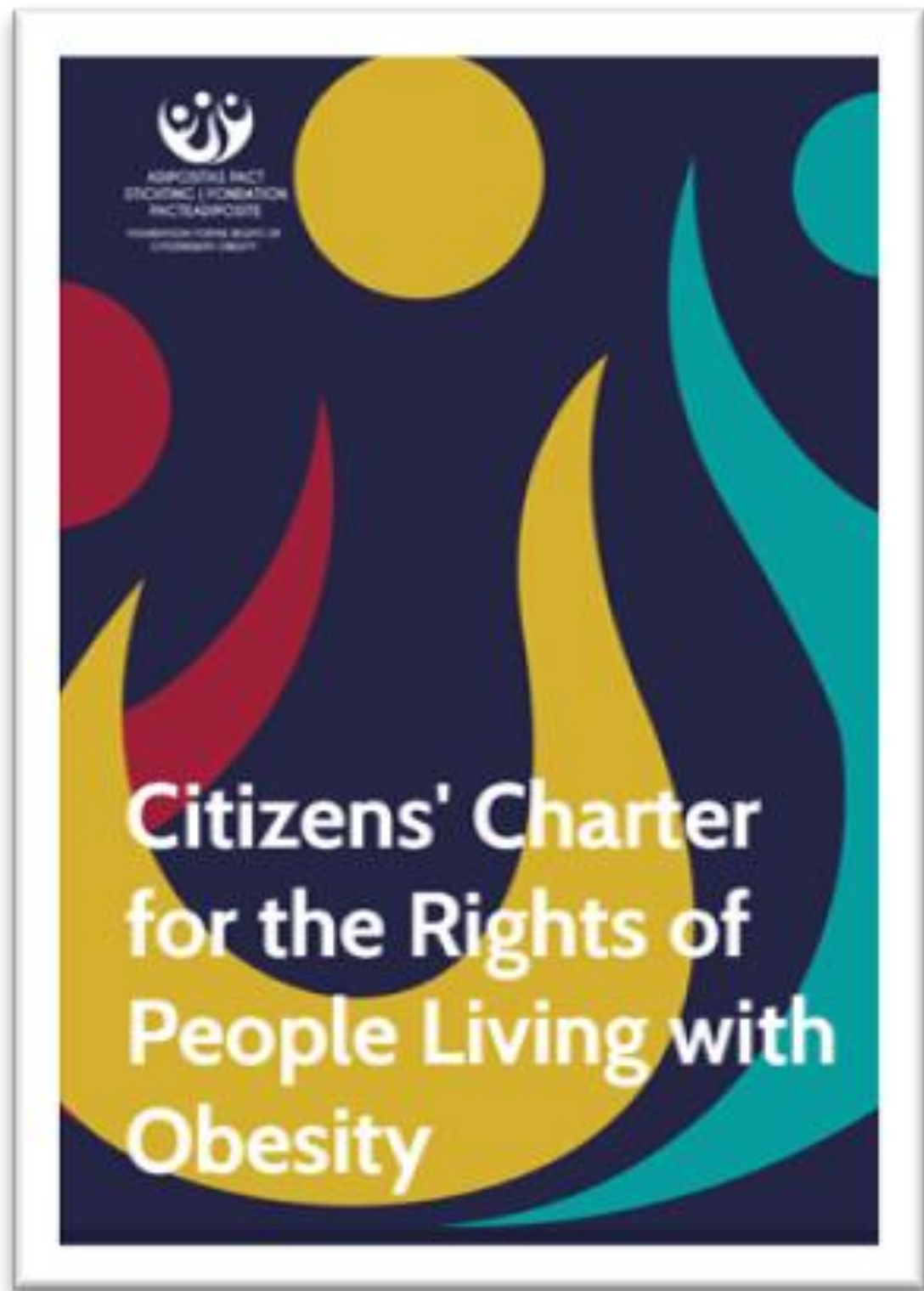


Financing

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THANK YOU

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