

# Sovrappeso e obesità in Toscana: l'allarme è passato?

Giacomo Lazzeri

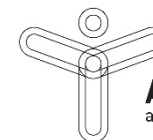
WORK I sistemi di sorveglianza sugli stili di vita a supporto delle politiche sanitarie in Toscana, Firenze  
Auditorium del Duomo

07/11/2017

# Sovrappeso e Obesità



La situazione a livello internazionale



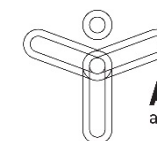
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# Sovrappeso e Obesità



**41 MILLION**  
CHILDREN UNDER AGE 5 ARE  
**OVERWEIGHT**  
**OR OBESE**

**WHO**

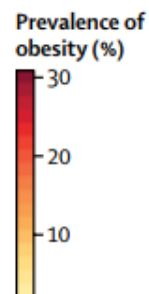
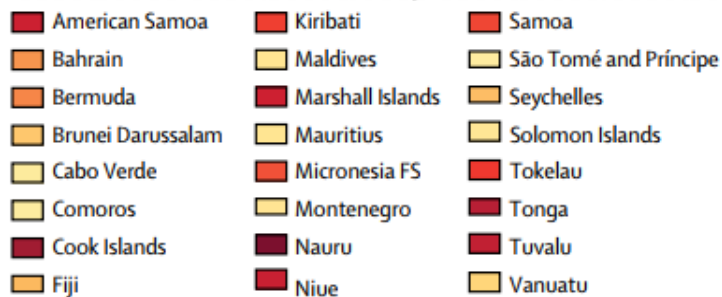
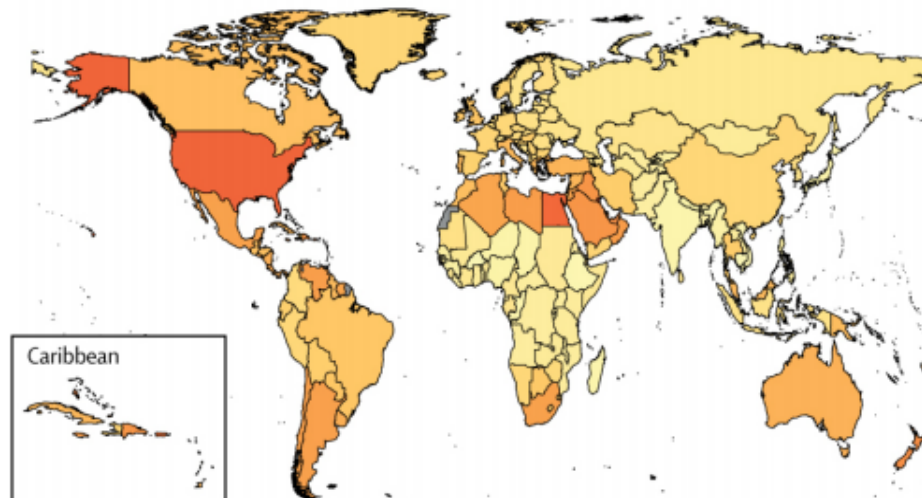


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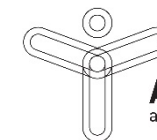
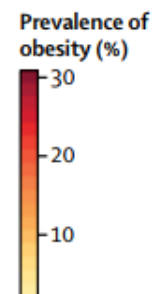
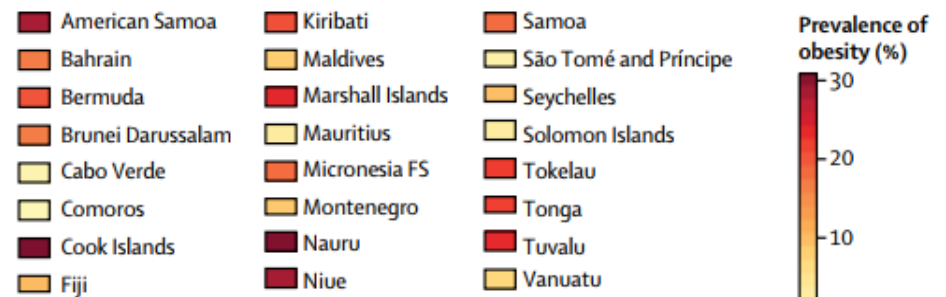
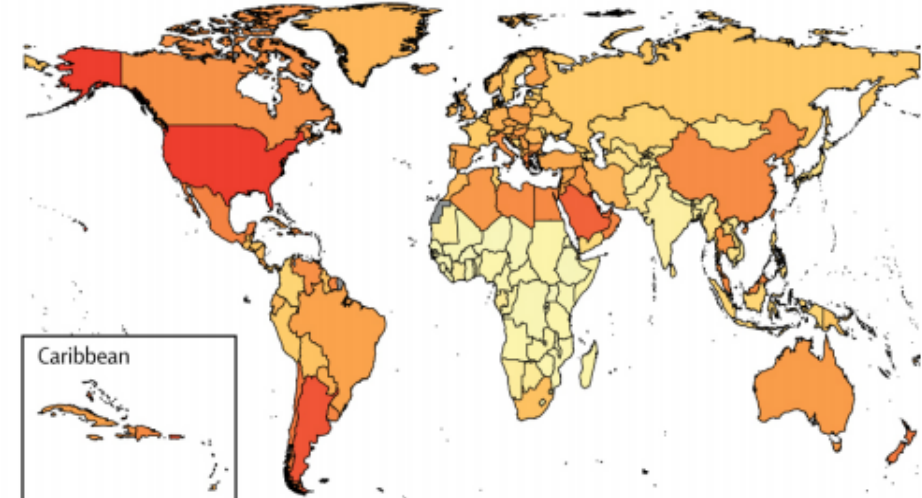
# Sovrappeso e Obesità: età evolutiva



C Obesity prevalence in girls



D Obesity prevalence in boys

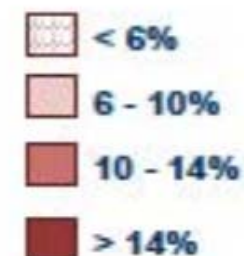




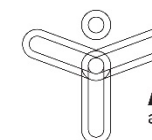
# Sovrappeso e Obesità: età evolutiva



## Obesità



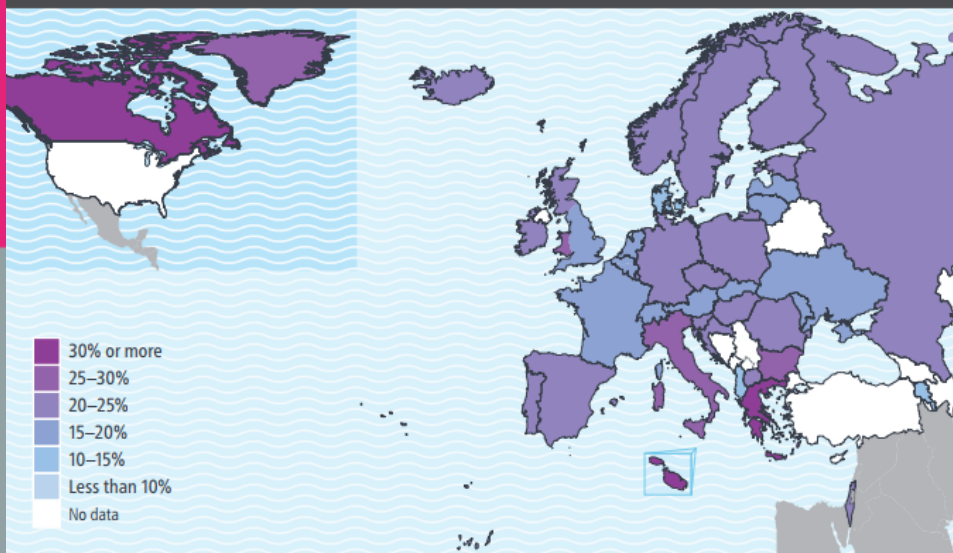
\* All data from 2012-13 round but those of Sweden (2007-8) and Hungary (2010-2011)  
6 years old children: MDK - 7 years old children: BUL; CZH; GRE; HUN; IRE; LTU; LVT; MAT; MDA; POR; SPA; SVN; SWE; TUR -  
8 years old children: ALB; BEL; ITA; NOR; ROM; SMR. Data from Greece and Lithuania are preliminary.



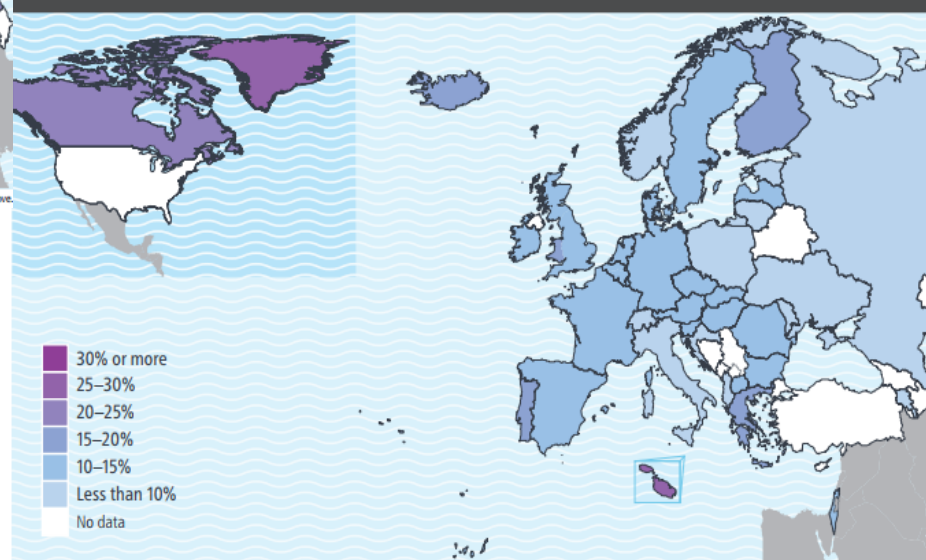
# Sovrappeso e Obesità: adolescenti

HBSC survey 2013/2014

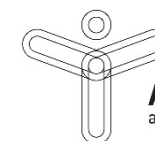
15-year-old boys who are overweight or obese



15-year-old girls who are overweight or obese



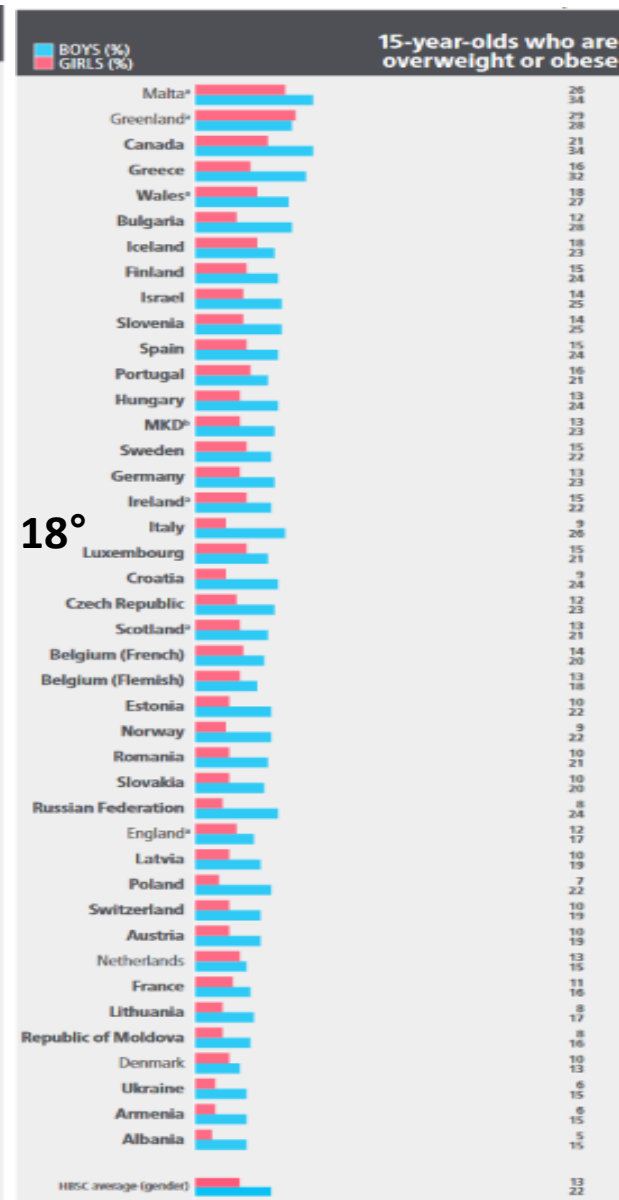
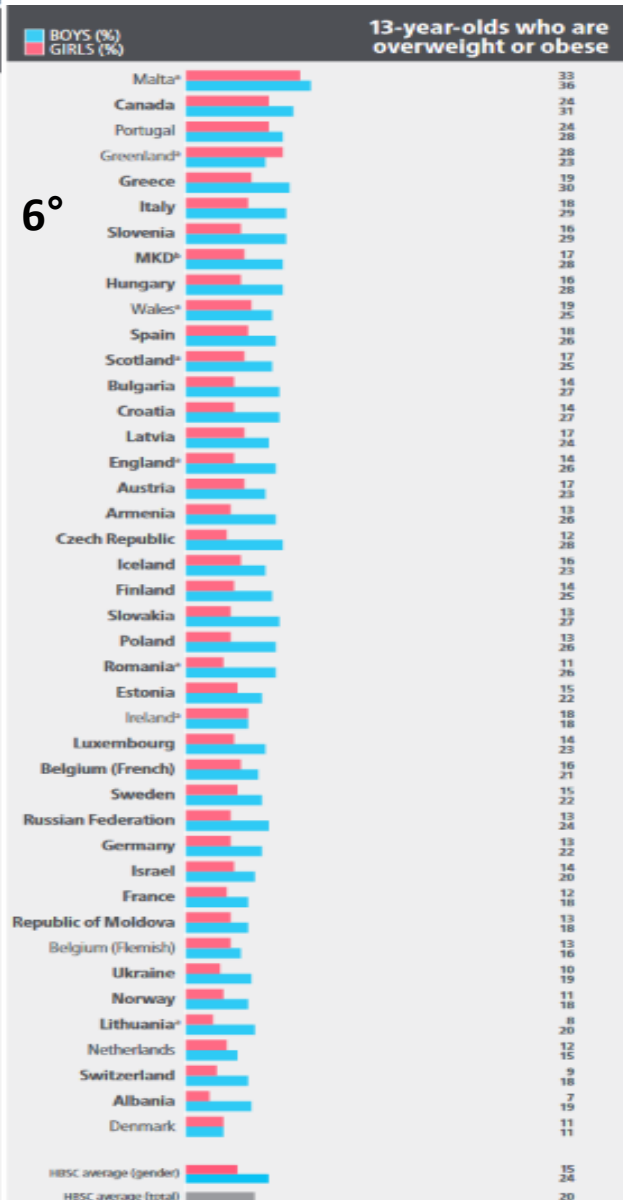
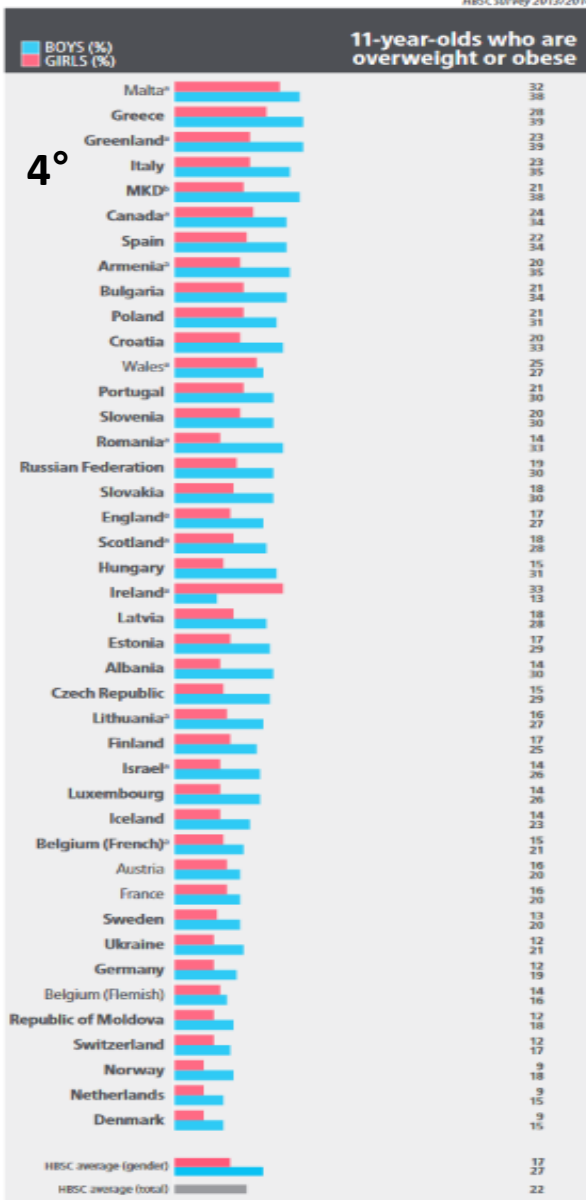
Dati HBSC 2014



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# Sovrappeso e Obesità: adolescenti

HBSC survey 2013/2014

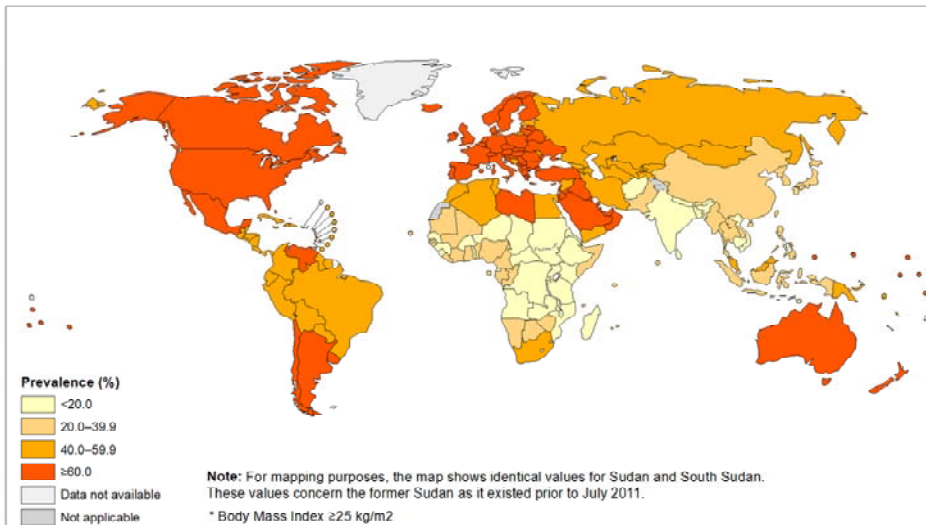


\*BMI is missing for more than 30% of age-group sample.  
\* The former Yugoslav Republic of Macedonia.



# Sovrappeso e Obesità: adulti

Prevalence of overweight\*, ages 18+, 2016 (age standardized estimate)  
Male

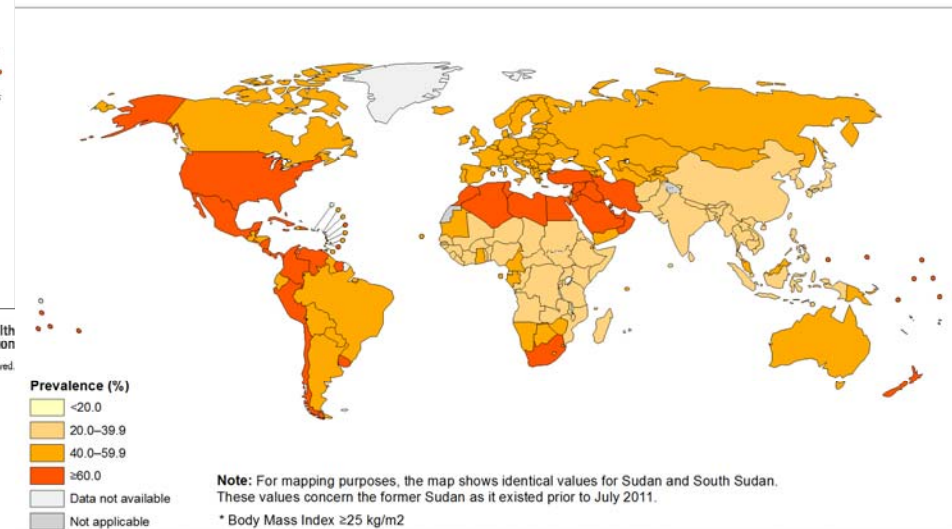


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Data Source: World Health Organization  
Map Production: Information Evidence and Research (IER)  
World Health Organization



Prevalence of overweight\*, ages 18+, 2016 (age standardized estimate)  
Female

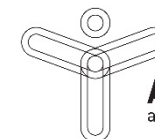


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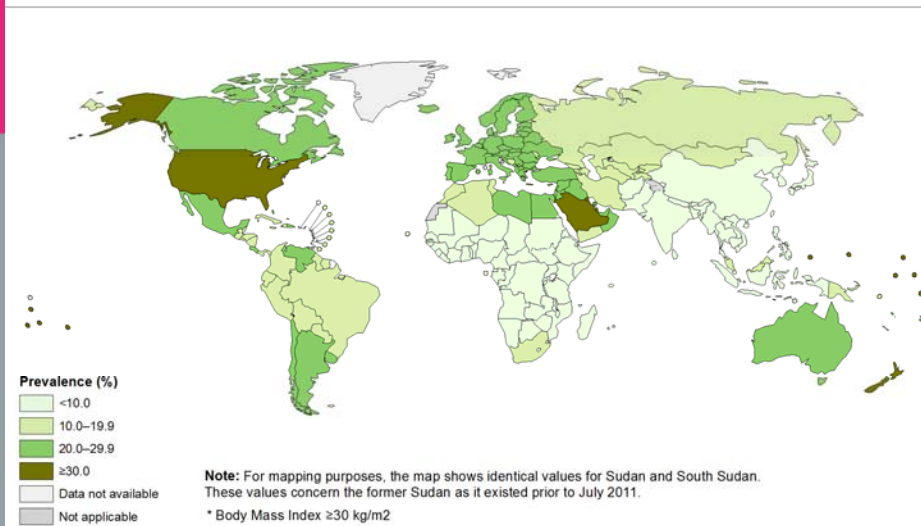
Dati WHO 2017



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# Sovrappeso e Obesità: adulti

Prevalence of obesity\*, ages 18+, 2016 (age standardized estimate)  
Male



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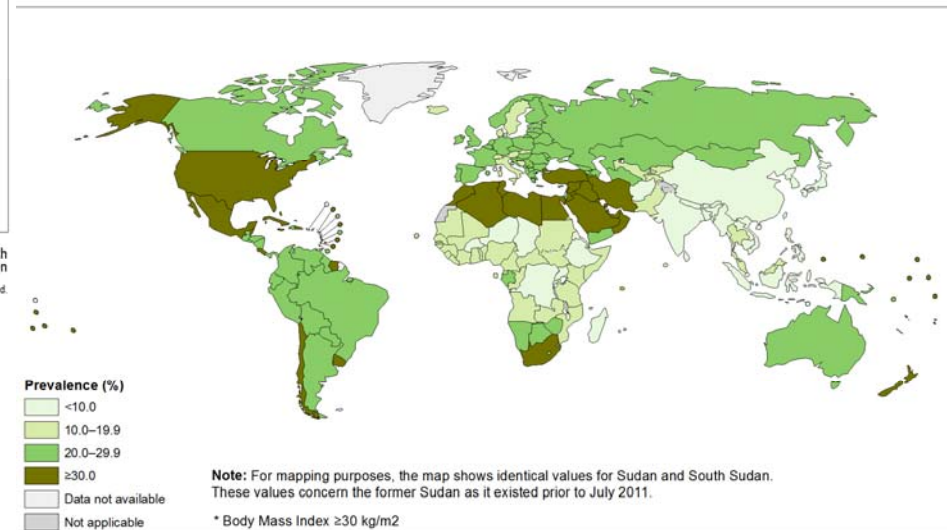
Data Source: World Health Organization  
Map Production: Information Evidence and Research (IER)  
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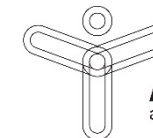


Prevalence of obesity\*, ages 18+, 2016 (age standardized estimate)  
Female



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Map Production: Information Evidence and Research (IER)  
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# OKkio alla SALUTE

## Azioni di contrasto

Il progetto **OKkio** alla **SALUTE**



progetto realizzato da tutte le Regioni, dal  
2008, con il coordinamento  
dell'Istituto Superiore di Sanità (ISS)

Bambini di 8-9 anni

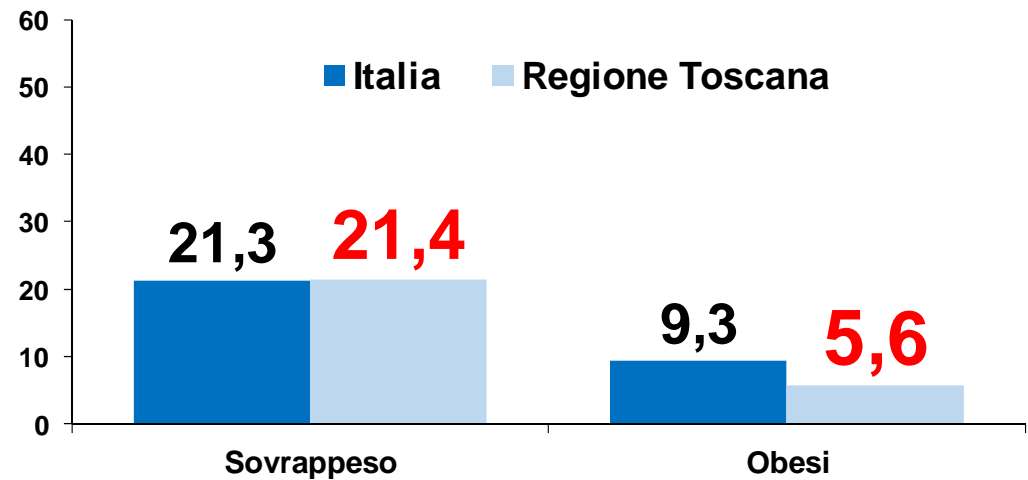


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# OKkio alla SALUTE

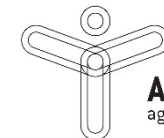
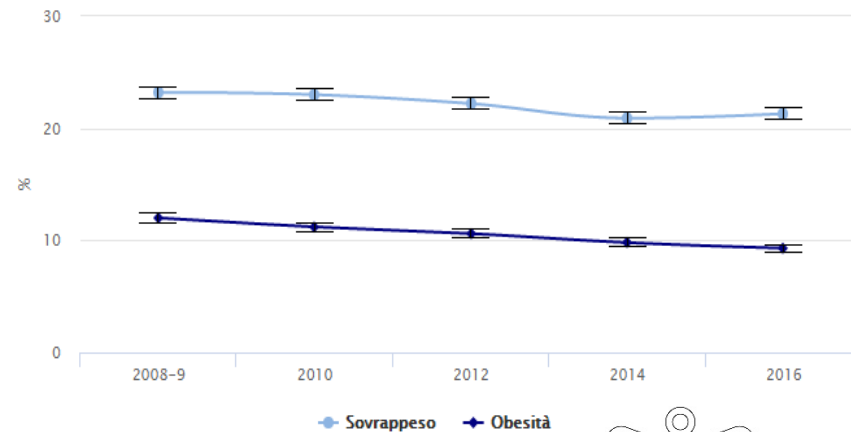
## Bambini di 8-9 anni in sovrappeso e obesi, per Regione

Fonte dati: OKkio alla Salute, indagine 2016



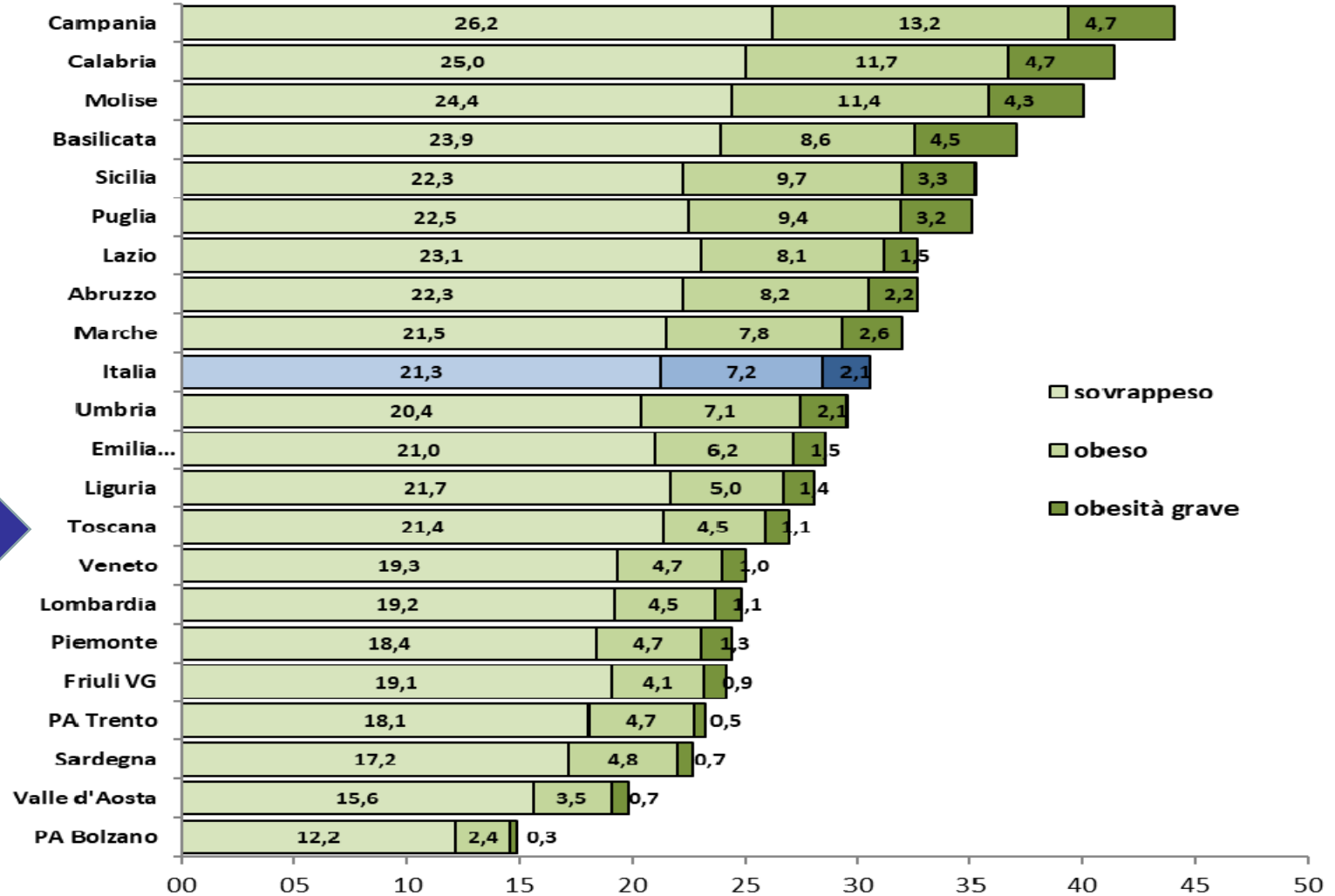
## Andamento nel tempo di sovrappeso e obesità tra i bambini di 8-9 anni

Fonte dati: OKkio alla Salute

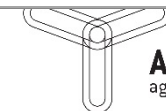


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# OKkio alla SALUTE



■ sovrappeso  
■ obeso  
■ obesità grave



# OKkio alla SALUTE



	2002	2006	2008	2010	2012	2014	2016
<b>Ragazzi</b>	%	%	%	%	%	%	%
Obesità	<b>10,3</b>	<b>10,1</b>	<b>8,4</b>	<b>8,0</b>	<b>7,6</b>	<b>8,1</b>	<b>6,7</b>
Sovrappeso (inclusi obesi)	<b>32,6</b>	<b>35,2</b>	<b>29,8</b>	<b>29,8</b>	<b>27,4</b>	<b>27,3</b>	<b>26</b>
<b>Ragazze</b>							
Obesità	<b>9,7</b>	<b>9,8</b>	<b>6,2</b>	<b>6,3</b>	<b>5,7</b>	<b>6,4</b>	<b>4,3</b>
Sovrappeso (inclusi obesi)	<b>31,4</b>	<b>36,8</b>	<b>29,2</b>	<b>27,1</b>	<b>24,1</b>	<b>26,2</b>	<b>27,9</b>
<b>Totale</b>							
Obesità	<b>10,0</b>	<b>10,0</b>	<b>7,4</b>	<b>7,2</b>	<b>6,7</b>	<b>7,3</b>	<b>5,6</b>
Sovrappeso (inclusi obesi)	<b>32,0</b>	<b>36,0</b>	<b>29,5</b>	<b>28,5</b>	<b>25,8</b>	<b>26,8</b>	<b>27</b>

# HBSC



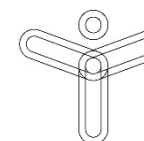
Health Behaviour  
in School-aged Children

A WORLD HEALTH ORGANIZATION CROSS-NATIONAL STUDY

## Studio e monitoraggio dei comportamenti e stili di vita degli adolescenti

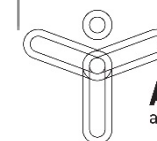
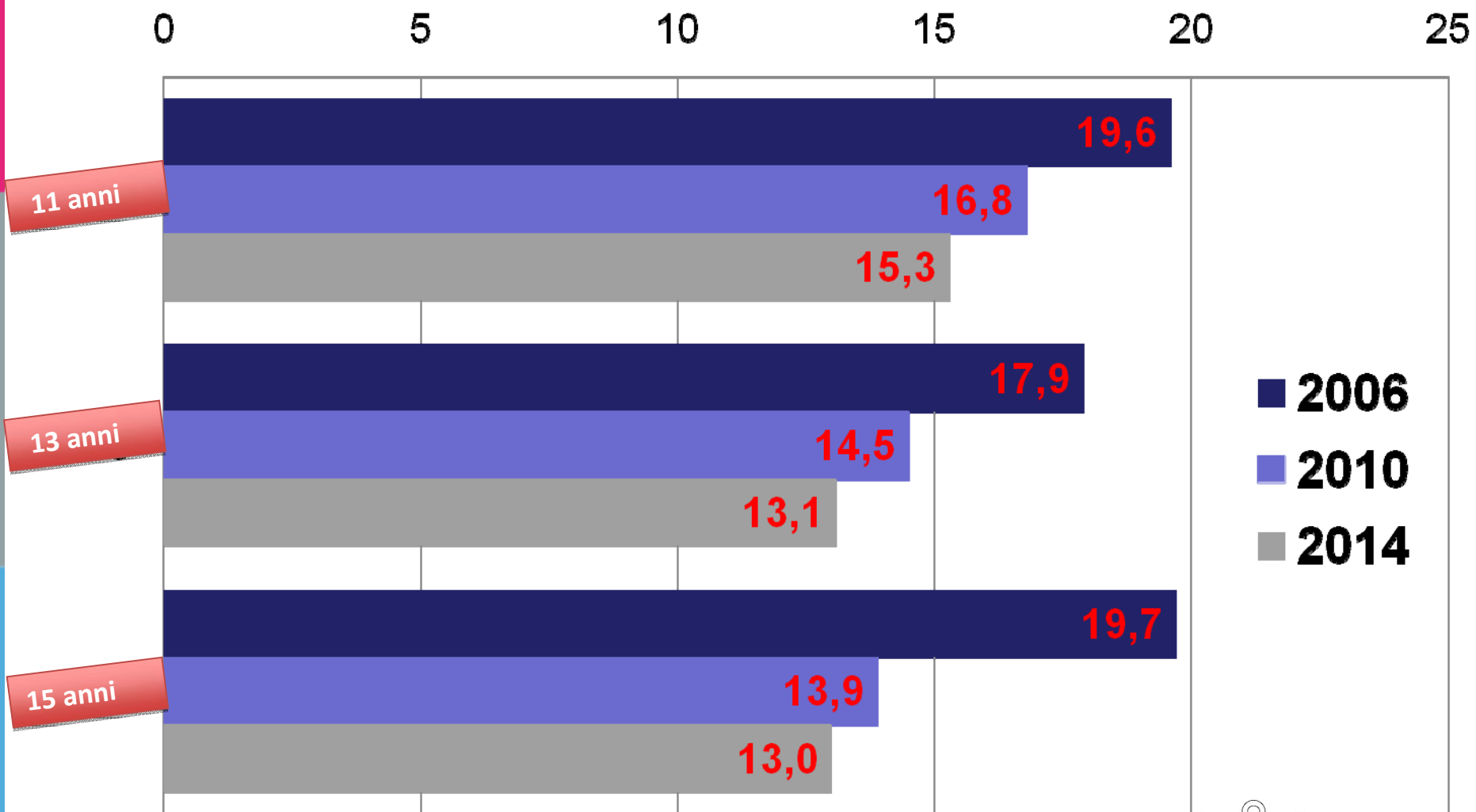


- ✓ Tre campioni di giovani di 11, 13 e 15 anni sono stati selezionati, con campionamento a grappolo stratificato a due stadi, dalle rispettive popolazioni di studenti delle scuole medie inferiori e superiori toscane
- ✓ Stratificazione delle scuole in base alla distribuzione territoriale delle ASL
- ✓ n = 1200 soggetti per fascia d'età (valutata sulla frequenza attesa del 50%, con precisione delle stime del  $\pm 3\%$ , intervallo di confidenza del 95%)



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# Confronto sovrappeso complessivo Toscana





# Sovrappeso e Obesità

	SOVRAPPESO	OBESITÀ	TOTALE
	%	%	%
11 ANNI	9,6	0,3	9,9
	17,9	3,3	21,2
13 ANNI	8,5	0,3	8,8
	15,5	1,9	17,4
15 ANNI	6,5	0,5	7,0
	13,2	1,2	14,4

# Sovrappeso e Obesità



# INDAGINE EDIT



EDIT

Dimensioni carattere: Alto contrasto Layout Reimposta



Home

Il campione

Temi trattati

Pubblicazioni

Eventi

Review-bibliografica

Indicatori

## Epidemiologia dei **D**eterminanti dell'**I**nfortunistica stradale in **T**oscana

Lo studio EDIT nasce dalla necessità di migliorare le conoscenze sulle possibili cause degli incidenti stradali

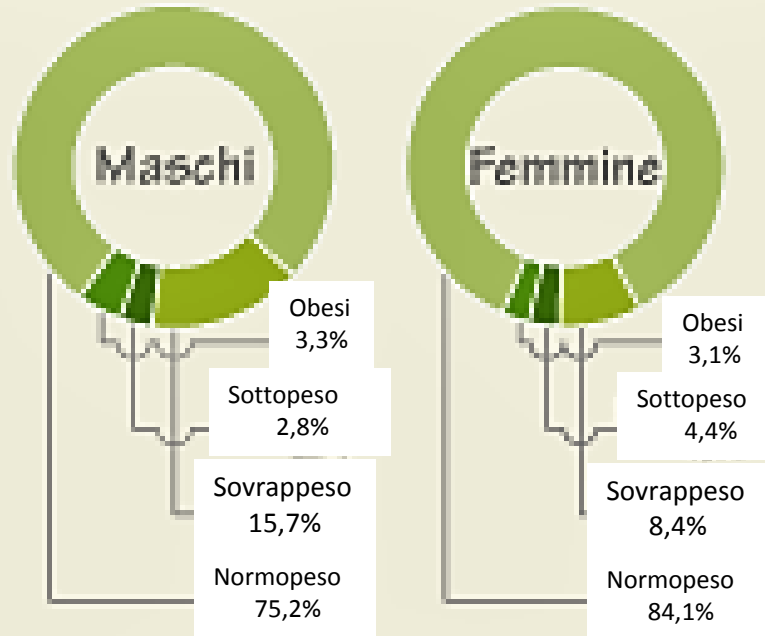
L'indagine è stata condotta dal settore Epidemiologia dei servizi sociali integrati dell' Agenzia regionale di sanità della Toscana, nei mesi compresi tra febbraio e maggio del 2005, 2008, 2011 e **2015** coinvolgendo un campione di studenti delle scuole medie superiori della regione Toscana rappresentativo per AUSL e per tipologia di istituto,

Studenti tra 14 e 19 anni

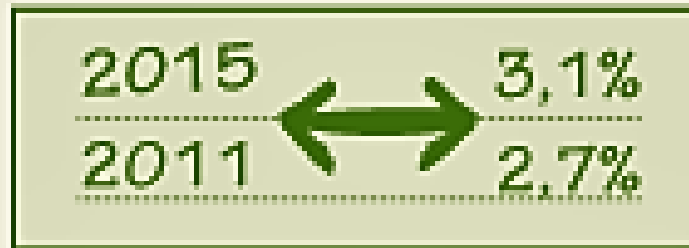


# SISTEMA EDIT

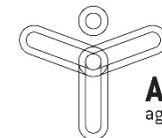
## Peso corporeo



## Gli obesi



Totale  
Sovrappeso  
**12,2%**  
Obesità  
**3,1%**



# SISTEMA PASSI

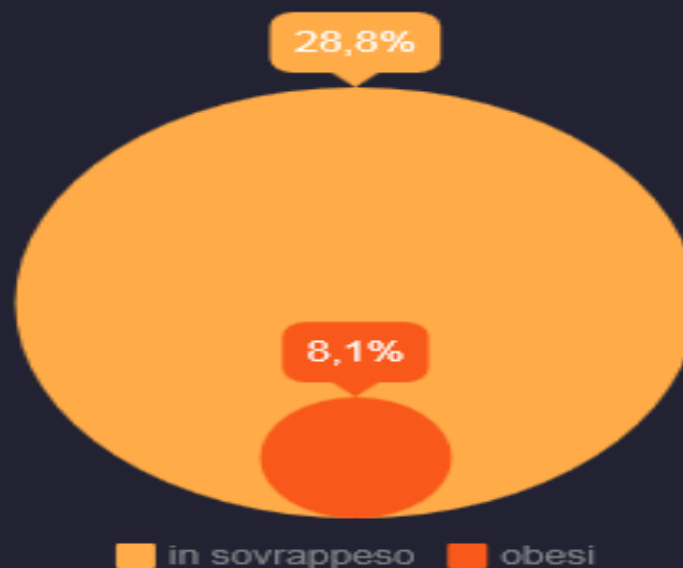
IL SISTEMA DI SORVEGLIANZA  
P.A.S.S.I.



È un sistema di sorveglianza della **popolazione adulta tra i 18 e i 69 anni.**

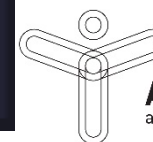
# SISTEMA PASSI

**In Toscana il 36,9%  
degli adulti di 18-69anni  
è in eccesso ponderale:  
il 28,8% in sovrappeso  
e l'8,1% obeso**



**Il valore toscano  
risulta essere migliore  
rispetto alla media italiana.**

dati ISS, sorveglianza PASSI, anni 2012-2015



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# Progetto PASSI

Dati standardizzati

## Eccesso ponderale per regione di residenza

Passi 2013-2016

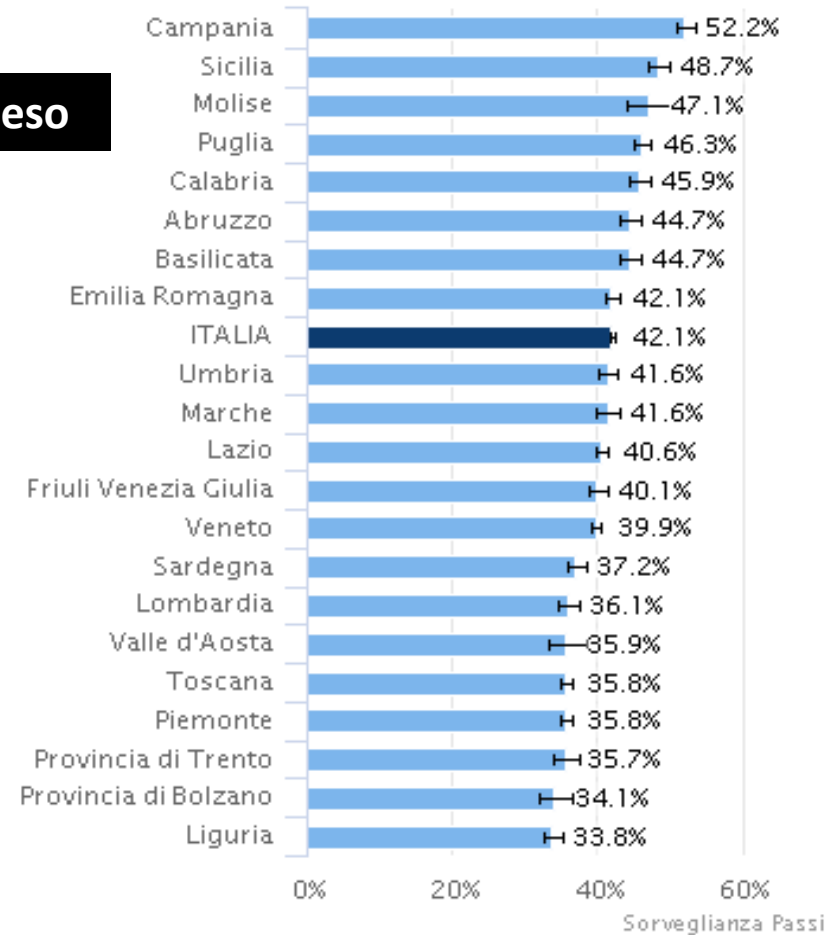


- peggiore del valore nazionale
- simile al valore nazionale
- migliore del valore nazionale

Sorveglianza Passi

## Eccesso ponderale per regione di residenza

Passi 2013-2016



Mostra valori

# Progetto PASSI

Dati standardizzati

## Obesi per regione di residenza

Passi 2013-2016

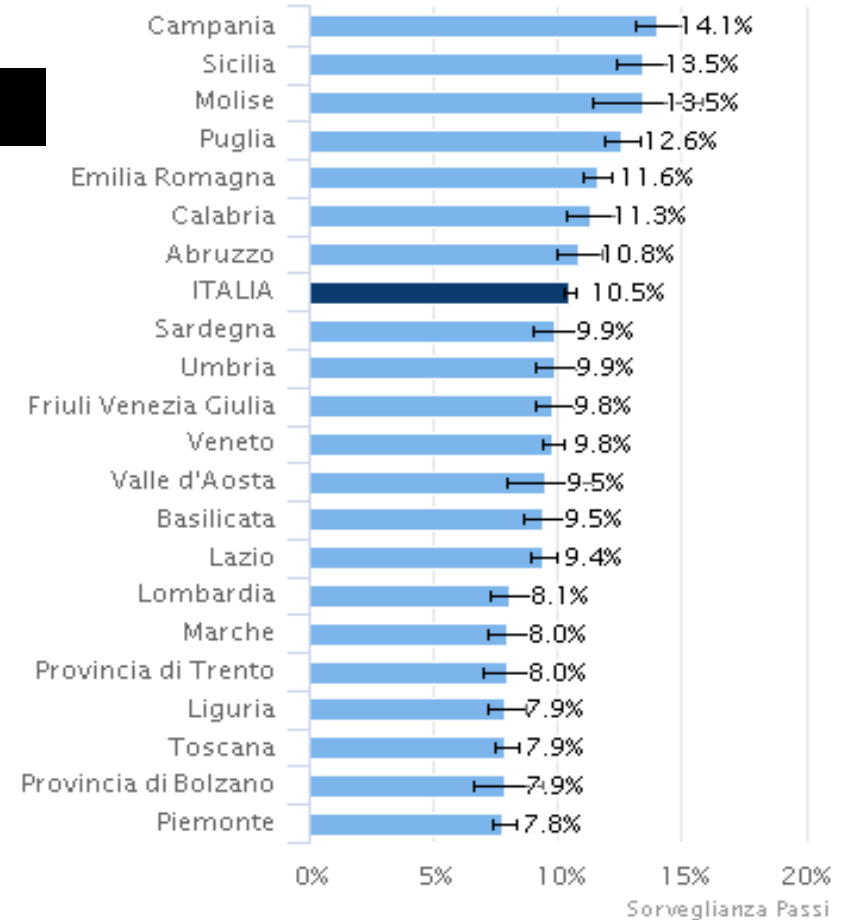


- peggiore del valore nazionale
- simile al valore nazionale
- migliore del valore nazionale

Sorveglianza Passi

## Obesi per regione di residenza

Passi 2013-2016



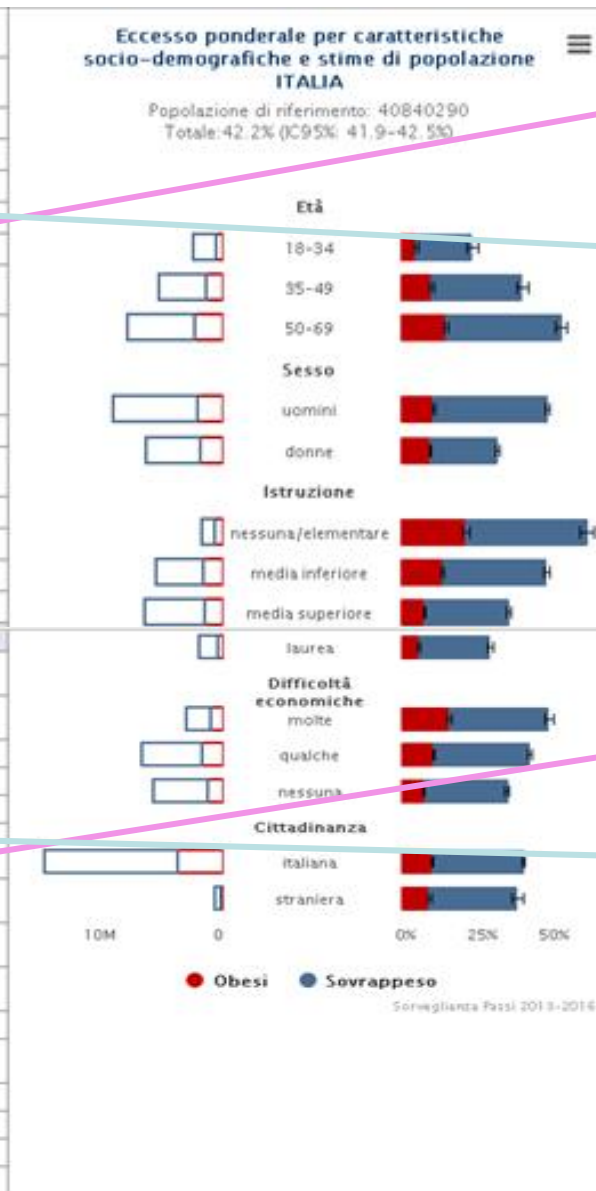
Mostra valori



# Progetto PASSI

OBESITA'		ITALIA n = 145992		
		%	IC95% inf	IC95% sup
Età	18-34	5.1	4.5	5.9
	35-49	10.5	9.7	11.4
	50-69	15.7	14.8	16.5
Sesso	uomini	11.2	10.9	11.6
	donne	9.9	9.6	10.2
Istruzione	nessuna / elementare	22.5	21.4	23.6
	media inferiore	14.3	13.9	14.8
	media superiore	8.0	7.8	8.3
	laurea	5.8	5.4	6.2
Difficoltà economiche	molte	16.5	15.8	17.2
	qualche	11.2	10.8	11.5
	nessuna	7.8	7.5	8.0
Cittadinanza	italiana	10.6	10.4	10.8
	straniera	9.6	8.9	10.5

Sovrappeso		ITALIA n = 145992		
		%	IC95% inf	IC95% sup
Età	18-34	19.5	18.4	20.7
	35-49	31.5	30.4	32.7
	50-69	40.2	39.1	41.4
Sesso	uomini	39.7	39.2	40.2
	donne	23.8	23.4	24.2
Istruzione	nessuna / elementare	42.3	41.0	43.6
	media inferiore	36.4	35.8	37.0
	media superiore	29.5	29.0	29.9
	laurea	24.9	24.2	25.6
Difficoltà economiche	molte	34.7	33.8	35.6
	qualche	33.3	32.8	33.9
	nessuna	29.0	28.5	29.4
Cittadinanza	italiana	31.7	31.4	32.1
	straniera	30.4	29.2	31.7



9,9%

7,6%

11,2%

8,6%

Italia

Toscana

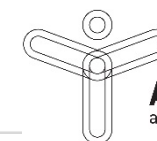
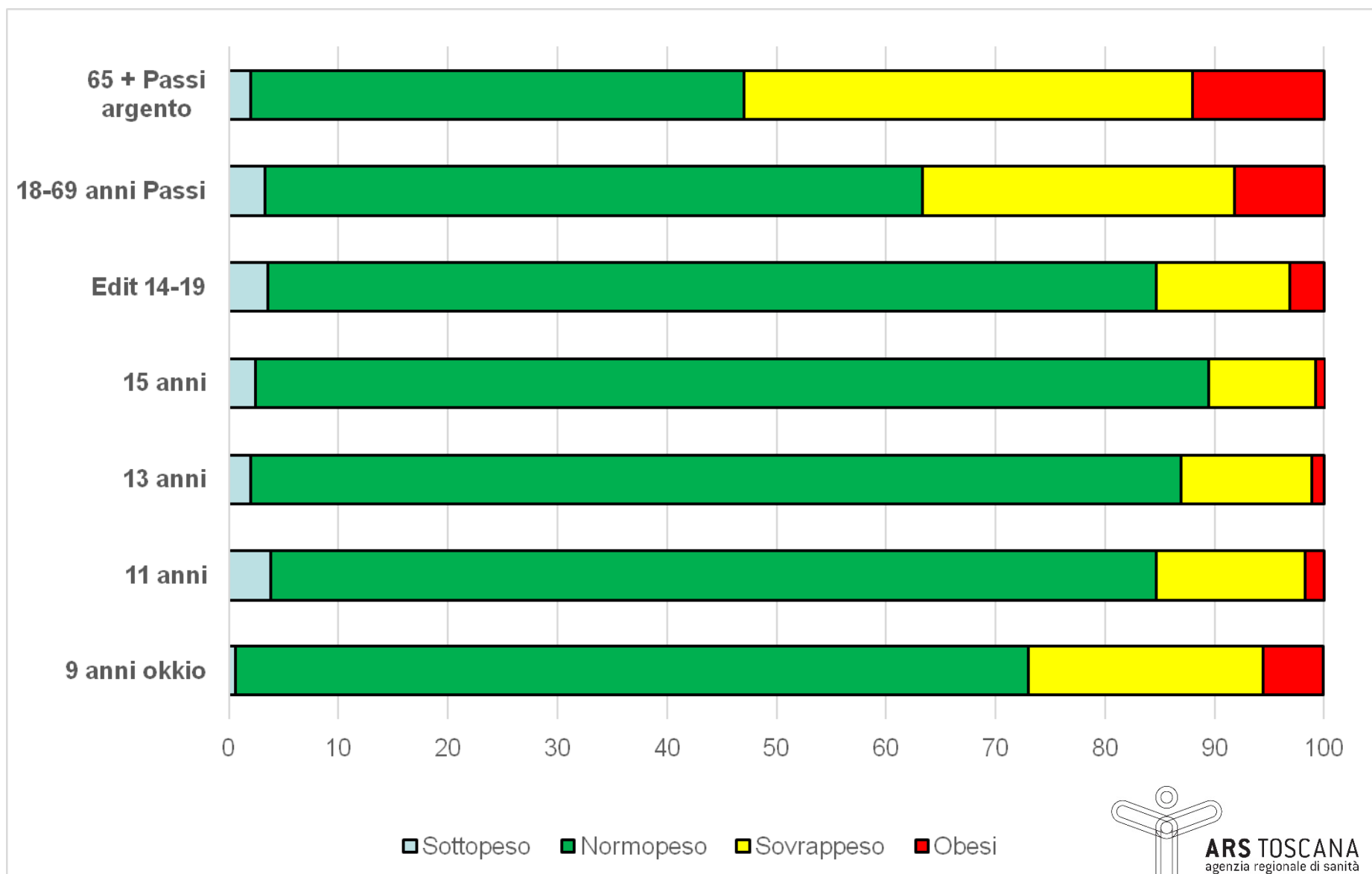
23,8%

21,3%

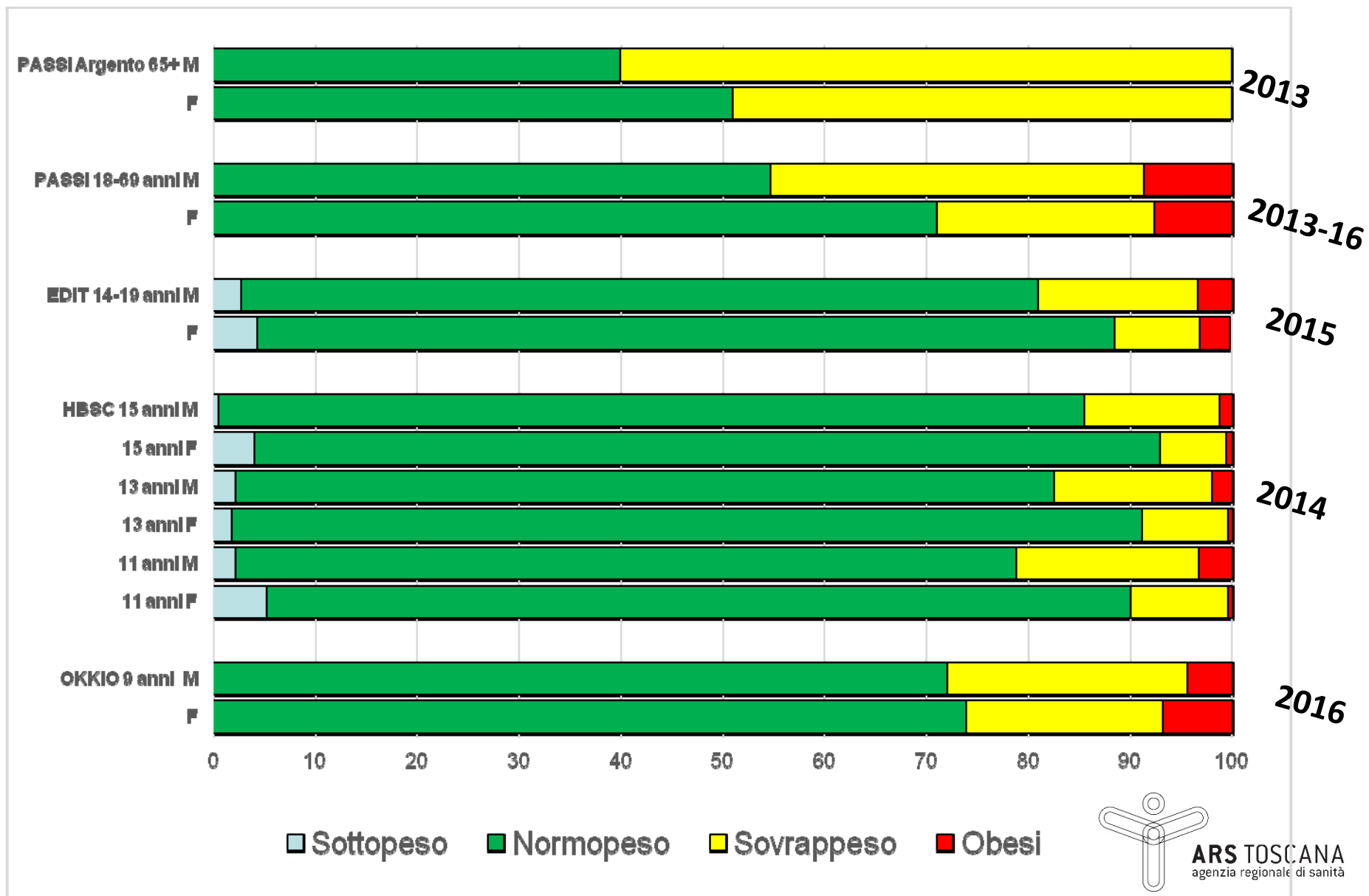
39,7%

36,6%

# Conclusioni



# Conclusioni

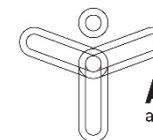


# Conclusioni

- ✓ Eccesso ponderale in diminuzione in tutte le fasce di età
- ✓ Le femmine prevalenza più bassa rispetto agli uomini
- ✓ Armonizzare sistemi di sorveglianza (raccolta dati e tempistica)
- ✓ Correlazione tra stato socio/economico/culturale e rischio di sovrappeso
- ✓ Mantenere sorveglianze ed implementare interventi multisettoriali e multicomponente



# Grazie per l'attenzione

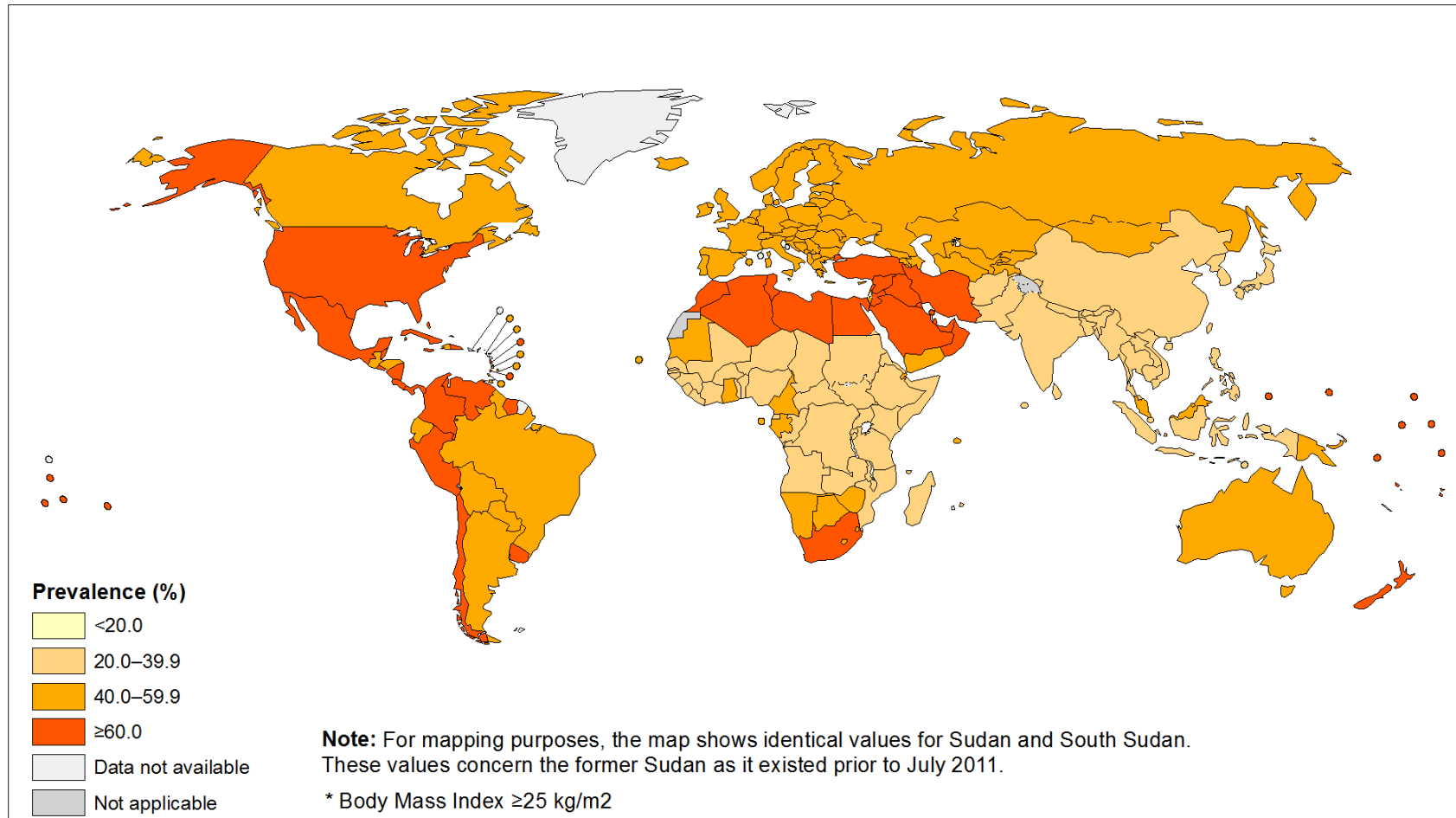


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# Sovrappeso e Obesità: adulti

Prevalence of overweight\*, ages 18+, 2016 (age standardized estimate)  
Female



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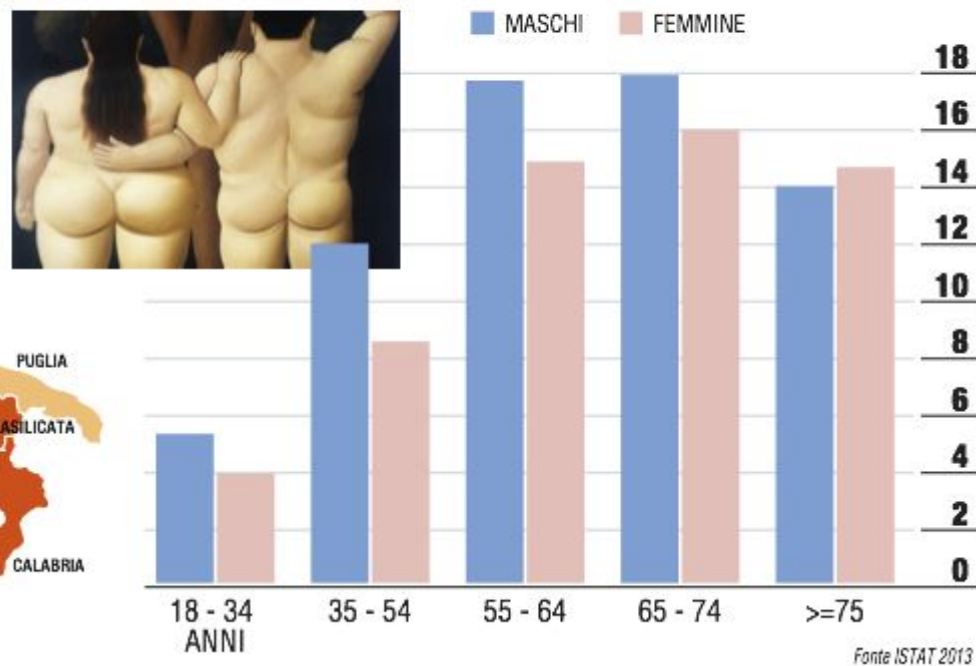
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# IL PROBLEMA DELL'OBESITÀ IN ITALIA

## ● Bambini di 8-9 anni in sovrappeso e obesi per regione



## ● Prevalenza dell'obesità in Italia in base al sesso e alle fasce di età





HEALTH WORKERS CAN HELP  
**REDUCE** THIS EPIDEMIC BY:

**Measuring**  
all children under 5 for  
**weight and height**  
to determine  
overweight or obesity





**41 MILLION**  
**CHILDREN UNDER AGE 5 ARE**  
**OVERWEIGHT**  
**OR OBESE**

