



## **The European Association for the Study of Obesity**

Colleagues and Friends of the Malaysian Association for the Study of Obesity (MASO),

On behalf of the European Association for the Study of Obesity (EASO), it is a great pleasure to send you warm greetings from Europe on the occasion of World Obesity Day.

Today, across our region, we are marking this important day with two major initiatives. In Brussels, we are hosting a Parliamentary event, bringing together Members of the European Parliament, colleagues from related disease areas, policymakers from the European Institutions, clinicians, and people living with obesity to advance the recognition and management of obesity as a serious, chronic noncommunicable disease in its own right.

In Vienna, we are convening clinical leaders and primary care professionals to focus on strengthening obesity management in primary care settings, where most people first seek support and where earlier, structured interventions can make a profound difference.

The central message of both events is clear: we must place obesity at the centre of our efforts to improve population health.

Obesity is not simply one risk factor among many. It is a multifactorial chronic disease that drives a wide range of other noncommunicable diseases, including type 2 diabetes, cardiovascular diseases, certain cancers, liver and kidney disease, and musculoskeletal conditions. By addressing obesity systematically and compassionately, we have a powerful opportunity to reduce the burden of these related chronic diseases and to strengthen health systems overall.

This requires political will, professional education, and coordinated action across disciplines. It requires person-centred clinical consultation in primary care. It requires equitable access to evidence-based obesity management. And it requires partnership - across countries, regions, and continents.

We know that Malaysia, like many countries, is addressing rising rates of obesity and the growing impact of chronic disease. Our challenges may differ in detail, but our commitment is shared: to improve health, reduce stigma, and ensure that people living with obesity receive the care and support they deserve.

On this World Obesity Day, we stand with you. We look forward to strengthening collaboration between Europe and Malaysia, sharing knowledge, advancing research, and advocating together for policies that recognise obesity as central to improving global health.

Together, we can ensure that obesity is recognised, prioritised, and effectively addressed as a disease for the benefit of current and future generations.

With warm regards from Europe,  
Volkan Demirhan Yumuk, MD  
President, EASO