



# Activities ALLOB 2025

ALLOB-Session

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# Goals

Strengthening and optimization of therapeutic services from prevention to lifelong follow-up care, in particular through holistic, interdisciplinary support for affected persons and low-threshold education of all age groups about the disease and its causes, also with a view to effectively combating the still frequent stigmatization against overweight persons in everyday life.



# Focal points

- Optimisation of multidisciplinary therapeutic approaches for all age groups.
- Raising awareness among the general public and healthcare professionals about the special needs of patients living with overweight and obesity
- Referring those affected and/or their relatives to regional specialist services
- Ensuring holistic care for people with obesity



# Situation in Switzerland (2022)

- 43% of the adult population is overweight or obese (around 3.7 million people with a BMI > 25)
- Of these, 12% are living with obesity (around 1 million people with a BMI > 30)
- 15% of children and adolescents are overweight or obese



# Is Obesity a disease?

- Obesity has been defined as a complex chronic disease according to the WHO International Classification of Diseases (ICD-11) since 1997.
- According to ATSG Art. 3, overweight and obesity are also recognized as a disease in Switzerland. The assumption of costs under obligatory health insurance for the treatment of overweight and obesity is regulated in the Health Care Benefits Ordinance (KLV) Annex 1.



# Therapy recommendation ALLOB

Multidisciplinary therapy = involvement of all specialists from the following fields:

- Medical practitioner
- Surgery
- Nutrition
- Exercise
- Psychology

The decision on the appropriate therapy is made together with the person concerned and, if necessary, their relatives.



# Therapy recommendation ALLOB

## **Behavioural adjustment (individual or in groups)**

- Nutrition
- Exercise
- Psychological support



supported  
by



## **Medical intervention**

- With drugs
- With surgery



# Obesity and Stigmatization

- There are still major gaps in knowledge on the subject of obesity.
- There is a lack of awareness that obesity is a serious, complex disease that can have different causes.
- An inadequate diet and lack of exercise are only a part of the causes.
- Other causes such as:
  - genetic predisposition
  - psychological factors
  - metabolic diseases



# Consequences of stigmatization

- Increase of eating disorders
- Avoidance/reduction of physical activity
- Weight gain (e.g. due to frustration eating)
- Decreased self-esteem and self-confidence
- Negative self-image and body image
- Depression
- Isolation



# Goals achieved so far by the Swiss Obesity Alliance:

- Amendment to the description of therapy for overweight and obesity in Annex 1 KLV
- Political initiatives (questions for Question Time and interpellations via the National Council, motions via the Council of States)
- Media releases on the topic of stigmatization and appropriate treatment
- Annual ALLOB session to raise awareness among healthcare professionals at the SSED annual conference
- Organization of the Swiss-German Obesity Day (event for those affected)
- Up-to-date website in all 3 national languages
- Online platform for finding experts ([www.uebergewicht-experten.ch](http://www.uebergewicht-experten.ch) )



# Support for health professionals and those affected:

- In order to reduce stigmatization in the healthcare sector, Eurobesitas has produced a guide to support professionals in their work with people suffering from obesity.  
(<https://www.allianzadipositasschweiz.ch/fuer-fachpersonen/stigmatisierung> )
- Conversation aid for those affected to prepare for the consultation with experts ([www.uebergewicht-experten.ch](http://www.uebergewicht-experten.ch) )



# Current status and perspectives

- Due to the cost-saving measures introduced by the Federal Council, the FOPH had to terminate the mandate agreement signed at the beginning of 2025 by the end of the year.
- ALLOB Executive Board decision in March 2025 – “We want to continue working”
- Strategy and budget for 2025 and 2026 have been adjusted
- 2026 is planned as a transition year, during which the member organizations will consider how to move closer together in order to speak with one voice.
- ALLOB will coordinate and moderate the discussions
- We look forward to this work and the results it will bring!



Thank you very much for your attention!



# Sources

Loi fédérale sur la partie générale du droit des assurances sociales (LPGA) du 6 octobre 2000 (État le 1er janvier 2024),  
<https://www.fedlex.admin.ch/eli/cc/2002/510/fr>

Annexe 1 de l'ordonnance sur les prestations de l'assurance des soins (OPAS),  
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