

## **EA-16.01**

### **Systemics for Process Cohesion: Developing a National System for the Prevention & Management of Overweight and Obesity in Childhood and Adolescence in Greece**

**Penio Kassari, George Chrousos, Evangelia Charmandari**

First Dept of Pediatrics, Division of Endocrinology, Metabolism & Diabetes,  
"Aghia Sophia" Children's Hospital  
Thivon & Levadias, 11527, Athens, Greece

Email: [peniokassari@gmail.com](mailto:peniokassari@gmail.com), [chrousos@gmail.com](mailto:chrousos@gmail.com),  
[evangelia.charmandari@googlemail.com](mailto:evangelia.charmandari@googlemail.com)

#### **EXTENDED ABSTRACT**

Childhood obesity is a condition characterized by excess body fat accumulation, which may have adverse effects on health. Overweight and obesity in childhood are known to have significant impact on both physical and psychological health. Environmental factors, lifestyle preferences, and cultural environment play pivotal roles in the rising prevalence of obesity worldwide.

Due to its rising prevalence and its many adverse effects on health, obesity is being recognized as a serious public health concern. Research studies have clearly demonstrated that prevention could be the key strategy for controlling the current epidemic of obesity. In order to prevent or treat obesity in children it is necessary to perform a population wide reassessment of the calorie intake, as well as activity recommendation due to the sedentary lifestyle of children nowadays. Prevention may be achieved through a variety of interventions targeting built environment, physical activity, and diet.

This is the main scope of the Program "Development of a National System for the Prevention & Management of Overweight and Obesity in Childhood and Adolescence in Greece", sponsored by the National Strategic Reference Framework (NSRF) 2007–2013. The NSRF (National Strategic Reference Framework) 2007–2013 constitutes the reference document for the programming of European Union Funds at national level for the 2007–2013 period. It was elaborated within the framework of the new strategic approach to the Cohesion Policy of the European Union, according to which NSRF "...ensures that the assistance from the Funds is consistent with the Community strategic guidelines on cohesion and identifies the link between Community priorities, on the one hand, and the national reform program, on the other."

The program has the endorsement of the Ministry of Health and the Research Center of the National & Kapodistrian University of Athens, Greece. The Division of Endocrinology, Metabolism & Diabetes, of the First Department of Pediatrics, at "Aghia Sophia" Children's Hospital, serving as a Center for Control and Prevention of Overweight and Obesity in Childhood and Adolescence, has undertaken the responsibility to plan, organize, lead, implement and control all the necessary actions for the development of the Prevention System.

Through the deployment of systemic approaches and program & project management processes, we will try to improve the Strategic Planning & Operations, i.e. better understanding of the Centre in relation both to its internal and external environment (the main hospital, other hospitals, Pediatricians,



partners, collaborating organizations and societies and others), identification of inconsistencies and needs regarding procurement (equipment, materials, reagents) and personnel issues, indication of ways for improving marketing processes and plans to inform and aware doctors all over Greece for the great need in participating in registering overweight or/and obese children.

**Keywords:** Childhood obesity, Overweight, National Strategic Reference Framework (NSRF), Prevention Management, Systemic approaches, program & project management processes