



Digestive Health Month 2025: Uniting our voices to spotlight digestive health and obesity

Each May, we come together as a community to mark [Digestive Health Month](#) – a time to raise awareness, advocate for better care, and drive policy change.

This year, our campaign turns the spotlight on the pressing issue of obesity and its critical link to digestive diseases and cancers. With projections indicating that up to 50% of the global population – nearly 4 billion people – could be affected by overweight and obesity by 2035, the scale of the issue is undeniable. Obesity and overweight are already key drivers of digestive diseases and cancers, underscoring the critical need for coordinated, cross-sector action.

Throughout May, we will highlight a series of weekly themes – ranging from childhood obesity to prevention strategies and policy solutions – all leading up to World Digestive Health Day on May 29, championed by the [World Gastroenterology Organisation](#) under the theme [Your Digestive Health: Nourish to Flourish](#).

Let's use this month to raise our voices, share knowledge, and push for stronger public health action. You can follow and amplify the campaign across our channels – [LinkedIn](#), [Facebook](#), [Instagram](#), [X](#), and [Bluesky](#) – using #DigestiveHealthMonth.

[Learn more about the campaign](#)

Connecting the dots: Obesity, digestive diseases and cancers

UNITED EUROPEAN
GASTROENTEROLOGY
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June 5, 2025 | 12:00-14:00 CET
European Parliament, Brussels
Room PHS 7C50

Hosted by MEP Romana Jerković (S&D, Croatia)



digestive
health
group.



Register now: Policy Event on Obesity & Digestive Health

Following Digestive Health Month, we're delighted to invite you to a high-level event at the European Parliament titled [Connecting the dots: Obesity, digestive diseases and cancers](#), hosted by MEP Romana Jerković.

This event will be a key moment to present compelling evidence linking obesity to a wide range of digestive diseases and cancers, and to call for meaningful, coordinated EU policy action. It will also mark the official relaunch of the [MEP Digestive Health Group](#) for the current legislative term, reaffirming our commitment to long-term political engagement.

We're honoured to welcome representatives from the [European Association for the Study of Obesity](#) (EASO), [WHO Europe](#), the [European Liver Patient's Association](#) (ELPA), [Digestive Cancer's Europe](#) (DICE), and Members of European Parliament (MEPs) including Ignazio Marino, Tomislav Sokol and Alessandra Moretti. We thank all our National and Specialist Member societies for their continuous support.

Join us in Brussels and [register before May 26](#) to be part of this timely discussion!

[Register now](#)

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The Growing Burden of Obesity

Epidemiology

- Prevalence of overweight and obesity is expected to rise from **38%** (2.6B people) **in 2020** to **50%** (4B people) **by 2035**
- Increasingly common among **children and adolescents**
- Highest growth in **lower-income countries**



Consequences of obesity

Diabetes | Cardiovascular diseases
| Hypertension | Cancer | Gastrointestinal
Diseases | Steatotic liver disease



Obesity prevention

- Prevention starts in **prenatal life**
- **Balanced diets** and **regular exercise**, supported by public education & infrastructure, reduce risks
- Addressing **socioeconomic disparities** promotes healthier eating
- Public policies help reduce **smoking, alcohol, and sugar-sweetened drink** consumption
- Reducing **obesity-related stigma** improves physical & mental health
- **Affordable diagnostic tests** aid early detection & disease management



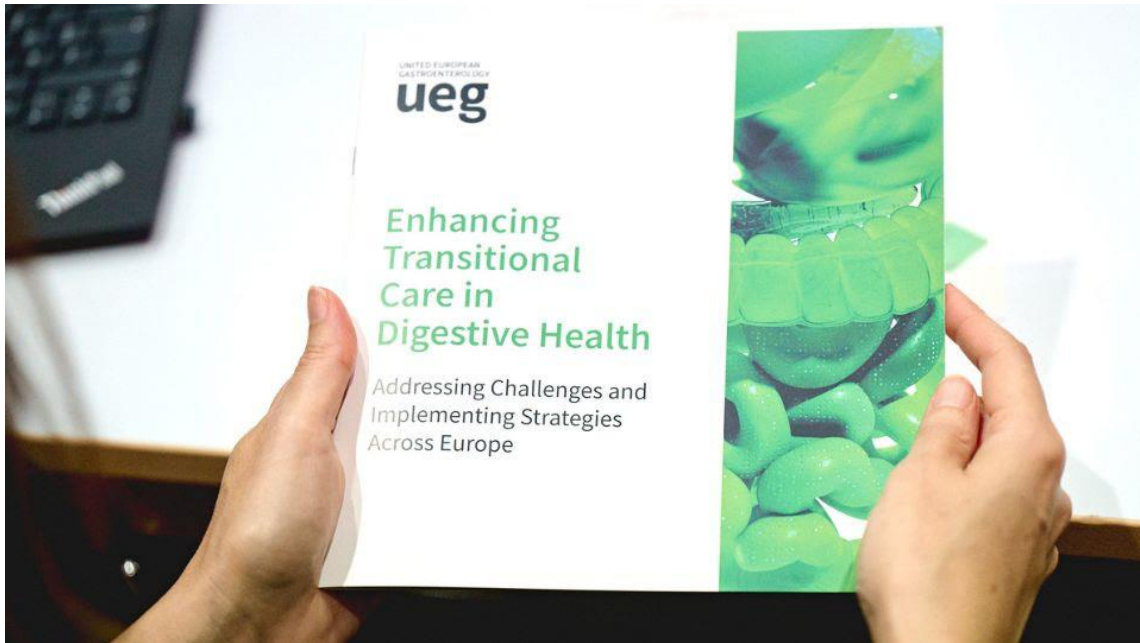
Just published: New UEG Journal News article on obesity

In line with this year's Digestive Health Month focus, we're thrilled to share our latest article, [The Growing Burden of Obesity: Addressing a Global Public Health Challenge](#), now available in the UEG Journal News section.

Co-authored by members of our Public Affairs Group, including Shira Zelber-Sagi, Jorge Amil Dias, Maria Buti, Coskun Ozer Demirtas, Pierluigi Fracasso, Daniel Hartman, Andrea Laghi, Patrick Michl, myself, and ESPGHAN member Elvira Verduci, the article explores the consequences of obesity on other diseases, including gastrointestinal diseases, and outlines actionable prevention strategies.

I encourage you to read this important piece and share it with your networks!

[Read the full article](#)



Coming soon: UEG Podcast on Transitional Care

Together with my colleague Jorge Amil Dias from the [European Society for Paediatric Gastroenterology, Hepatology and Nutrition \(ESPGHAN\)](#), we will soon record a brand-new episode of the UEG Podcast focused on Transitional Care in Digestive Health.

Transitional care ensures that young patients with chronic digestive conditions receive continued support as they transition from paediatric to adult care. This is a crucial phase that often gets overlooked, but with the right strategies, it can significantly improve long-term health outcomes.

The episode will launch soon on [Gutflix](#), UEG's new platform for gastroenterology content.

To learn more about this topic, read our latest report [Enhancing Transitional Care in Digestive Health](#).

[Access the report](#)

