



Obesity Care Week 2026 Sample Email/Blog Text:

Please use this as a template for blogs, emails and newsletters posted before or during Obesity Care Week. Feel free to use this as-is or to also add personal/organizational stories/priorities that will make this more impactful for your audience.

Join Us for Obesity Care Week 2026: Commit To Care

Mark your calendars! **[Insert Organization name]** is a proud supporter of Obesity Care Week (OCW) 2026, March 2-6, and this year's theme is **"Commit to Care."** OCW is a global initiative that calls on individuals, communities and policymakers to unite in support of accessible, affordable, respectful and compassionate obesity care.

Obesity is a chronic and complex disease that affects millions, yet too many people face barriers to care—including stigma, discrimination and limited access to effective treatments. OCW 2026 is a chance to change that by taking meaningful action.

How You Can Get Involved

1. Sign the Pledge to Commit to Care

Make a personal commitment to support better obesity care by signing the pledge at obesitycareweek.org. By pledging, you're joining a global effort to:

- Raise awareness about the challenges of obesity as a chronic disease.
- Advocate for improved policies that expand access to effective, evidence-based care.
- Treat everyone with respect and compassion, free from stigma or bias.
- Encourage meaningful conversations about the importance of health and well-being.

2. Take Action in the Action Center

This year, OCW is providing the opportunity for people to encourage the administration to commit to care by expanding comprehensive obesity coverage. Visit the Action Center to:

- Send messages to your state and federal representatives.
- Discover other ways to push for better obesity care policies in your area.

3. Share and Learn

Explore educational resources, toolkits and shareable materials on the OCW website. Use these to spark conversations about the importance of accessible, affordable and compassionate obesity care and help raise awareness in your community.

Why Your Help Matters

The changes required to adequately and appropriately treat obesity must happen on a societal level—and NOW is the time to ACT! Everyone has a role in advancing accessible, affordable and compassionate obesity care.

Join **[Organization Name]** in getting involved with Obesity Care Week and show that you #CommitToCare!

About Obesity Care Week

Obesity Care Week (OCW) is an annual public awareness initiative supported by more than 130 health organizations and leaders in 90 countries around the world. Despite extensive research and studies, stigma and misperceptions continue to negatively shape the way people with obesity are treated. That is why Obesity Care Week Champions and Partners stand together to change the way society cares about obesity. To learn more about Obesity Care Week and get involved, visit ObesityCareWeek.org.