# UK Obesity Forum Proposes 'Metabo' Law for Worker Health and Productivity



Tam Fry of the National Obesity Forum in the UK has proposed implementing a system similar to Japan's "metabo" law to tackle obesity among workers and reduce its economic impact. This suggestion follows an unpublished study indicating that obesity-related illnesses significantly reduce the productivity of the British workforce, costing the economy substantially.

The Japanese law, in effect since 2008, mandates annual waistline checks for employees aged between 40 and 74. Companies with a higher number of overweight employees may face fines but are encouraged to help their staff reduce weight through wellness programs and diet advice.

The disclosed study notes that overweight individuals in the UK are 22% more likely to take seven or more sick days annually, which could explain up to 60% of work leaves due to weight-related issues like diabetes and heart disease. Fry advocates for similar workplace interventions in the UK while acknowledging the potential for public resistance much like historical pushback against mandatory seatbelt laws.