

Puzzling out the Issue of Obesity under the Human Rights-Based Approach

MKG Jeewanthi¹ and MDK Kaneshika²

¹*Department of Legal Studies, The Open University of Sri Lanka*

²*MJF Charitable Foundation, Sri Lanka*

#corresponding_mkjee@ou.ac.lk

The COVID-19 pandemic has been the most devastating health catastrophe that humanity has faced recently, and recent research from several nations have clearly shown obesity as a prevalent attribute among persons who were seriously ill after getting the Corona virus. Obesity has become a global pandemic, causing many people to succumb to non-communicable diseases (NCD). The World Health Organization (WHO) has highlighted consuming an unhealthy diet, which mainly consists of high-fat, high-sugar, and high-salt foods, as a primary cause of obesity. In light of this background, the researcher in this work aims to provide an analysis for the obesity problem that is founded on human rights. The researchers aim is to examine the obesity problem through the lens of human rights, identifying potential human rights violations as well as state party obligations in this regard. In the meantime, the researchers attempt to give remedial options that are based on human rights and specific activities that different stakeholders might do to alleviate the obesity problem induced by eating unhealthy meals. This is a legal study, and the researchers used doctrinal analysis methods to accomplish it. Finally, it can be concluded that a human rights-based approach to addressing the health issue can be effective, and that individuals may be able to file a case under the broader definition of right to life against the state party for failing to take adequate steps to regulate the food industry, which causes obesity.

Keywords: *food safety, obesity, HRBA*