Contributing Factors to Obesity

Research has shown there are at least 57 underlying causes of obesity.

- Some factors are things I have control of and some are out of my control.
- Some factors may cause me to eat too many calories while others lead me to be inactive.
- Just because I have several contributing factors doesn’t mean I am hopeless. I need to look at what might be contributing to my weight and see how I can make changes. I may need to talk with my doctor about some of the changes.
### Inside the Person
- Night eating syndrome
- Binge eating
- Emotional eating
- Delayed fullness
- Higher hunger response

### Outside the Person
- Skipped meals
- Food Surplus
- Portion sizes
- Lack of family meals

### Increases Intake
- Social eating
- Nutrition education
- Advertising
- Eating away from home

### Increases or Decreases Intake
- Self esteem
- Stress
- Yo-yo dieting
- Maternal obesity
- Prenatal exposures

### Decreases calories burned
- Air conditioning and heating
- Increased screen time at work and at home
- Decreased opportunity for lifestyle activity (driving instead of walking)
- Labor saving devises (laundry)

### Contributing to Obesity
- Age related changes like hormones
- Thyroid
- Chronic inflammation
- Genetics
- Depression/Loneliness
- Coping skills

### Coping skills
- Social anxiety or avoiding exercise
- Physical disabilities
- Slower metabolisms
- Gut health