



## 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.

## CONTRIBUTING TO OBESITY

### Inside the Person

- Night eating syndrome
- Binge eating
- Emotional eating
- Delayed fullness
- Higher hunger response

**Increases  
Intake**

### Outside the Person

- Social eating
- Nutrition education
- Advertising
- Eating away from home
- Skipped meals
- Food Surplus
- Portion sizes
- Lack of family meals

- Age related changes like hormones
- Thyroid
- Chronic inflammation
- Genetics
- Depression/Loneliness
- Coping skills

**Increases  
or Decreases  
Intake**

- Self esteem
- Stress
- Yo-yo dieting
- Maternal obesity
- Prenatal exposures
- Medication
- Medical care
- Relationships
- Not sleeping
- Family conflict
- Crime
- Working mothers

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

**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)

