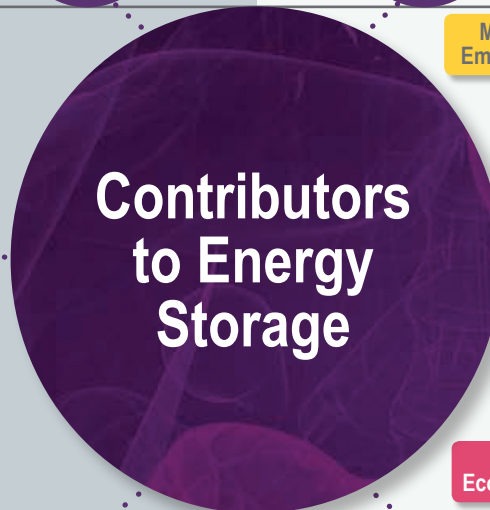


POTENTIAL* CONTRIBUTORS TO OBESITY

2015

Inside the Person

Outside the Person



Increased Intake

Increased Intake

Intake & Expenditure (Or Unknown)

Intake & Expenditure (Or Unknown)

Decreased Expenditure

Decreased Expenditure

Disordered Eating
(night eating syndrome, binge eating, "food addiction")

Emotional Coping

Hyper-reactivity to Environmental Food Cues

Heightened Hunger Response

Delayed Satiety

Age Related Changes
(i.e. menopause, mobility decline, hormones)

Chronic Inflammation
(i.e. altered insulin signaling and glucose homeostasis)

Pathological Sources of Endocrine Dysregulation
(i.e. thyroid dysfunction, PCOS, Cushing's Syndrome)

Genetic & Epigenetic Factors

Central & Peripheral Regulators of Appetite & Adipose Tissue

Gestational Diabetes

Self-regulatory & Coping Deficits

Mood Disturbance
(i.e. depression, anxiety, bipolar etc.)

Trauma History

Mental Disabilities

Thermogenesis

Gut Microbiota

Pain Sensitivity

Physical Disabilities
(i.e. functional impairments and regulatory dysfunction)

Social Anxiety
(i.e. exercise avoidance)

Environmental/ Chemical Toxins

Increased Availability of Energy Dense, Nutrient Poor Foods & Beverages

Larger Portion Sizes

Eating as Recreation, Snacking, Special Occasions

Lack of Nutritional Education

Skipping Meals

Food Insecurity

Diet Patterns

Eating Away From Home

Lack of Family Meals

Market Economy

Food Surplus

Pervasive Food Advertising

Maternal Employment

Breast Feeding and/ or Related Factors

Maternal Stress

Maternal Smoking

Maternal Obesity

Delayed Prenatal Care

Birth Order
(first-born in family)

Having Children
(for women)

Non-parental Childcare

Maternal Over-nutrition During Pregnancy

Birth by C-section

Infection
(i.e. human adenovirus 36)

Weight Gain Inducing Drugs

Smoking Cessation

Sleep Deficits

Family Conflict

Social Networks

Weight Bias & Stigma
(i.e. avoidance of medical care, self esteem, teasing history)

Entering Into a Romantic Relationship

Lack of Employer Preparedness to Assist with Obesity

Lack of Health Care Provider Support/Knowledge & Inadequate Access to Care

Stress

Child Maltreatment

Westernization & Economic Development

Low SES & Nutrition Support

Living in Crime-prone Areas

Weight Cycling
(yo-yo dieting)

Consistent Temperature
(i.e. air conditioning/heating, thermoregulation)

Increased Sedentary Time
(i.e. inactive leisure "screen" time, inactive job requirements)

Built Environment
(i.e. stairwell design/access, building design, absence of or poor sidewalks)

Decreased Opportunity for Non-exercised Based Physical Activity
(i.e. driving vs. walking to work and school, sedentary jobs)

Labor Saving Devices

Pre-natal Air Pollution

Contributor/Influencer

* Potential contributors indicate anything that has been put forth in the research literature as a question of investigation and is not intended to be a verification of whether or not, or the extent to which, each may or may not contribute.