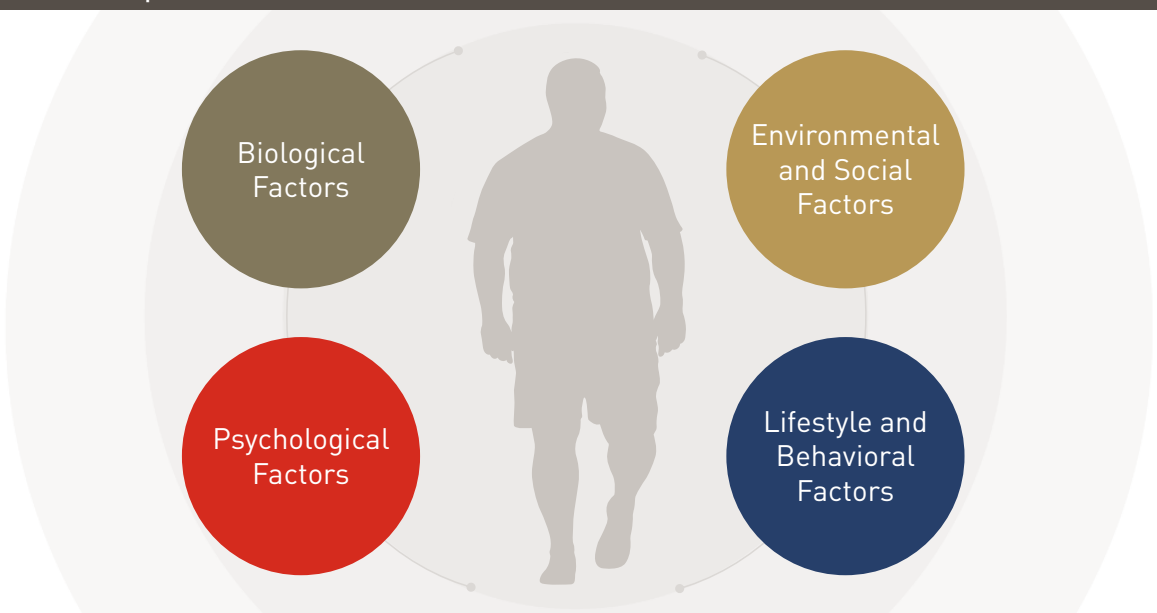
Contributing Factors to Obesity

Obesity Is a Complex, Multifactorial Disease[1,2]



Multiple Factors Contribute to the Development of Obesity[3]

			POTENTIAL FACTORS
↑	Diet	**Increased food intake**	• Mental health • Increased hunger, reduced satiety • Socioeconomic status • Medications
↓	Metabolism and energy expenditure	**Reduced energy expenditure**	• Aging • Sex • Genetics and epigenetics • Neuroendocrine factors • Medications
↓	Physical activity	**Physical inactivity**	• Physical limitations • Emotional barriers • Medications

The heritability of obesity has been estimated to be 40%-70%.[4] Polygenic obesity is most common and occurs due to a mix of genetic and environmental influences.[4,5]

Weight bias involves negative attitudes and judgments toward individuals based on their weight.[6]

Weight stigma is the social devaluation of people because of their body weight that is rooted in negative weight-based stereotypes and may lead to discrimination.[7,8]

Weight bias and weight stigma have adverse consequences on physical and mental health.[6,7]

- Associated with unhealthy eating behaviors and exercise avoidance
- Associated with anxiety, depression, low self-esteem, and body image issues
- Associated with poorer educational outcomes and disadvantages in healthcare
- Associated with elevated biomarkers of physiologic stress (eg, cortisol, C-reactive protein, and blood pressure)
- Associated with reduced quality of life

Body weight "setpoint" has been described as the midpoint or average of the range of body weight at a certain point in a person's life. It can be influenced by[1]:

- Dietary patterns and nutritional status
- Physical activity
- Behavioral patterns
- Environmental factors
- Physical and mental health
- Biological/hormonal responses

Educating patients about alterable and unalterable factors influencing body weight can help reframe their mindset around weight management and mitigate internal weight bias.[1,9]

Key Takeaways

- Obesity is a complex disease with many contributing factors[1-5]
- Weight bias and stigma can have negative impacts on the physical and mental health of people with obesity[6-8]
- Educating patients about factors influencing body weight can help them to mediate their expectations and reduce bias[1]

References

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