

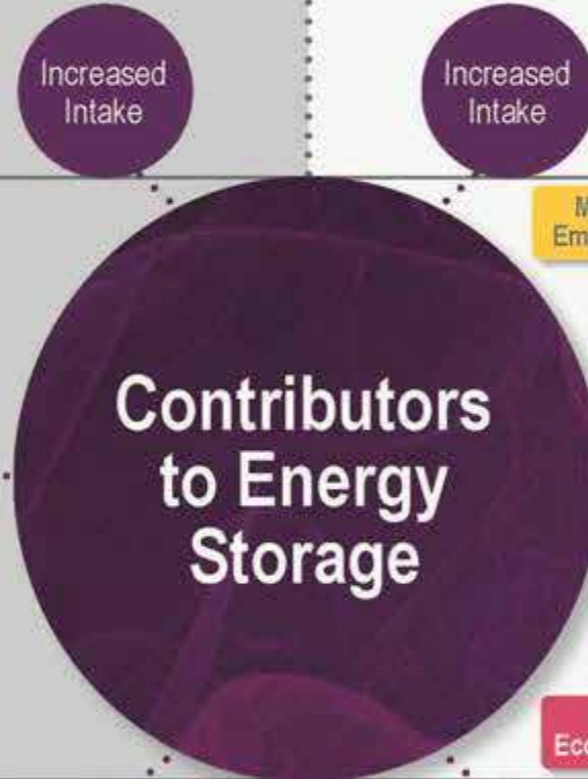
POTENTIAL CONTRIBUTORS TO OBESITY

2015

CURRENTLY UNDER REVISION

Inside the Person

Outside the Person



- Disordered Eating (night eating syndrome, binge eating, "food addiction")
- Emotional Coping
- Hyper-reactivity to Environmental Food Cues
- Heightened Hunger Response
- Delayed Satiety

- 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

- 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

- 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
- Weight Cycling (yo-yo dieting)
- Westernization & Economic Development
- Low SES & Nutrition Support
- Living in Crime-prone Areas

- Thermogenesis
- Gut Microbiota
- Pain Sensitivity
- Physical Disabilities (i.e. functional impairments and regulatory dysfunction)
- Social Anxiety (i.e. exercise avoidance)

- 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

* 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.