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What influences obesity as a disease?

The causes of obesity are multifactorial[1,2]
Many of these factors are outside of an individual's control[1,2]

Obesity is a progressive disease; Obesity is often driven by forces outside of a person's Control. It is influenced by,

Genetics
Some people are genetically predisposed to developing obesity[3].

Psychological
Stress, emotional problems and psychological disorders are linked to overeating and can contribute to the development of obesity[2,3,5]

Physiological
Energy balance is a complex mechanism centrally regulated by the brain with inputs from peripheral hormonal signals released from the gastrointestinal tract, pancreas, and adipose tissue. These are all integrated to regulate appetite and energy expenditure[4].

Environmental
Many aspects of our environment can contribute to the development of obesity, including exposure to oversized food portions, lack of physical activity due to high amounts of screen usage and easy access to unhealthy food[1,3]

Where a person lives, the society in which they live and their income can also influence their chance of developing obesity[4,5,6]

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