

What factors can lead to obesity?¹

Although obesity is most commonly caused by excess energy consumption (dietary intake) relative to energy expenditure (energy loss via metabolic and physical activity), the causes of obesity is highly complex.

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

Genetics



Biology



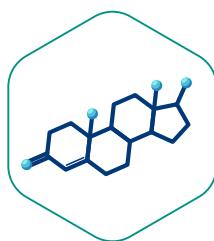
Psychology



Stress levels



Hormones



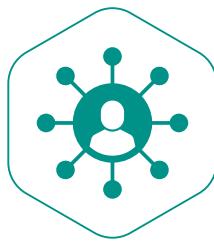
Sleep: Quantity & quality



Medications



Environment



Socioeconomic status

