

# What factors can lead to obesity?<sup>1</sup>

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



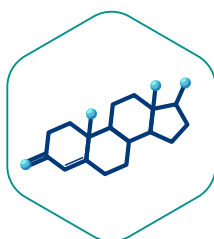
Psychology



Stress levels



Hormones



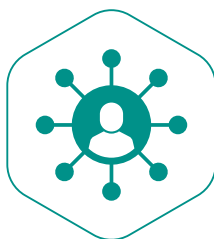
Sleep: Quantity & quality



Medications



Environment



Socioeconomic status



## Reference:

- <https://link.springer.com/article/10.1007/s00261-012-9862-x>  
Wright SM, Aronne LJ. Causes of obesity. Abdom Imaging. 2012;37(5):730-732.