

How does genetics play a role?

Genetics play a central role in obesity, with some evidence suggesting the genetic contribution to be between 40 to 70 percent¹.

How do genes affect weight?¹⁻³

The research in this field is ongoing. But what we do know, is that genes influence:

 **How much food we tend to eat at a sitting.**

 **How we respond to the sensation of fullness.**

 **How much enjoyment we get from certain types of food.**

 **How much energy we need to run our body's basic functions.**

 **How and where excess calories are stored as fat in our bodies.**

 **We now know that these things might have less to do with our personalities and lifestyle choices and more to do with our genes.**



Reference:

1. The genetics of human obesity - ScienceDirect
2. Sample Chapter: Handbook of Obesity Treatment: Second Edition (guilford.com)
<https://www.nature.com/articles/s41430-022-01179-2>
3. Guyenet SJ & Schwartz MW. Regulation of Food Intake, Energy Balance, and Body Fat Mass: Implications for the Pathogenesis and Treatment of Obesity. *The Journal of Clinical Endocrinology & Metabolism* 2012; 97:745-755.
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