

Some Contributing Factors to Unhealthy Weight Gain

Environment: 60-75%

Healthy Food Appears to Cost More and be Less Available and Palatable

Unhealthy Food Appears Cheap, Readily available, and Palatable

Internal Hunger/Satiety Cues Ignored

Dieting Culture/Body Image

External Eating Rules

Food as Stress Manager

Unknown

Other: Medications, Inadequate Sleep, Aging, Etc.

Dopamine Deficiency

Leptin/OB Gene, Etc.

Chaotic Eating Schedule

Increased Sedentary Activities

Increased Modern Conveniences

Metabolic Rate

Insulin Resistance

Genetics: 25-40%

