

Factors Predisposing to Overweight and Obesity

Excess calorie intake

Stress:

May be from losing a job, change in job, bereavement, divorce, separation from a loved one, other forms of stress.

Genetics:

-Presence of obesity in the family

Epigenetics:

-alteration in gene expression without alteration in genetic code

-Factors present in utero (during the time a baby is in the womb) such as gestational diabetes, preeclampsia, under nutrition or over nutrition in pregnancy, preterm/premature delivery, may predispose to ultimate development of overweight and obesity in adulthood.

Nutrition:

-Availability and over consumption of cheap, energy dense, palatable nutrition

Sedentary lifestyle

Environment:

Time is preferentially devoted to activities associated with minimal energy expenditure such as increase in screen time. Twenty five percent of those who watched TV up to 20 hours per week are obese; and 11-14% of those who watched TV <5 hours per week are obese. There is increase prevalence of obesity in those who use computer for greater than 10 hours per week. Also obesity is increased linearly, the more time spent on videogames.

Technology:

-Increase use of vehicles as means of movement. People will preferentially drive to a grocery store 1-2 blocks away than walk or bike.

-People will use elevators/escalators rather than walk up and down stairs.

-People can shop on computers, tablets, and smart phones and have items delivered to their doorsteps rather than walk the aisles of shops to pick out commodities they want to purchase.

Television:

-With the help of remote controls one can change channels, turn up volume or turn down the volume or turn on and turn off the television set, from the comfort of a chair rather than walking up to the television set to perform these activities.

-There are now button operated windows.

Defying the odds:

- Think of going shopping rather than online shopping.
- Using the buttons on your TV rather than remote control.
- Decreasing screen time.
- Using stairs rather than the elevators/escalators.
- Walking a block or 2 (or even more) rather than driving.
- Frequent breaks from inactivity, whether at your job or any other place
- Get up and walk at preselected intervals of times rather than prolonged sitting.
- Fidgeting can result in 200 additional calorie expenditure over a 24-hour period.
- Engage in at least 30 minutes of brisk walking 5 days a week (over your daily routine activities at your job).
- Carry-on-bags (back packs etc.) – a means of getting resistance training, better than luggage with rollers.