Some Obesity Influencers

DISEASES & DISORDERS
- brain disorders
- mental health problems
- endocrine disorders
- hormone disorders
- hypothyroidism
- insulin resistance
- polycystic ovary syndrome
- Cushing's syndrome
- Prader-Willi syndrome

DIETARY
- large portion sizes
- disordered eating
- emotional eating
- junk food
- delayed satiety
- heightened appetite
- lack of fibre
- nutrient deficiency

LIFESTYLE
- sedentary living
- lack of sleep
- stress

OTHER
- genetics
- medications
- pregnancy
- negative experiences
- childhood abuse
- gut microbiome
- increasing age
- environment
- socioeconomic status

Learn more at: badgut.org