

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



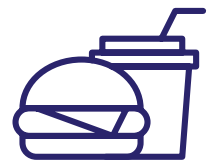
OTHER

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



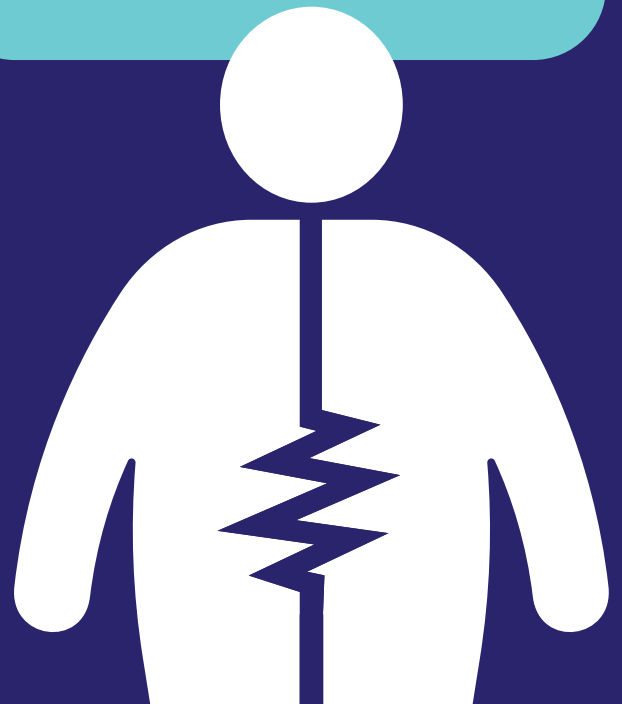
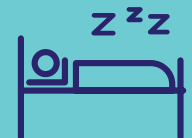
DIETARY

- 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



Learn more at:
badgut.org



badgut.org
Gastrointestinal Society
Canadian Society of Intestinal Research