

The roots of obesity run deep

Together we can create a healthier future.

To have a real impact on obesity, we need to work together to address its many root causes throughout society. Simplifying the disease to any one cause can make treating it even harder. So we must raise awareness and improve access to the appropriate information.

Let's work together to combat the root causes of obesity.



1 BIOLOGY

The human body has in-built mechanisms to protect itself from starvation – this can make it hard to maintain weight loss.

2 FOOD

Ultra-processed food, now seen across the globe, is contributing to the rapid rise in obesity.

3 GENETIC RISK

Our genes account for somewhere between 40-70% of likelihood of developing obesity.

4 HEALTHCARE ACCESS

Without access to trained healthcare professionals, most people who suffer from obesity won't reach and maintain a healthy long-term weight goal.

5 LIFE EVENTS

Prenatal life, early adulthood, pregnancy, illnesses and medications can all influence weight gain.

6 MARKETING

There is a complex relationship between food systems and health, with marketing of foodstuffs having a known link to obesity.

7 MENTAL HEALTH

Symptoms of some mental health disorders, and their associated medications, can lead to weight gain.

8 SLEEP

Lack of sleep disturbs hormones which can affect your weight – as can high levels of stress.

9 STIGMA

Weight discrimination and stigma can have significant consequences for somebody with obesity.

