

LEARN ABOUT

RISK FACTORS FOR OBESITY



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

What is Obesity?

Obesity means having too much body fat. It happens when a person weighs more than what is considered healthy for their height. Obesity can raise the risk of serious health problems like heart disease, diabetes, high blood pressure, and certain cancers.

Health Habits

Some habits can increase the risk of health problems like obesity. These habits include:

- Not moving your body enough or being inactive
- Eating too much junk food or sugary drinks, and not eating enough fruits, vegetables, or fiber
- Not getting enough sleep or having poor-quality sleep
- Spending too much time watching TV, playing video games, or using a phone or computer

Stress

- Stress can cause your body to make more hormones, such as cortisol. This hormone can make you feel extra hungry and want to eat food that contain lots of sugar and fat

Health Problems and Medicine

- Some health problems can make it easier to gain weight or make it harder for your body to use energy properly. Certain medicines can also cause weight gain by changing how your brain controls hunger or by affecting your body in other ways

Genes

- Most often, many genes work together to affect how hungry you feel, how full you get, and how fast your body burns energy

Where You Live and Your Community

Your health can also be affected by your surroundings. Things that help people stay active include:

- Having healthy and affordable food or drinks nearby
- Safe places to run, walk, play and encourages exercising
- Neighborhoods with sidewalks, parks, or bike paths
- Schools and childcare centers that support healthy habits
- Good doctors and health care
- Safe homes and reliable transportation
- Families having enough income to cover their basic needs