Obesity: Problem Analysis

Social/Economic/Policy Level

Environment

Environmental contaminants

Lack of environments that promote physical activity

Marketing/media

Systems/Services

Lack of systems & environmental change, e.g., provider education, food labeling, health & breastfeeding promotion
Lack of trained healthcare providers & educators in nutrition, physical activity & breastfeeding

Policy

Lack of regulation of fast food industry Food labeling Manufacturer's use & easy access of unhealthy foods that cause weight gain

Economic Issues

Poverty
High cost of
healthy foods
such as fruits &
vegetables

Family/Community/Institutional Level

Healthy Food Access

Local stores don't provide affordable healthy food choices No regulation of density of fast food restaurants or requirement for calorie labeling or provision of healthy options

Maternal Health Issues

Poor prepregnacy weight &/or maternal weight gain &/or glucose control No breastfeeding

Family Issues:

Unhealthy nutrition & physical activity role modeling including some cultural practices

Workplace Issues:

Lack wellness programs
Unhealthy food choices
in cafeterias & vending
machines

Healthcare Provider Issues:

Lack of obesity treatment programs

Lack of patient education about nutrition & physical activity

School & Childcare Issues

Lack of healthy food options & physical activity
Lack of nutrition education

Individual Level

Health Behaviors

Poor nutrition & physical activity habits High intake of sugar-sweetened beverages Excess screen time Lack of sleep

Biological Factors

Genetics/epigenetics Infant born large for gestational age or small for gestational age

Knowledge

Lack of knowledge about nutrition & portion sizes Lack of knowledge about importance of physical activity

Psychological Factors

Stress Lack of motivation Lack of self-esteem

Target Outcome(s):

Children & women of reproductive age overweight/obesity

Consequences:

Increased chronic disease, such as hypertension, coronary heart disease, type 2 diabetes, asthma & orthopedic problems; increased psychological challenges; increased societal, including, healthcare costs