# 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 prepregnancy weight &/or maternal weight gain &/or glucose control
- No breastfeeding

### 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