



# Health Virtual Learning

Chapter 4.2 Factors that influence weight?

**Truman High School**

4/22/2020



Lesson: 4/22/2020

## Objective/Learning Target:

1. Summarize genetic influences on weight.
2. Understand how social and psychological factors may affect weight.
3. Explain how cultural factors may affect weight.
4. Summarize the effect of socioeconomic status on weight.

# The Influence of Genetics

- Genetic factors influence how much people weigh
- Genetic factors alone do not cause obesity
- Studies suggest that genes have a stronger influence on weight than environment



# How Genes Impact Weight

- Researchers have found 32 different genes that may influence weight
- Genes may influence
  - Food preferences
  - Hormone levels that affect how hungry a person feels
  - Metabolism



# Think Further...

While genes do not control your food choices, they may influence your food preferences.

- What sorts of foods do the members of your family prefer?*
- Do you also prefer these foods?*
- What foods do you like that your family members do not like?*



# Social and Psychological Factors

- Eating can be triggered by a psychological desire for food rather than a physiological need for food
  - Eating can be part of celebrating happy occasions
  - Some people tend to eat more when feeling nervous or sad



# Myth or Fact?

*Your environment influences your eating in a number of ways.*

***FACT***

**-Fact:** People eat more when dining with others than when they are alone.

**-Fact:** People eat more when a variety of foods is available.

# Portion Size

- The amount of food served for a single person is called portion size
- Portion sizes in the United States have become much larger over time
- This contributes to overeating





# Cultural Factors

- People in different cultures prefer different types of foods and tastes
- Culture also influences how, where, and how much you eat
- Different groups have different values and preferences regarding ideal weight



# Socioeconomic Status Factors

- Socioeconomic status plays a role in the prevalence of obesity
- Low-income families may have less to spend on healthful foods
- Low-income areas may offer fewer opportunities for physical activity

