

IS WEIGHT JUST A MATTER OF WILLPOWER?

DISCOVER THE MANY FACTORS THAT REALLY DETERMINE A PERSON'S WEIGHT

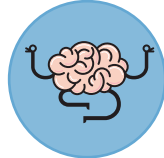
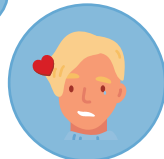
SOCIOCULTURAL AND LIVING ENVIRONMENTS

- Culture of thinness
- Socioeconomic status
- Social pressure
- Weight bias and stigma
- Level of social support
- Family dynamics
- Parents' weight concerns
- Access to a variety of nutritious foods
- Local infrastructure to do physical activity
- Etc...



PSYCHOLOGICAL FACTORS

- Self-esteem and assertiveness
- Ability to regulate emotions
- Stress management
- Perfectionism
- Mental and eating disorders (e.g. anxiety, depression, overeating)
- Understanding health messages
- Etc.



BIOLOGICAL AND GENETIC FACTORS

- Age and sex
- Ethnicity
- Growth
- Hormones and metabolism
- Heredity
- Diseases and side effects of certain medications
- Etc.



LIFESTYLE

- Eating behaviours and habits
- Physical activity
- Sleep
- Smoking
- Etc.



HAVE YOU NOTICED THAT MANY OF THE FACTORS THAT INFLUENCE WEIGHT ARE OUT OF OUR CONTROL?

LET'S GET THE FACTS STRAIGHT: Weight is not a matter of willpower!

Even if a person has all the will in the world to lose weight and adopts healthy lifestyle habits, there may be no impact on the scale. Instead, these habits should be encouraged for the many benefits they have for physical and mental health!

Click here



For other resources, check out the complete toolkit!

Sources : INSPQ. (2013). *Agir ensemble pour prévenir les problèmes liés au poids*; Government Office for Science (n.d.). *Tackling Obesity: Future Choices — Obesity System Atlas*

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