ENDOGENOUS FACTORS OF HUMAN OBESITY

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Abstract: The cause of obesity is well recognised to be multifactorial, encompassing genetics, nutrition, and physical activity. Any attempt to link obesity to a single cause or a particular food without consideration of the complexity, is inherently simplistic. Although the major factors that contribute to the increased prevalence of obesity are inappropriate dietary intake and low physical activity, it is clear that endogenous factors influence such effects of this modern environment. Both exogenous and endogenous factors are involved in the onset and progression of weight gain. This review paper identifies endogenous factors of human obesity: genetic factors, endocrine factors, and congenital factors. The review discusses the significance of each of these factors, and briefly reviews prior research in each area.

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