



Energy Balance and Body Fatness

What are the diet and physical activity determinants of weight gain, overweight and obesity?

Why did we investigate this?

1.97

1.97 billion people are living with overweight and obesity worldwide

This is projected to rise if trends remain unchanged

Overweight and obesity increases the risk of 12 cancers as well as other NCDs*



What influences energy balance and body weight?

Diet and physical activity



- Genetics
- Epigenetics and maternal programming
- Gut microbiota
- Psychosocial factors
- Environmental and policy factors

How did we investigate this?

Sources of evidence

Systematic literature search by ICL**;
NICE** (2014) evidence review;
USDA DGAC** (2015) evidence review



Findings from 81 reports and systematic reviews



Pre-determined criteria for judging the evidence



Evidence reviewed by an independent expert panel

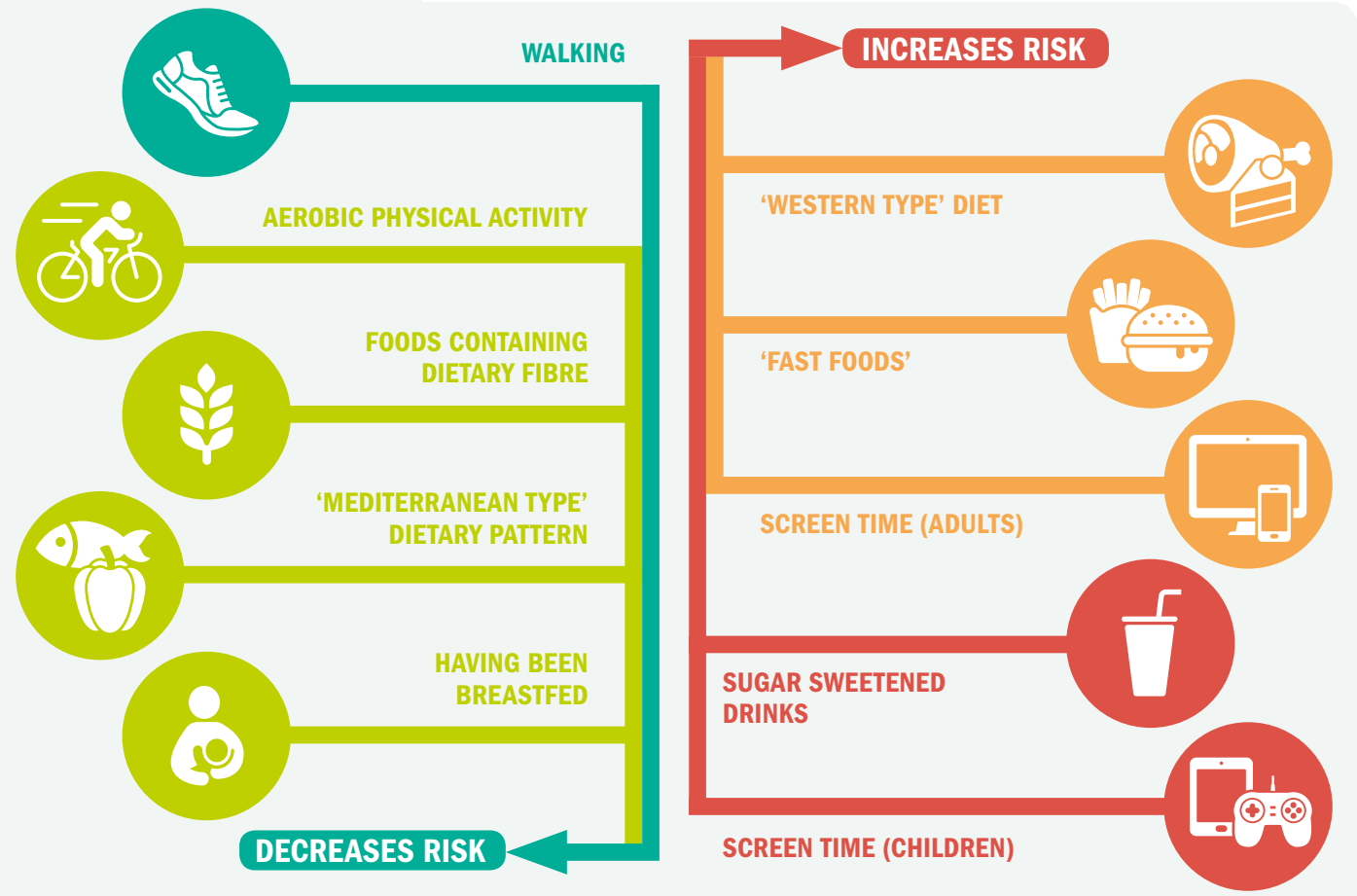


Judgements made on the strength of the evidence and biological plausibility

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What did we find?



● Convincing - decreases risk ● Probable - decreases risk ● Probable - increases risk ● Convincing - increases risk

Please see the matrix in the report for footnotes relating to each exposure and explanation of the grading criteria.

*NCDs, non-communicable diseases **ICL, Imperial College London; NICE, National Institute for Health and Care Excellence; USDA DGAC, United States Department of Agriculture Dietary Guidelines Advisory Committee.