

What factors are important? (other than BMI)

- Family history: height/weight data on family
- Recent vs. long-term phenomenon (weight gain/loss)
- Women
  - Number of children
    - effects on children's weight long-term
  - breastfeeding status
    - effects on children's weight long-term
- Cultural or ethnic norms/different baselines
  - How much detail is needed to capture differences?
  - Establish different BMI norms
- Access to food (use geocodes?)
  - Food deserts
  - Money
- Opportunities for exercise/activity (use geocodes?)
  - Time
  - Monetary cost
  - local built environment
  - safety
  - ADA issues
- Fitness tests
- Perception
  - Self
  - Family
  - Cultural/ethnic groups
- Medications: can cause gain/loss
- Alcohol usage
- Carbohydrate intake
- Time of day when one eats
- School environment, e.g.: school lunch
- Home environment and family structure
- Psychological and emotional factors
  - Depression
  - Trauma (cognitive changes)
- History of major illness
- Past experience with efforts to achieve healthy weight
- Age: more familiarity with BMI, "obese" labels for younger generations
- Importance of small steps toward healthy weight (e.g.: 5 lbs is a big help)
- Healthy alternatives, behavioral modeling
- Activity trackers
- Sleep

- Work
  - 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> shift
  - Sedentary jobs
- Stores want to offer fresh, but not able to sell, do not have quantities
- Weight as a child
- Culture surrounding eating
  - “diet”-negative
  - food is love, clean your plate, eat more!
- Genetics
- Exposure to antibiotics at a young age, e.g.: in foods