

Table 1. Factors which contribute to the development of obesity.

Genetic factors

- Possibly polymorphisms and/or mutations in any of the following: adrenergic receptors, leptin, Ob-R, SOCS-3, TNF, POMC, MCH, MC4R, NPY, NPY receptors, CRH, CRH receptors, TRH, urocortin, orexin A and B, galanin, neurotensin, serotonin, prohormone convertase and and many others

Environmental

- Increase of sedate activities (TV viewing)
 - Lack of and decrease in physical activity
 - Shift in diet towards more fast/prepackaged foods with high fat/calory content and/or high sugar content
 - Loneliness and social isolation
 - Urbanization, housing
 - Psychosocial/family problems
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