Foresight
Obesity System Map

ENERGY BALANCE

Central nodes: Importance of Physical Need, Effort to Acquire Energy, Tendency to Preserve Energy, Level of Available Energy, Strength of Lock-in to Accumulate Energy, Conscious Control of Accumulation

Force of Dietary Habits

Physical Activity

Psychological Ambivalence

Degree of Primary Appetite Control

Media (nodes)
- Education
- Media Availability
- Availability of Passive Entertainment Options
- Media Consumption
- Demand for Health

Social (nodes)
- Acculturation
- Sociocultural Valuation of Food
- Social Acceptability of fatness
- Importance of Ideal Body-Size Image
- Conceptualisation of Obesity as a Disease
- Peer Pressure
- Female Employment
- Societal Pressure to Consume
- Social Rejection of Smoking
- Smoking Cessation
- Parental Control
- Children's Control of Diet
- Use of Medicines
- Perceived Danger In Environment
- Parental Modeling of Activity
- Degree of Innate Activity in Childhood
- Learned Activity Patterns in Early Childhood
- Opportunity for Team-Based Activity
- Degree of Physical Education
- Sociocultural Valuation of Activity
- Social Depreciation of Labour
- Reliance on Labour-Saving Devices & Services

Psychological (nodes)
- Self-Esteem
- F2F Social Interaction
- Food Literacy
- Individualism
- Stress
- Perceived Lack of Time
- Exposure to Food Advertising
- TV Watching
- Perceived Inconsistency of Science-based Messages
- Demand for Indulgence/ Compensation
- Desire to Resolve Tension
- Tendency to Graze

Economic (nodes)
- Pressure for Growth & Profitability
- Pressure on job performance
- Effort to Increase Efficiency of Consumption
- Effort to Increase Efficiency of Production
- Level of Employment
- Desire to Minimise Cost
- Desire to Maximise Volume
- Cost of Ingredients
- Standardisation of Food Offerings
- Desire to Differentiate Food Offerings
- Market Price of Food Offerings
- Pressure to Cater for Acquired Tastes
- Pressure to Improve Access to Food Offerings
- Purchasing Power
- Demand for Convenience

Food (nodes)
- Food Exposure
- Food Abundance
- De-skilling
- Convenience of Food Offerings
- Food Variety
- Alcohol Consumption
- Palatability of Food Offerings
- Energy-Density of Food Offerings
- Portion Size
- Rate of Eating
- Fibre Content of Food & Drink
- Nutritional Quality of Food & Drink
- Level of Satiety

Activity (nodes)
- NEAT Non-Volitional Activity
- Level of Recreational Activity
- Level of Domestic Activity
- Level of Occupational Activity
- Level of Transport Activity
- Functional Fitness
- Access to Opportunities for Physical Exercise
- Cost of Physical Exercise
- Predisposition to Activity

Infrastructure (nodes)
- Safety of Unmotorised Transport
- Opportunity for Unmotorised Transport
- Dominance of Sedentary Employment
- Dominance of Motorised Transport
- Walkability of Living Environment
- Ambient Temperature

Biological (nodes)
- Degree of Optimal GI Signalling
- Extent of Digestion and Absorption
- Level of Adipocyte Metabolism
- Level of Fat-Free Mass
- Resting Metabolic Rate
- Level of Thermogenesis
- Genetic and/or Epigenetic Predisposition to Obesity
- Appropriateness of Nutrient Partitioning
- Appropriateness of Maternal Body Composition
- Appropriateness of Embryonic & Fetal Growth
- Appropriateness of Child Growth
- Quality & Quantity of Breast Feeding (and Weaning)
- Level of Infections

Medical (nodes)
- Reliance on Pharma Remedies
- Reliance on Surgical Interventions
- Side-Effects of Drug Use

Legend (category colours)
- Media
- Social
- Psychological
- Economic
- Food
- Activity
- Infrastructure
- Developmental
- Biological
- Medical

Positive Influence →
Negative Influence ⊣