

Why are more people struggling with weight than ever before?

Our environment can have a large impact on weight.

Where we came from



Our environment has changed since the time of our caveman ancestors:

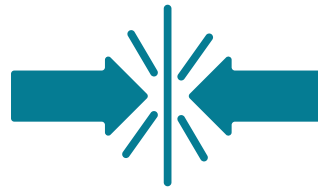
- Food scarcity
- Hunting for food
- Starvation
- Different kinds of stress

Where we are today

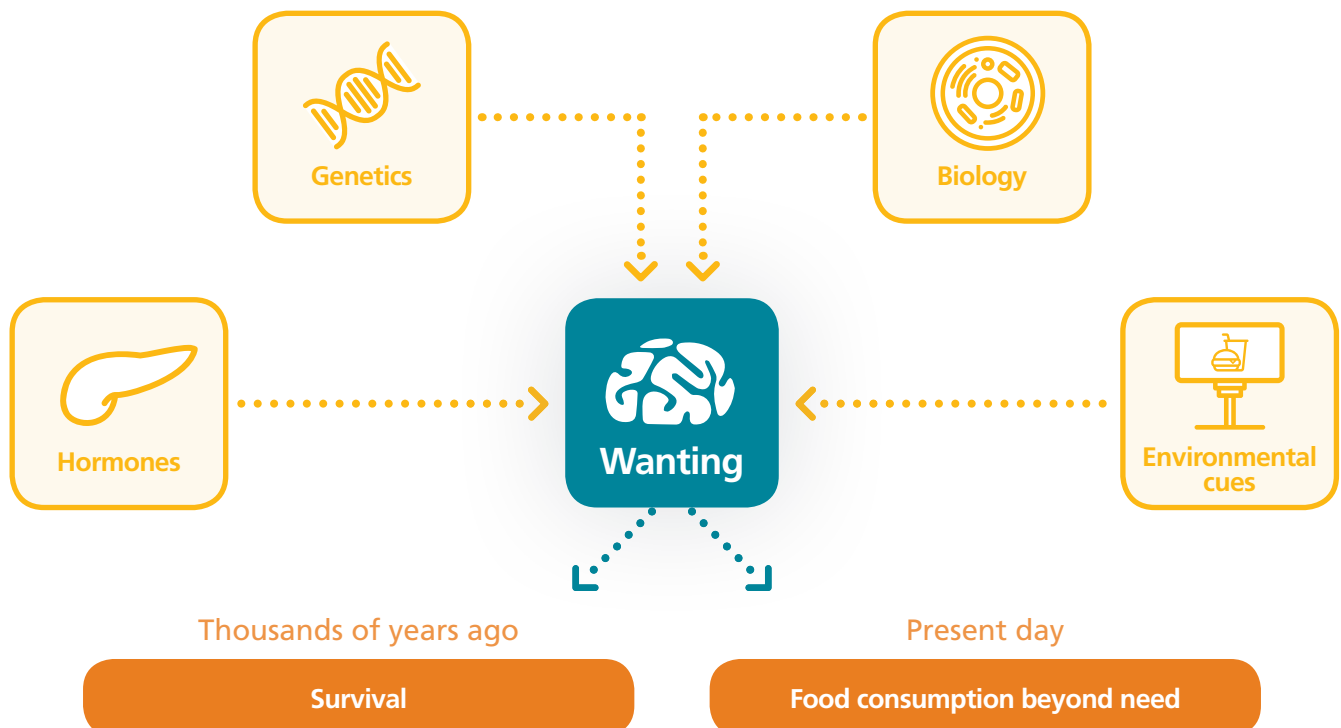


Today, we live in an obesogenic environment, which contributes to increased weight:

- Food manufacturing
- Food availability
- Fewer sit down meals
- Large portions
- Health washing



Some people are more susceptible to our obesogenic environment than others, which can lead to stronger wanting and food consumption beyond need.¹



Let's try an activity

What triggers my wanting?

During your day, when is your desire or drive to eat or drink the highest? This time is known as your "high-risk time".



Describe your environment during your high-risk time, what does it look like? Be as detailed as possible! (e.g., if your high-risk time is in the evening at home, what room specifically? Is it in the kitchen while cooking dinner? Is it in the living room while watching TV or reading?)

Is there a pattern between your environment and eating? If so, why do you think they're related? How far back do you think this pattern goes?

What activities could you change during your high-risk time to avoid triggering wanting? (e.g., taking a new route to work to avoid the coffee shop)

The cues that trigger our wanting are often a part of our everyday life or routines and can drive our consumption of calories above and beyond what our body needs. That's why it is so important to take note of what cues act as triggers during our high-risk times. Breaking this cycle isn't always easy and can take time. However, with the support and expertise of your healthcare provider team, we can work together to change your approach to weight management.

Reference: 1. Forman E, et al. (2016). *Effective Weight Loss: An Acceptance-Based Behavioral Approach, Clinician Guide (Treatments That Work)*. Oxford University Press.