



Possible Causes of Overweight in Young Children

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- Genetics
- A medical condition that increases fat storage and weight gain
- Medication that has weight gain as a side effect
- Lack of exercise more commonly contributes to weight gain than does excessive eating
- Not recognizing satiety cues (feeling satisfied), often due to adults overriding cues
- High fat and/or high calorie intake, due to exposure to highly palatable foods
- Cultural or family imperatives to overeat
- Eating for non-nutritional reasons
 - rewarding with food
 - consoling with food
 - eating out of boredom
 - eating to procrastinate
 - eating as a substitute for love
 - eating for entertainment