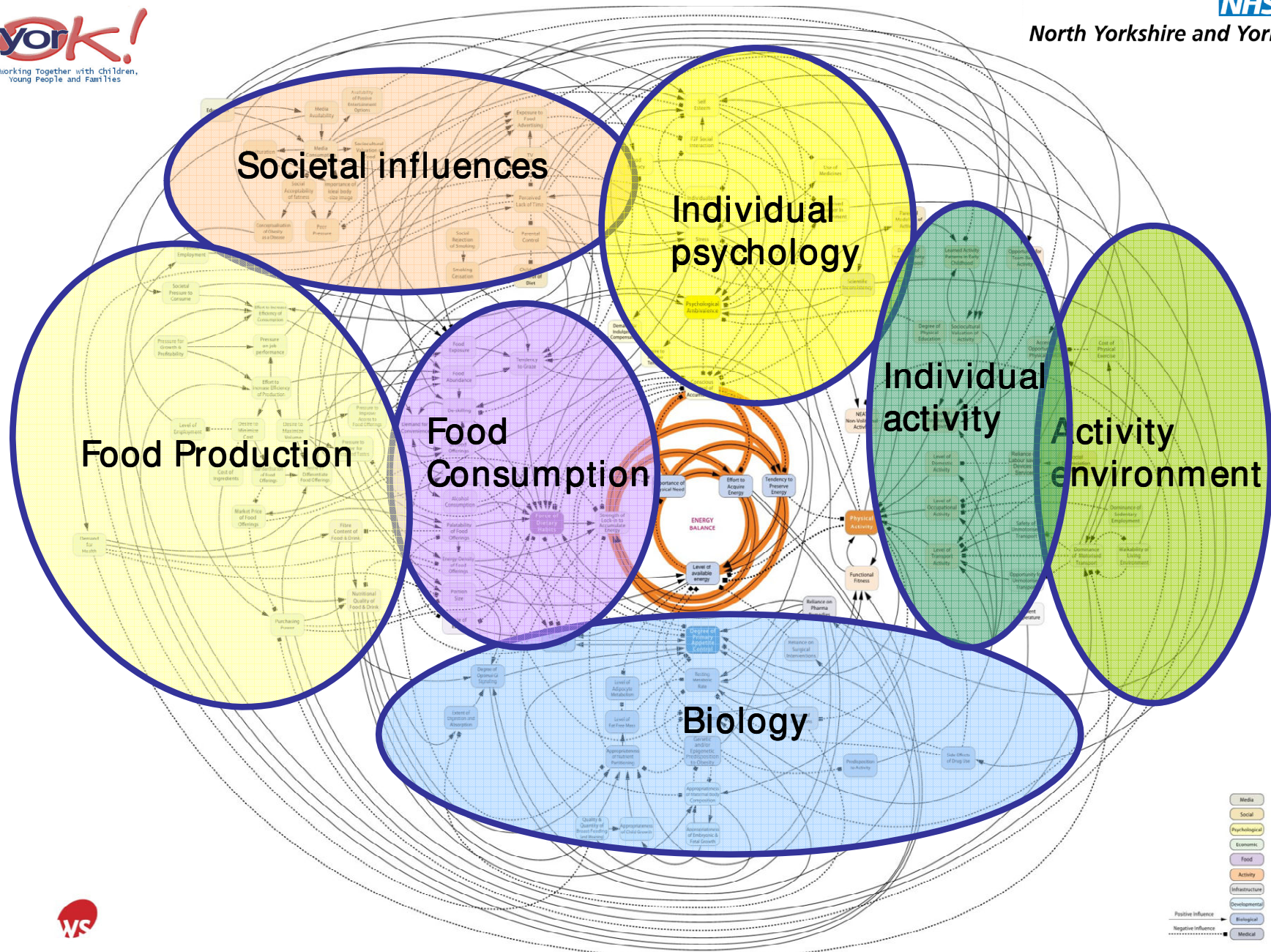


# 7 major sub-systems affecting the energy balance

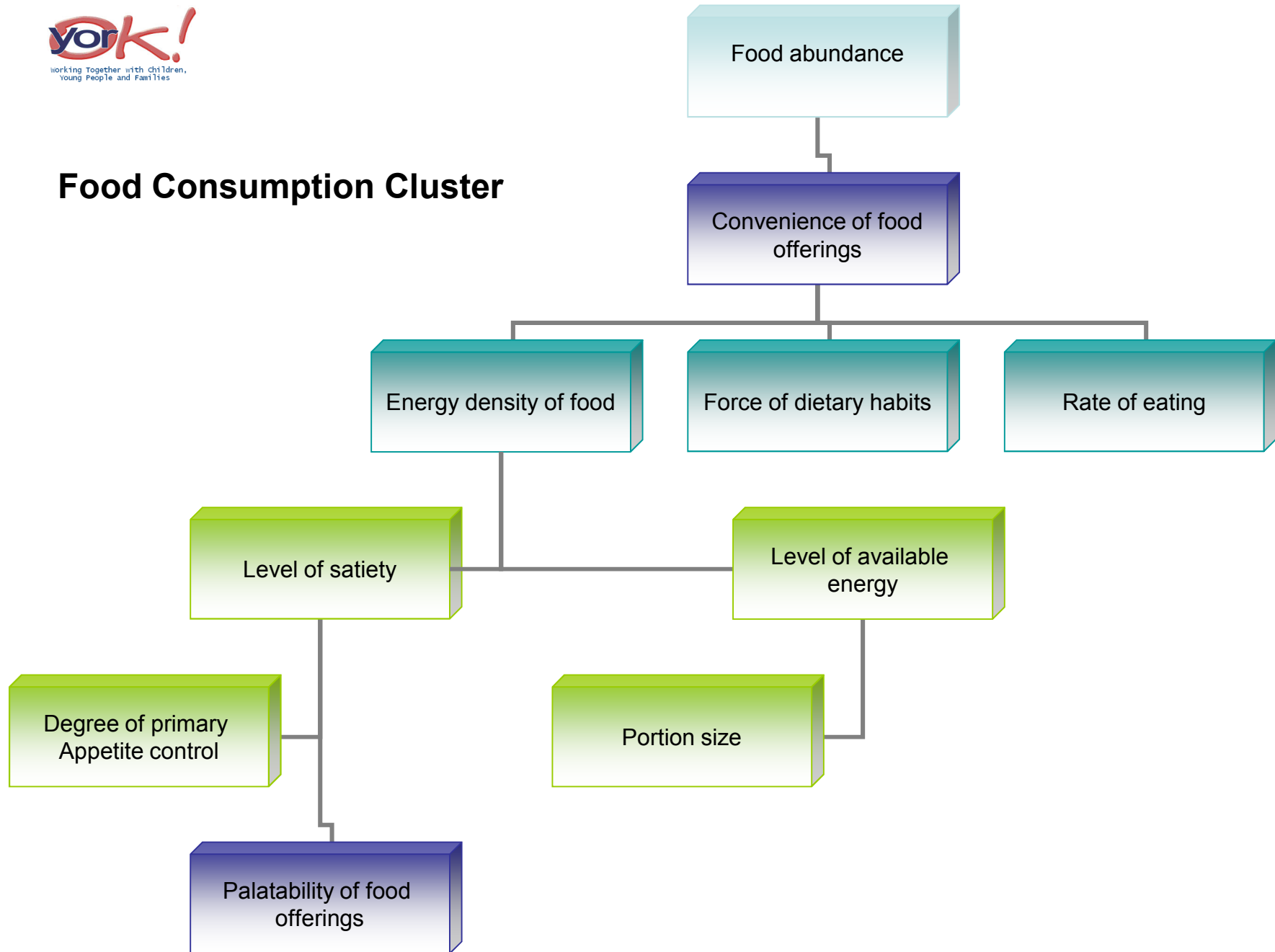
Annex H



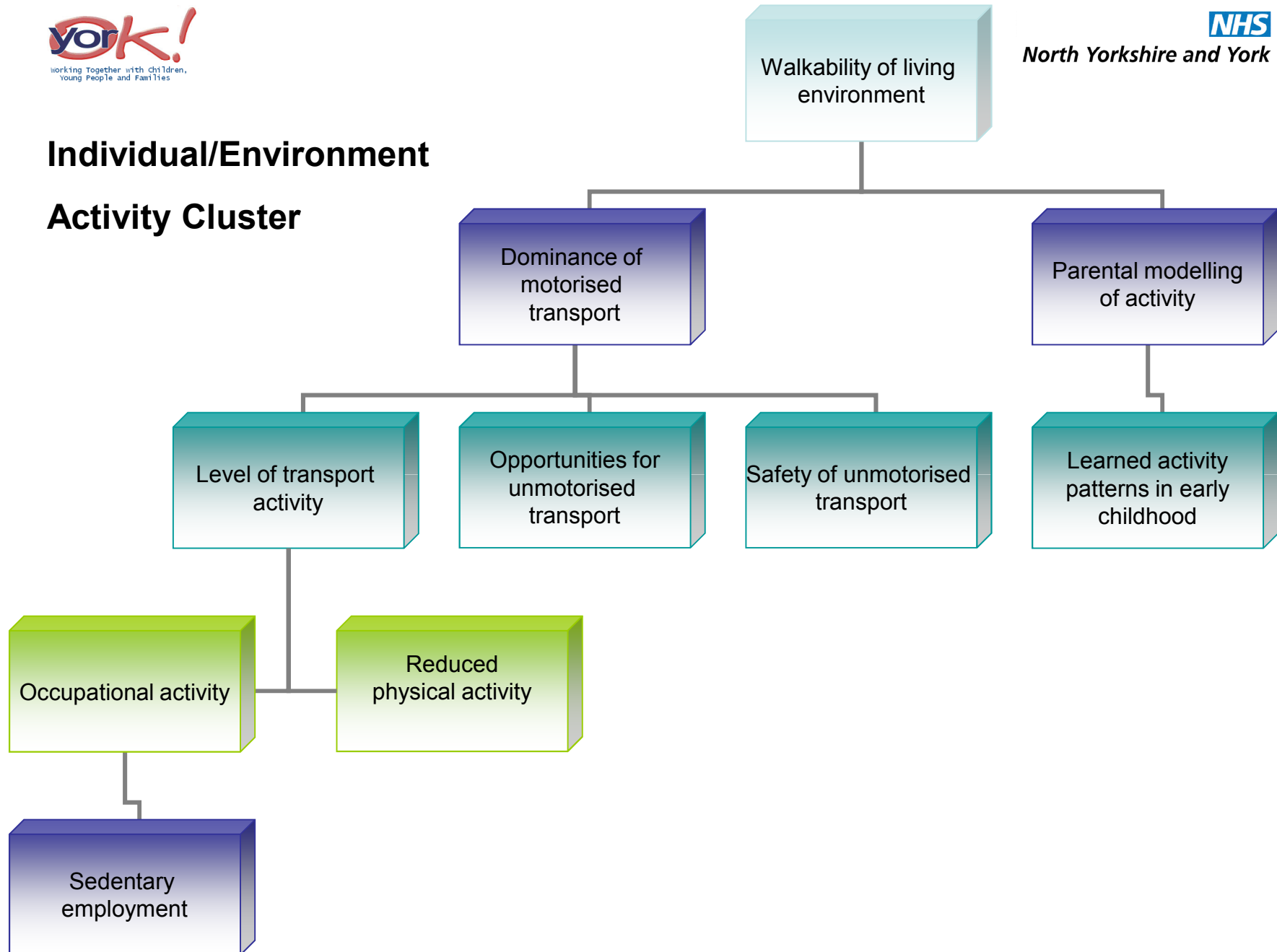
North Yorkshire and York



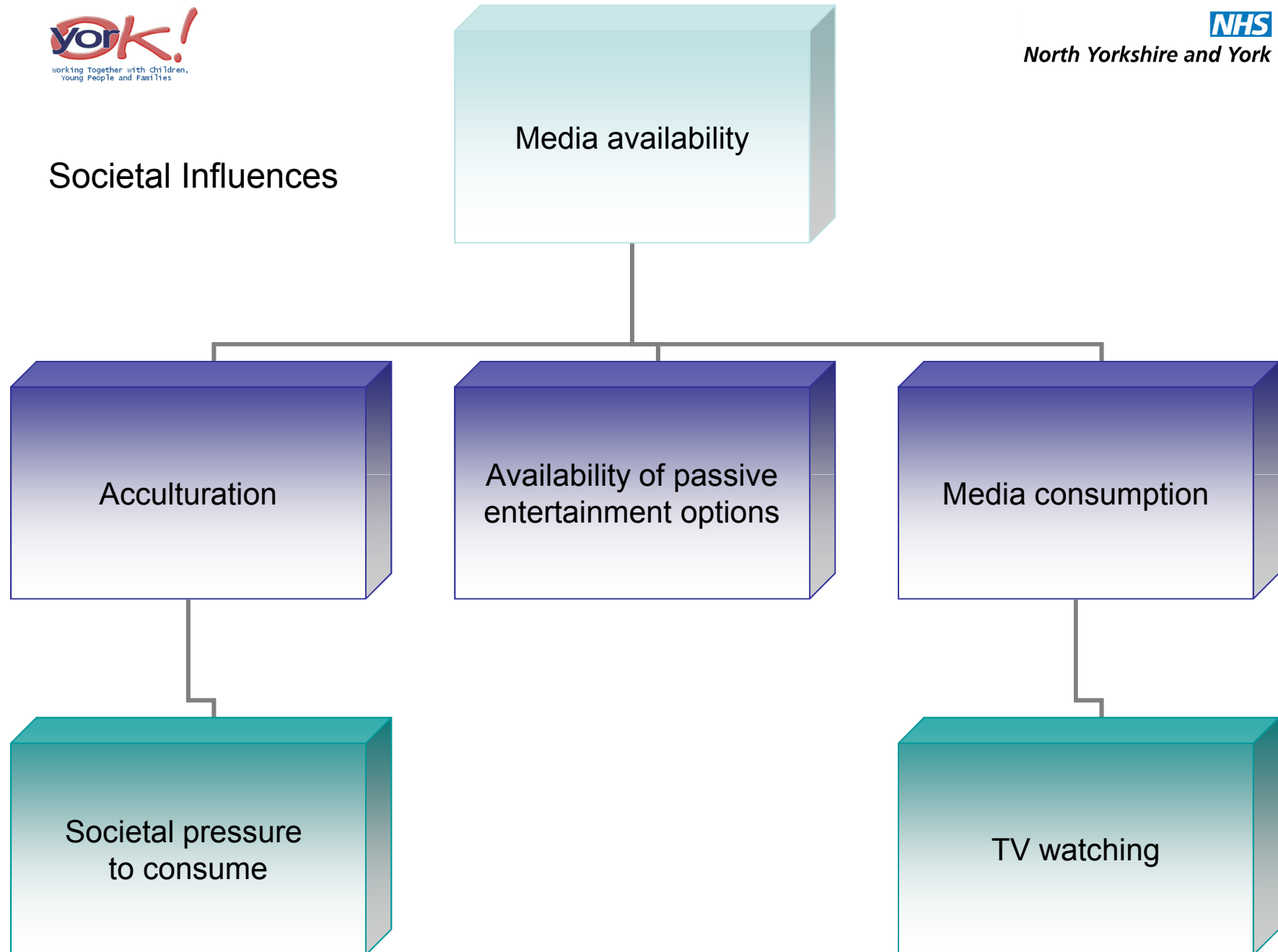
## Food Consumption Cluster



# Individual/Environment Activity Cluster



## Societal Influences



## **Obesity is a normal response to an abnormal environment!**

- Cheap food
- Eating out
- Lack of cooking skills
- Sedentary jobs
- Unhealthy travel
- E-leisure

Recommendations

Energy Density  
of food

Portion Size

Convenience  
of food

Level of  
available energy

Level of Satiety

Force of dietary  
habits

Appetite  
Control

Parental Activity

Learned Activity

Behaviour

Sedentary  
Employment

Level of  
occupational  
activity

Safety of  
unmotorised  
activity

Opportunity of  
unmotorised  
activity

Physical Activity

Walkability of  
Living environment

Dominance of  
Motorised transport

