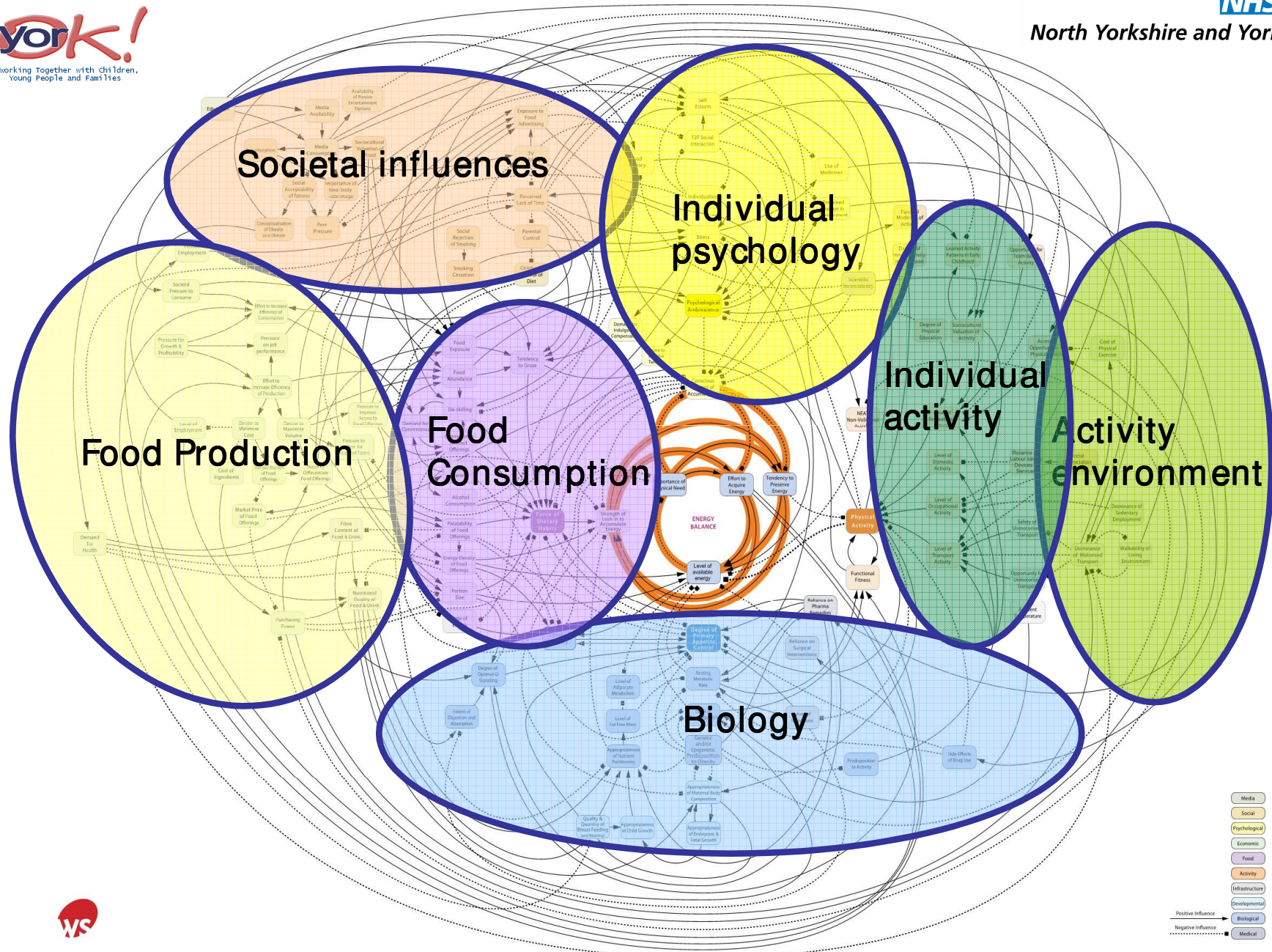


7 major sub-systems affecting the energy balance

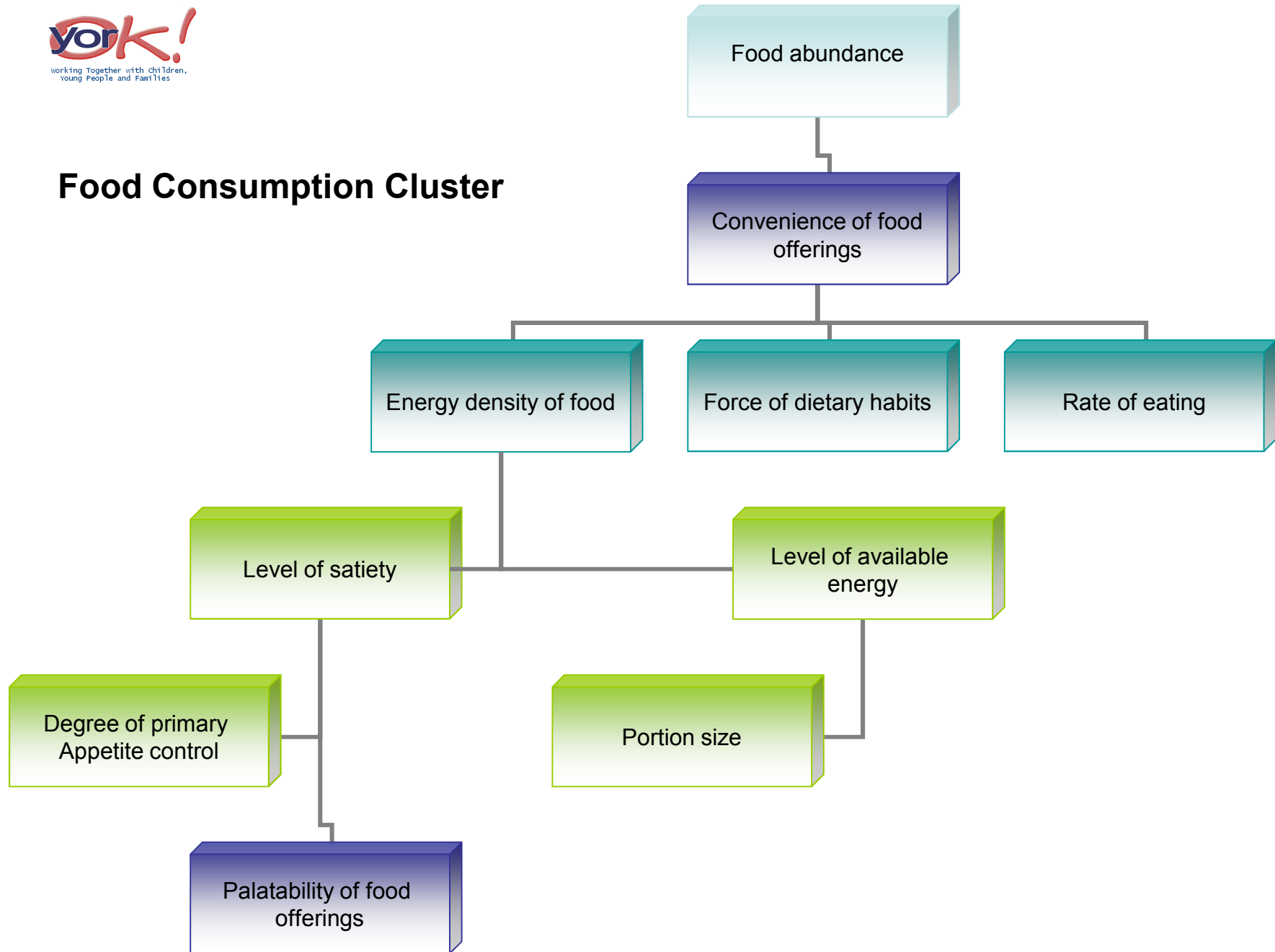
Annex H



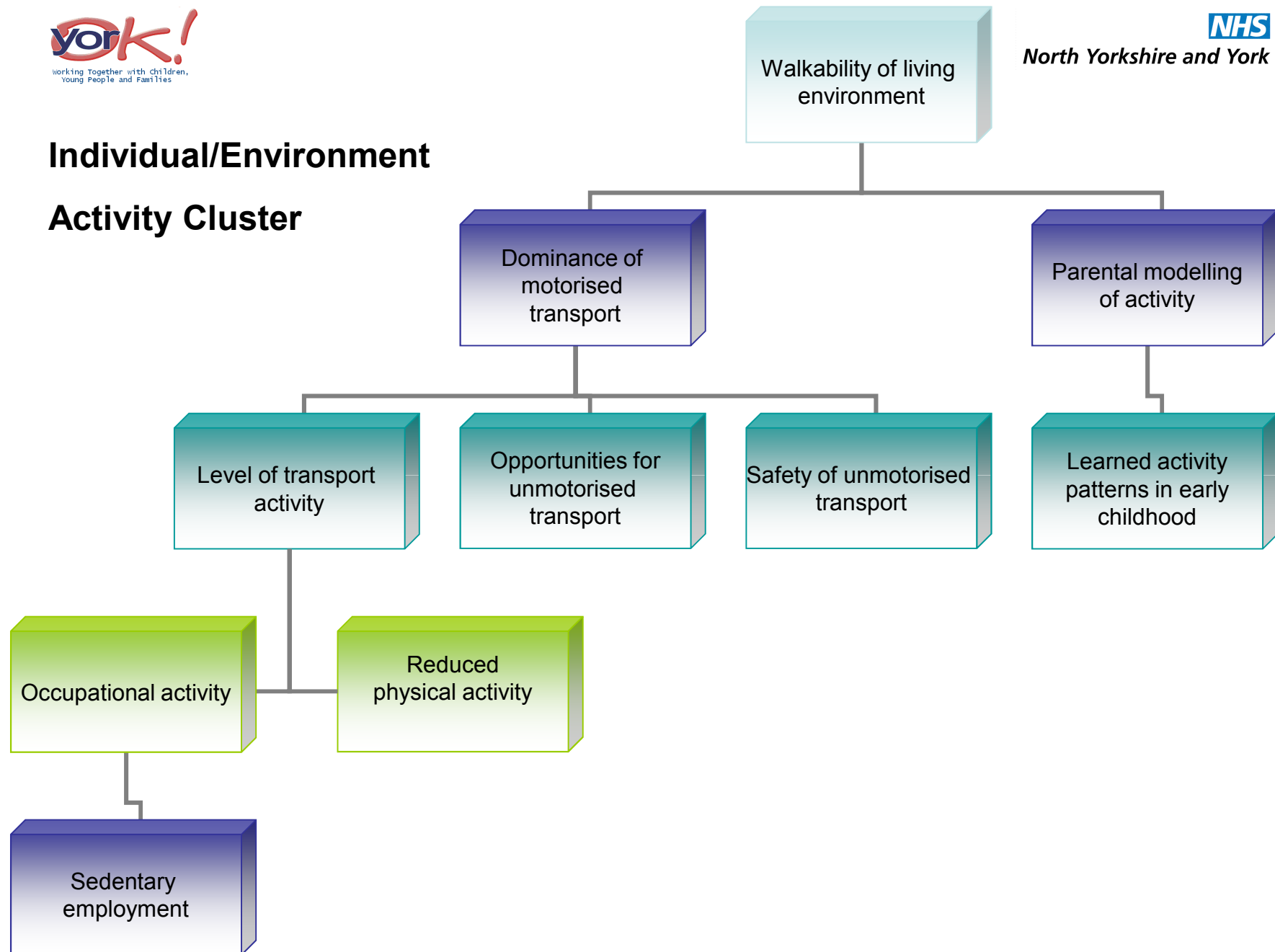
North Yorkshire and York



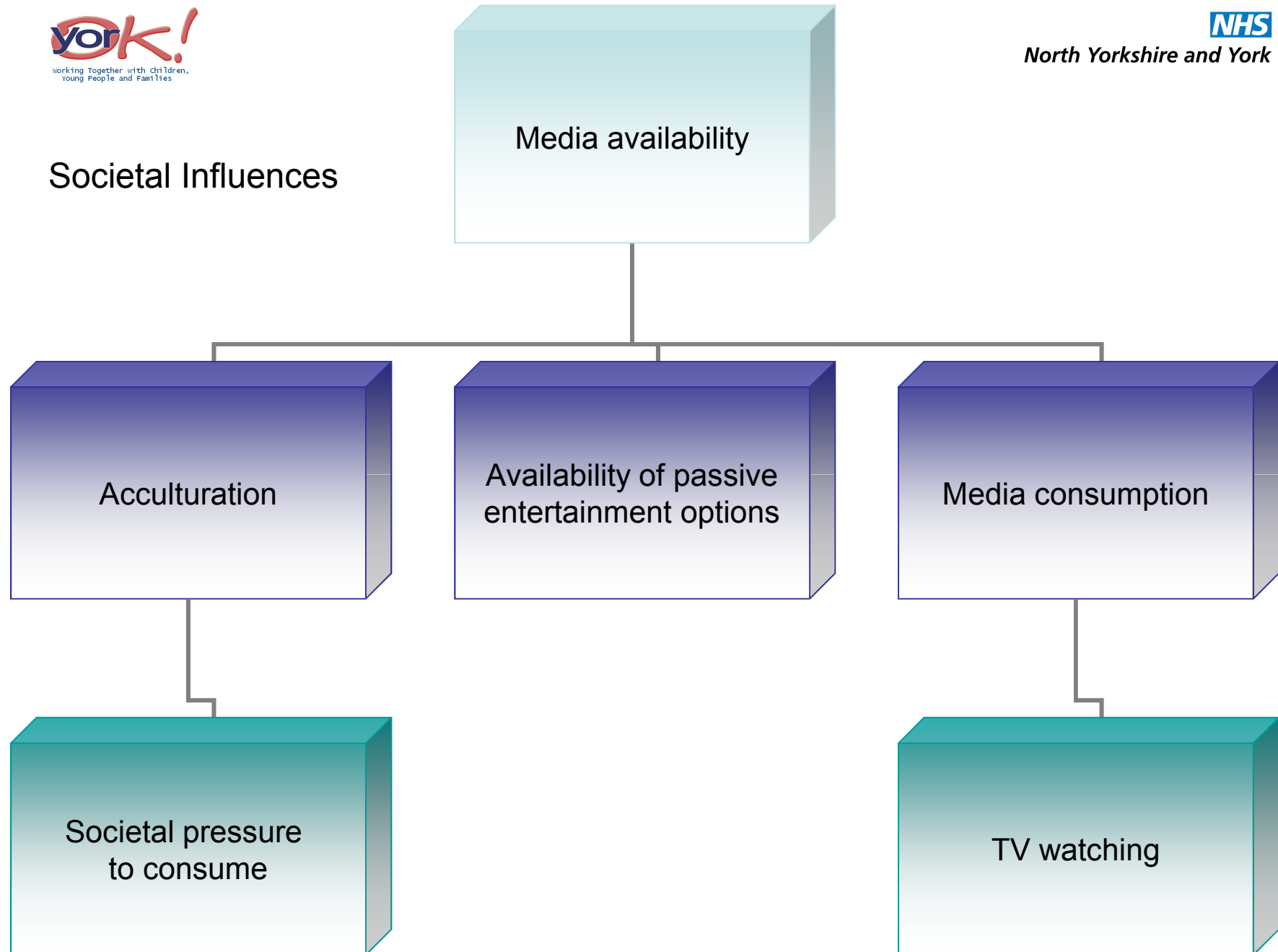
Food Consumption Cluster



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

