

**BEHAVIORAL**  
Lifestyle and habits  
Psychological factors

**BIOLOGICAL**  
Inheritability  
Epigenetics  
Early life experience

**OVERWEIGHT  
OBESITY**

**Drivers of the  
double burden of  
malnutrition across  
the life course**

Maternal obesity, excess weight gain, gestational diabetes, epigenetic changes, postpartum weight retention.

High birthweight, premature birth, maternal overweight.

Rapid catch-up growth, no breastfeeding, less exposure to healthy foods and flavors, food insecurity, stunting.

Continued excess weight gain, unhealthy diet, low physical activity, obesity & related health problems.

Low-paid, repetitive jobs with inflexible opportunities for physical activity, less encouragement and social support.



**PRECONCEPTION  
PREGNANCY  
POSTPARTUM**



**BABY**



**CHILD**



**ADOLESCENT**



**ADULT**

Low weight gain, inadequate food intake, poor appetite or loss of appetite, food insecurity, inadequate fetal nutrition.

Low birthweight, premature birth, maternal undernutrition.

Untimely or inadequate feeding; frequent infections; inadequate food, health and care.

Reduced capacity for physical labor.

Reduced capacity for physical labor, lower educational attainment, restricted economic potential.

**UNDERWEIGHT**



**SOCIAL AND  
DEMOGRAPHIC**  
Socioeconomic disadvantage & poverty  
Food insecurity

**ENVIRONMENTAL**  
Food supply and systems  
Food portion sizes and cost  
Cultural and social aspects  
Urban and built environment  
Trade and trade policies

