Drivers of the double burden of malnutrition across the life course

**BEHAVIORAL**
- Lifestyle and habits
- Psychological factors

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

**PREGNANCY**
- High birthweight, premature birth, maternal overweight.

**POSTPARTUM**
- Low birthweight, premature birth, maternal underweight.

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

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

**OVERWEIGHT OBESITY**
BIOLOGICAL
Inheritability
Epigenetics
Early life experience

EIGHTITY

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

CHILD

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

ADOLESCENT

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

ADULT

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

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.