

BEHAVIORAL

Lifestyle and habits
Psychological factors



**OVERW
OBES**

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



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

**PRECONCEPTION
PREGNANCY
POSTPARTUM**



High birthweight, premature birth, maternal overweight.

BABY



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

Low birthweight, premature birth, maternal undernutrition.



UNDER



SOCIAL AND DEMOGRAPHIC

Socioeconomic disadvantage & poverty
Food insecurity

EIGHT ITY

BIOLOGICAL

Inheritability
Epigenetics
Early life experience



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.



CHILD



ADOLESCENT



ADULT

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.



WEIGHT

ENVIRONMENTAL

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

