

Obesity linked to genetics, epigenetics but diet also key

A study published in the *Oxford Journals* found that obesity...is a trait that can be inherited. In fact, inherited genes play even more of a role when it comes to obesity than it does with depression and hypertension. Some people, therefore, are indeed genetically predisposed to [gain weight](#).

The same study...have suggested that epigenetics may play a role in your likelihood of becoming overweight...So if you're exposed to something during a developmental period of your life that may alter the expression of your genes, you may become more likely to be obese or overweight.

The *Oxford Journals* study also found that some individuals are more predisposed than others to be susceptible to obesity-related illnesses. This is significant because being overweight doesn't necessarily mean you're ill, or that you're going to become ill.

...

However, researchers have noted the significant increase in cases of obesity in recent years and decades. The timeframe correlates with the increased availability of processed foods. This suggests that it is not genetics alone that is responsible for the "obesity epidemic." [Diet](#) also plays a role.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Am I Destined To Be Fat? Breaking The Genetic Code](#)