

Do early life experiences influence obesity in adults?

Findings from a longitudinal study of 30,158 Canadian adults aged 46-90 years from the Canadian Longitudinal Study on Aging

66% of people reported one or more of the following adverse childhood experiences



Parent divorce



Physical abuse



Sexual abuse



Emotional abuse



Parent death



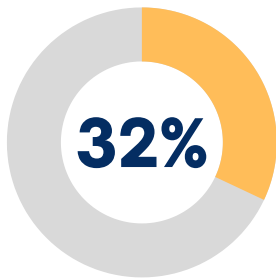
Intimate partner violence



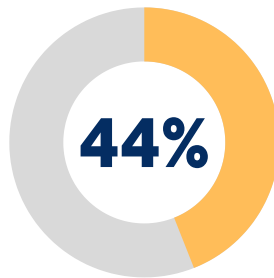
Neglect



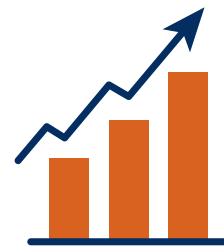
Family mental health problems



32%
have obesity defined by body mass index



44%
have obesity defined by waist circumference



More adverse childhood experiences increases adulthood obesity risk

The risk of obesity is

40%

higher in people with 4-8 adverse childhood experiences compared to 0



Childhood adversity



Adulthood obesity



Associations stronger in males than females