Genetic Relationships with BMI

Living in one of the top ranking countries in terms of obesity rates, one question that somebody might ask is “can I be predisposed to being overweight?”. According to Professor Peter Dolton of the University of Sussex in the United Kingdom, the answer is yes.

Analyzing over 100,000 children from the United States, UK, China, Indonesia, Spain, and Mexico, Dr. Dolton and his team was able to determine the relationship between a child’s BMI and his/her respective parents. This relationship, which did happen to vary between children, still had a significantly large impact as the BMI of the children who were the lightest inherited 10% of BMI related genes from each parent, while the heaviest child inherited nearly 30% from each parent. These heavier children will be also more susceptible to obesity related diseases such as asthma, type 2 diabetes, heart disease, metabolic syndrome, and many other forms of cancer. Aside from physical impacts of obesity, there are many emotional issues which these obese children will be predisposed to. For example, it is not uncommon for children considered obese to have a relatively lower-self esteem.

However, while this research may be true, you should not let your self-esteem or weight be determined by factors that are not within your range of control. While you may have parents which put you in a situation in which you are predisposed to obesity, exercising, eating healthy, and getting a good nights sleep are all factors which can help override nearly any BMI related chromosomal inheritance.

Whiteman, Honor. "Children Inherit around 40 Percent of Parents' BMI." *Medical News Today*. MediLexicon International, 01 Jan. 1970. Web. 23 Feb. 2017.