

Plenary Session RTD Line 4

Appetite and susceptibility to weight gain

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Abstract

Abnormalities in responsiveness to food cues or sensitivity to internal satiety signals were given a key aetiological role in obesity in 1960's psychology, but the theory lost support when attention turned to the role of restrained eating. However, recent research in paediatric populations is revisiting the idea that appetitive phenotypes might be important determinants of susceptibility to weight gain with their origin in genetic differences between individuals. This paper will discuss evidence for i) associations between appetitive traits and weight, ii) genetic influences on appetite, and iii) moderating effects of environmental exposures. Better understanding of individual susceptibility to 'obesogenic' environments could help inform strategies to prevent and treat obesity.