

- Eating Habits And Body Weight

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Many people are self-conscious about how they look and their weight. However, there are biological factors that can determine an individual's eating habits and body weight without our conscious control.

One of the most impactful factors on one's eating habits is genetics, which is inherited characteristics. Everyone is born with a set point, the weight the body is predisposed to maintain. Although body weight can fluctuate throughout one's lifetime, we all have a certain weight we will generally stay within the range of. Because our body stays near the set point through the hypothalamus, which is a part of the brain that controls eating and drinking, it can be difficult for some people to gain or lose weight.

Basal metabolic rate is the rate our body burns energy to maintain basic body functions while at rest. Metabolic rate can affect the eating habits of an individual because if the body burns energy at a faster rate, then one may need to eat smaller amounts more frequently in a day to feel satisfied. If one has a slower metabolic rate, then they may need to eat larger amounts of food a couple times a day. Comparing two people, one with a faster metabolism and another with a slower metabolism, the amount of food and how often they eat will differ. However, they are meeting their body's needs by eating when they feel is right for themselves.

Although we should all strive for a healthy, fit life, we should keep in mind that there are also biological aspects that control our eating habits and body weight. Choosing to eat right and to participate in physical activity can truly help an individual feel better about their body and health.