

Global Warming and Obesity: a systematic review

Global warming and high levels of obesity globally are two serious, inter-related challenges facing mankind today. The aim of this review was to provide the first synthesis of existing studies related to the relationship between global warming and high levels of obesity.

50 studies were included in the review, and classified according to four categories:

- Global warming and high levels of obesity have common influencing factors (n=21)
- Global warming influences high levels of global obesity (n=13)
- High levels of global obesity influence global warming (n=13)
- Global warming and obesity influence one another (n=3)

The findings within these categories were simplified into a conceptual diagram showing the connections between global warming and obesity.

Overall, this systematic review found strong connections between global warming and obesity. There are four identified connections between the reasons for the challenges. There are seven identified connections for the existing challenges. The authors call for more studies in this area and policies that acknowledge the relationship.

Reference: An R, Ji M, Zhang S. Global warming and obesity: a systematic review. *Obesity Reviews*. 2018;19(2):150-163. [doi:10.1111/obr.12624](https://doi.org/10.1111/obr.12624)