



## RISK FACTORS AND COMORBIDITIES OF EATING DISORDERS AND OBESITY

Document produced in the framework of the partnership between

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The NutriActis® platform aims to provide a full **prevention and intervention program** for both eating disorders (ED) and obesity. Depending on the results of the screening, users of the platform will be directed to the appropriate program. In order to better understand the composition of these programs, the **NutriActis Zoom #5** presents you **risk factors and comorbidities** associated with ED and obesity, and their **impact on these pathologies**.

### Which difference between a risk factor and a comorbidity?

A **risk factor** is an element increasing the probability of developing a disease

A **comorbidity** is a trouble associated with an initial disease

In brief, we talk about **risk factors** before the onset of an **ED or obesity** and **comorbidity** after the onset of one of these **pathologies**.

### Why assess risk factors and comorbidities?

Eating disorders and obesity are **complex and multifactorial diseases** with **multiple** risk factors and comorbidities.

**The assessment of risk factors** for each pathology is essential for setting up an efficient **prevention program**; reducing risk factors decreases the risk of pathology onset.

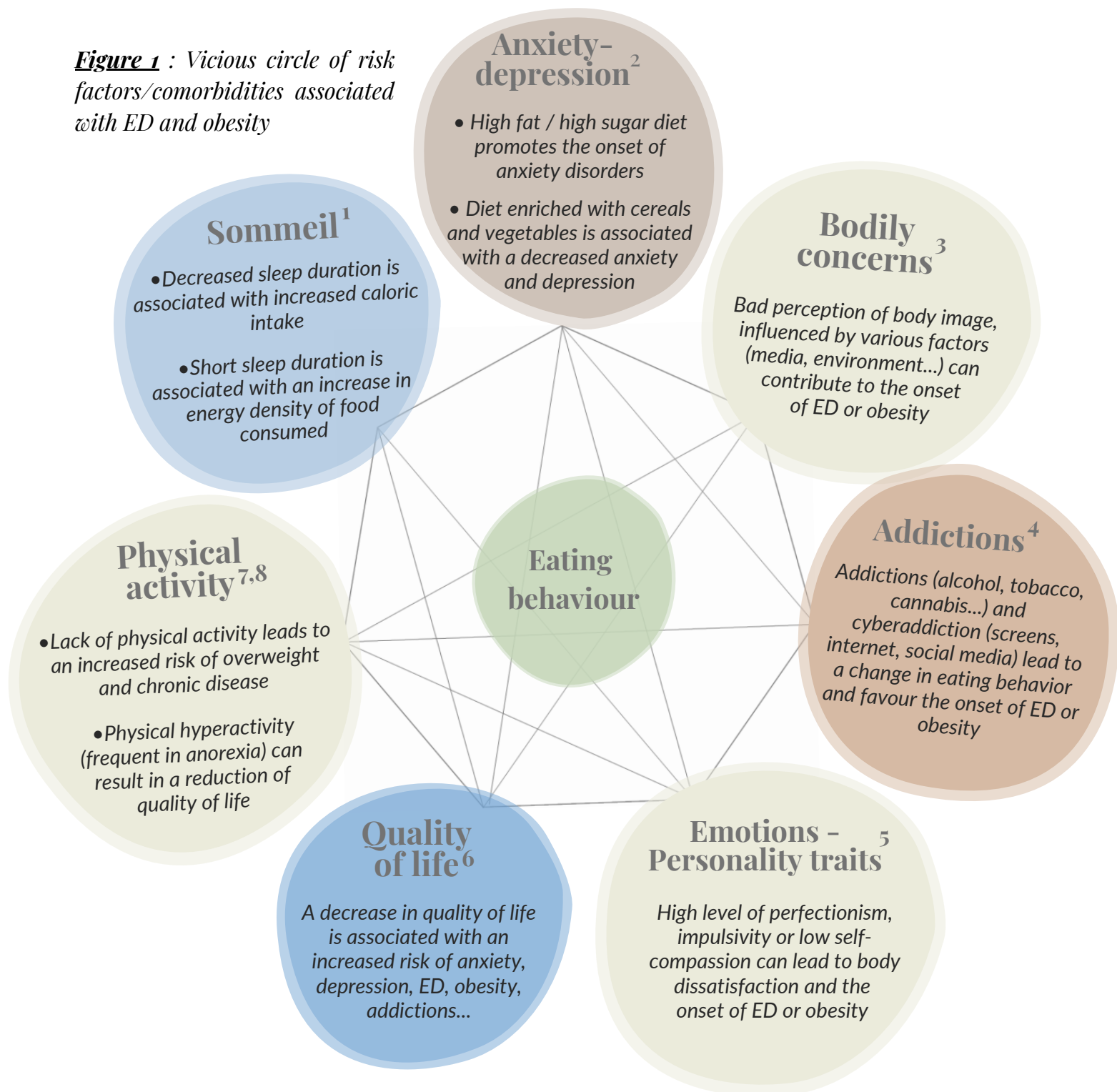
Furthermore, the **research of comorbidities** is essential to develop a **comprehensive therapeutic approach**; a **decrease** of comorbidities usually implies a **reduction in the severity** of the disease.

The NutriActis® program focuses on the risk factors and comorbidities which are **strongly associated with ED and obesity**. In phase 2 of the program, using **questionnaires** and depending on the **results of your screening**, you will be able to **self-assess** your risk factors / comorbidities and then work on **their reduction** via the **self-prevention / self-care modules**.

## Risk factors and comorbidities associated with ED and obesity

ED and obesity **share many risk factors and comorbidities**. The combination of risk factors such as **environmental, genetic, biological, psychological** and **socio-cultural** can predispose individuals to the onset of **ED and obesity**. Furthermore, the scientific literature highlights a **strong association** between the various risk factors/comorbidities associated with ED, creating a **vicious circle (Figure 1)** which contributes to the perpetuation of **the pathology**.

**Figure 1** : Vicious circle of risk factors/comorbidities associated with ED and obesity



Detailed bibliographic syntheses on risk factors and comorbidities associated with ED and obesity will be soon available on the NutriActis® platform.

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