

**Applicant**

Dr. Laura Anderson, McMaster University

Trainee: Vanessa De Rubeis

**E-mail Address**

ln.anderson@mcmaster.ca

**Project Title**

Understanding the association between early life adversity and obesity during adulthood

**Project Summary**

The prevalence of obesity has been on the rise among Canadians. It is important to understand risk factors for obesity in adulthood, as obesity may lead to the development of other chronic diseases. According to the Developmental Origins of Health and Disease (DOHaD) framework, the development of chronic diseases, including obesity, may begin as early as childhood. The DOHaD framework states nutritional patterns and stress throughout the life course may help to explain how exposures in early life lead to adulthood disease. Individuals who experience early life adversity, which includes significant exposure to physical, emotional, or sexual abuse, may be at a greater risk of disease development during adulthood. Using the Canadian Longitudinal Study on Aging, we will examine early life adversity and obesity in adulthood. We will also explore the mechanistic pathway of this association by exploring nutritional risk, food security and allostatic load among different measures of obesity.

**Keywords**

Early life adversity, Obesity, Life course epidemiology