

Genetic Weight

Your genes influence not just your weight, but also the impact of different healthy habits.

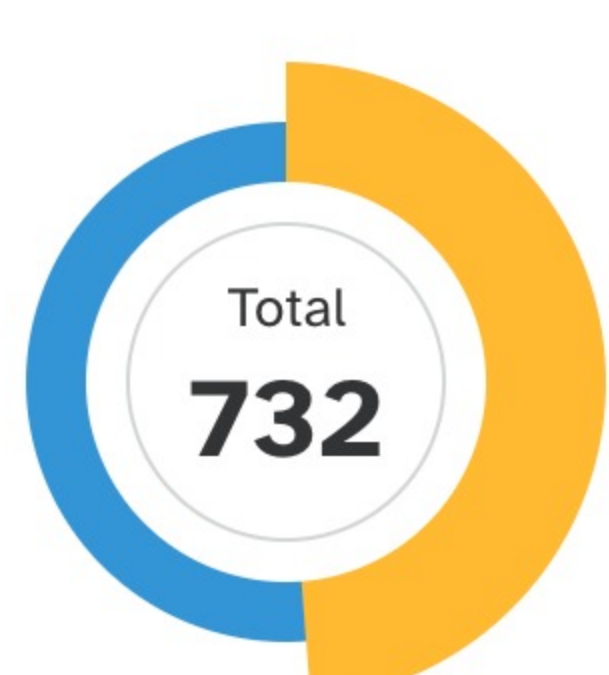
[Overview](#) [Scientific Details](#)

Jamie, your genes predispose you to weigh about 5% more than average.

This predisposition doesn't mean you will definitely weigh more than average. Keep in mind that your lifestyle and environment have a big impact on your weight.

How did we calculate your result?

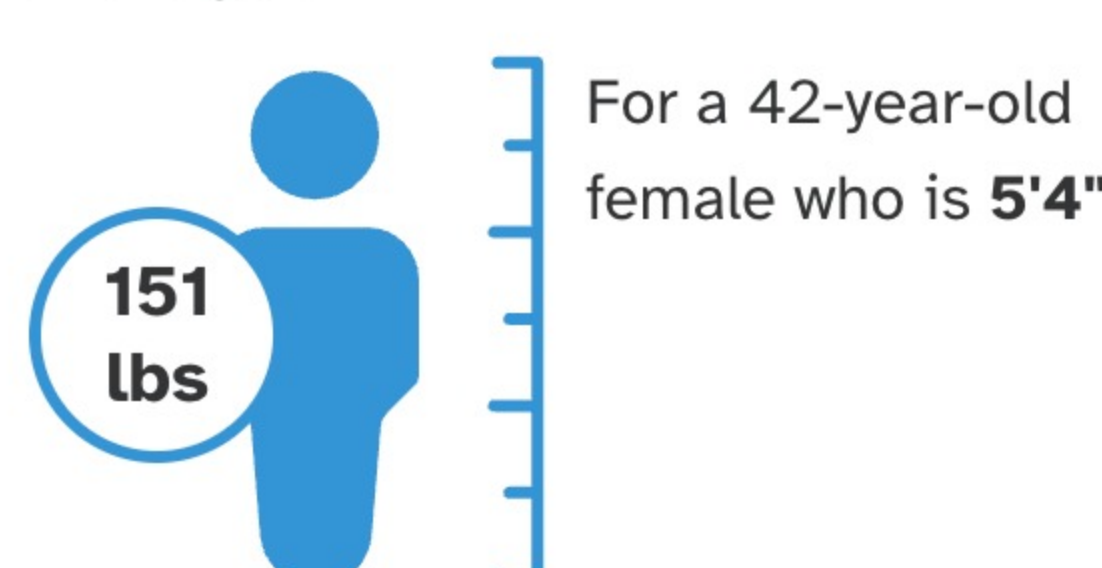
We determined your result by looking at [DNA variants](#) associated with weight based on our research. Some variants have a stronger effect on weight than others, which our analysis took into account. Because of this, your proportion of higher to lower weight variants may not exactly align with your overall predisposition. Keep in mind that other variants may also affect your weight. [Learn more about how we calculated your result.](#)



You have:

- ↓ Variants associated with **lower weight: 372**
- ↑ Variants associated with **higher weight: 360**

What is average?



The average weight for someone your age and birth sex who is 5'4" tall is 151 pounds, based on 23andMe participants of European descent. The ancestry we used for your result is based on the information you provided in your settings. European is used as the default for people of mixed ancestry and for those of ancestries for which we do not yet have enough research participants.

[Update your ethnicity settings](#)



How does your actual weight compare to your genetic predisposition?

Let us know your height and weight in your health profile for a comparison of your actual weight with your genetic predisposition.

[Update your height or weight](#)

Healthy Habits for Your Genetics

We looked at 23andMe research participants with a genetic weight predisposition like yours and found certain lifestyle factors that were associated with the biggest weight differences.

These habits made the biggest difference in people with your genetics:

- #### Avoiding fast food

Associated with weighing up to **16.8% less**

 - People at a healthy weight ate fast food less than once per week, on average.
 - People who never ate fast food weighed up to 16.8% less than those who ate fast food almost every day or more.
- #### Exercising

Associated with weighing up to **15.4% less**

 - People at a healthy weight exercised 2-3 times per week, on average.
 - People who exercised daily weighed up to 15.4% less than those who exercised less than once a week.
- #### Limiting red meat

Associated with weighing up to **15.0% less**

 - People at a healthy weight ate red meat less than 2 times per week, on average.
 - People who never ate red meat weighed up to 15.0% less than those who ate red meat every day.
- #### Eating vegetables

Associated with weighing up to **11.8% less**

 - People at a healthy weight ate 2-4 servings of vegetables per day, on average.
 - People who ate more than 7 servings of vegetables per day weighed up to 11.8% less than those who never ate vegetables.
- #### Sleeping a healthy amount

Associated with weighing up to **11.4% less**

 - People at a healthy weight slept 7-8 hours per night, on average.
 - People who slept 8-9 hours per night weighed up to 11.4% less than those who slept less than 5 hours or more than 11 hours per night.

[See more associations](#)

Important things to keep in mind

These associations were observed in 23andMe research participants of European descent, whose demographics and lifestyles may not be representative of the general population. Our analysis accounted for the effects of age and sex, but other genetic and non-genetic factors may also influence how these habits affect your weight and health.

Our analysis did not include all possible lifestyle factors, and those that were included may not be independent of one another. For example, people who exercise frequently might also tend to have healthy diets. This means that the effect of one habit on your weight may depend in part on your other habits. And don't forget that a healthy lifestyle is important for your overall health, regardless of your weight.



Always consult with a healthcare professional before making any major lifestyle changes. This test does not diagnose any health conditions or provide medical advice.

Keep exploring your Wellness results.



Contribute

Join the research effort and contribute to new discoveries.



Compare

Compare your results to your family and friends.

Did you find this interesting?

[Yes](#)

[No](#)



Give the gift of DNA discovery.

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Refer friends, earn rewards.

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- View all DNA Relatives
- Family Tree
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- Advanced DNA Comparison

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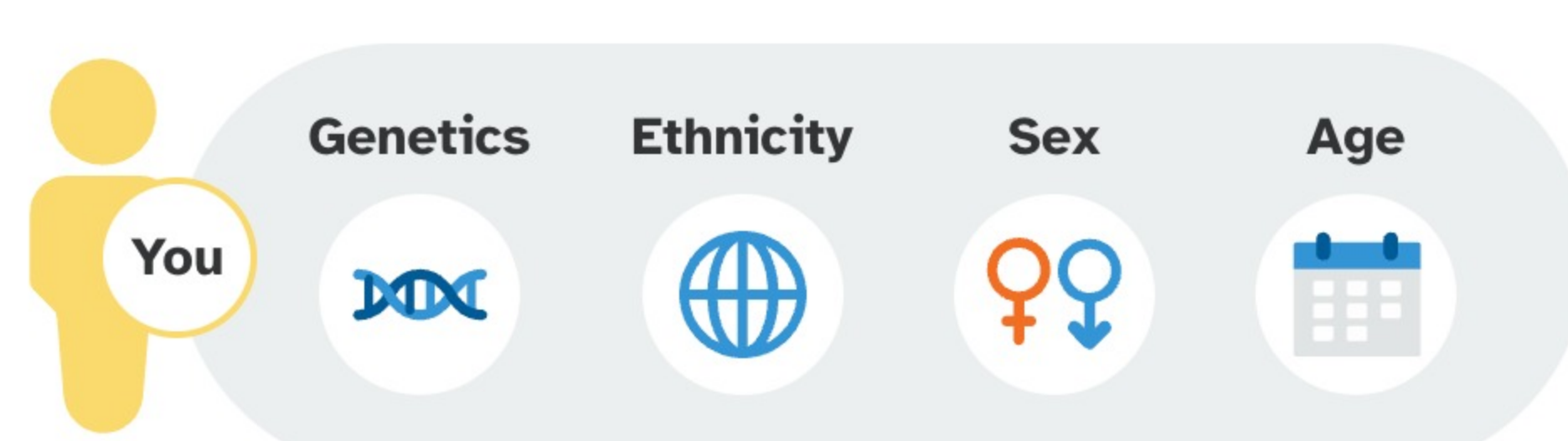
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Overview **Scientific Details**

How we determine your result

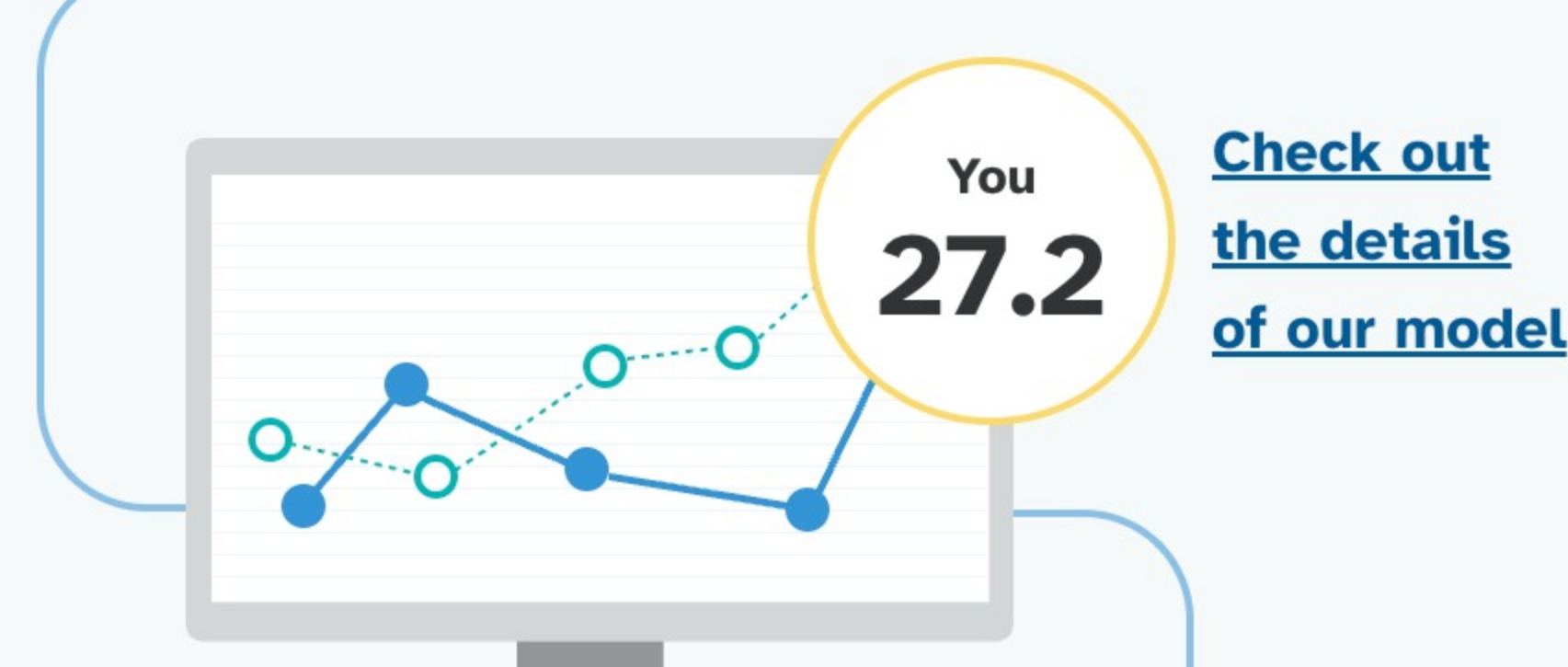
1. Collect some details from you.

You tell us your age, sex, height, weight, and ethnicity, so we can customize your result.



2. Calculate your score.

We use data from 23andMe research participants to create a genetic weight score based on your genotype at over 300 different genetic markers associated with weight. Based on your score, we then make a prediction about your BMI that also factors in your age, sex, and ethnicity.

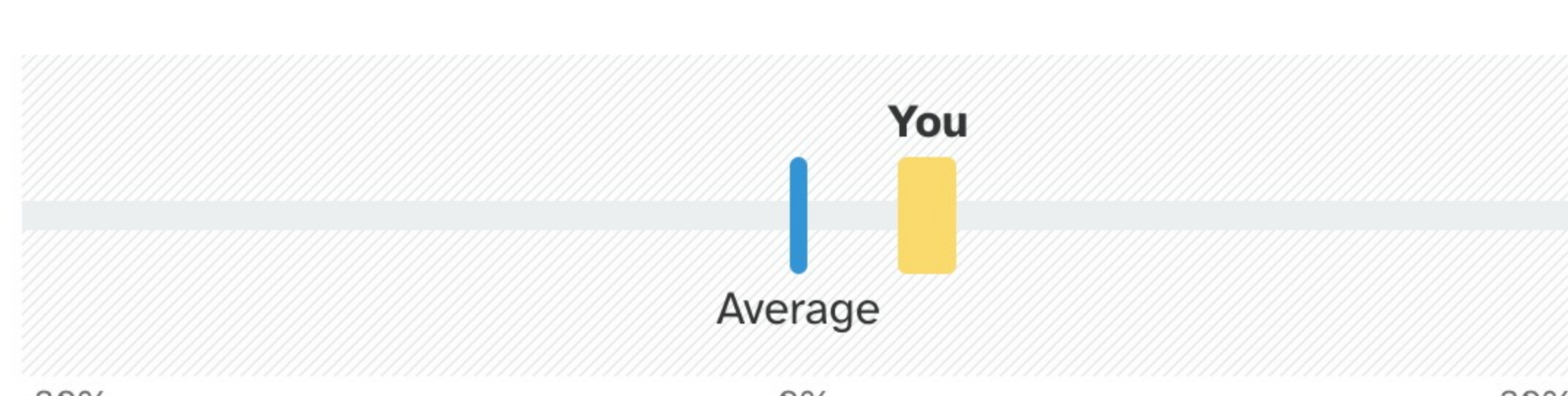


[Check out the details of our model](#)

3. Summarize your weight predisposition.

To determine whether you have a genetic tendency to weigh more or less than average, we compare your BMI prediction to other 23andMe participants of your age, sex, and ethnicity. Because average weights change with age, how your predisposition compares to average may also change slightly over time. [See our white paper about the science behind this report.](#)

Predisposed to weigh **5% more than average**



Genetics and Lifestyle Associations at 23andMe

Your genetics can actually influence how much lifestyle impacts your weight, which is called "gene-environment interaction."

We looked for these kinds of interactions by comparing the BMIs of 23andMe research participants with different genetics and different daily habits. In general, we saw the biggest weight differences between people who practiced these habits most often compared to those who rarely or never did. Each lifestyle choice seemed to have a slightly different effect on weight, depending on genetics. This table shows the average effect associated with your genetic weight predisposition as well as the range of effect seen in people with other predispositions.

Uncovering the connections between genetics, lifestyle, and weight is an active area of science, and our research efforts are ongoing.

Lifestyle factor	Range of observed results (% weight difference), from lowest to highest genetic weight predisposition
Avoiding fast food	Range 11.3% - 17.8% Your genetics 16.8%
Exercising	Range 8.9% - 16.4% Your genetics 15.4%
Limiting red meat	Range 12.1% - 15.5% Your genetics 15.0%
Eating vegetables	Range 9.4% - 12.1% Your genetics 11.8%
Sleeping a healthy amount	Range 11.1% - 11.4% Your genetics 11.4%
Eating leafy greens	Range 6.9% - 11.9% Your genetics 11.2%
Eating fish	Range 3.6% - 11.9% Your genetics 10.8%
Eating fruit	Range 5.5% - 9.1% Your genetics 8.5%
Eating yogurt	Range 3.3% - 5.9% Your genetics 5.6%
Managing stress	Range 2.1% - 4.9% Your genetics 4.5%

These findings are based on self-reported height, weight, and lifestyle data from over 45,000 23andMe research participants of European descent. All lifestyle factors included in the analysis were significantly correlated with BMI (correlation coefficients ranged from 0.2-0.3; all p-values < 0.0001).

Our analysis accounted for the effects of sex and age, but differences in reported weight may also be influenced by other lifestyle, demographic, and genetic factors not included.

[See our white paper for details about the science behind this report.](#)

References

- Multhaup M et al. (2017). "23andMe White Paper 23-17: Estimating BMI and associated phenotypes with polygenic risk models." 23andMe White Paper.
- Nettleton J et al. (2015). "Gene x dietary pattern interactions in obesity: analysis of up to 68 317 adults of European ancestry." Hum Mol Genet. 24(16):4728-38. ^
- Reddon H et al. (2016). "Physical activity and genetic predisposition to obesity in a multiethnic longitudinal study." Sci Rep. Jan 4;6:18672. ^
- U.S. Department of Health and Human Services and U.S. Department of Agriculture. "2015-2020 Dietary Guidelines for Americans." 8th Edition. December 2015. ^
- U.S. Department of Health and Human Services. "2008 Physical Activity Guidelines for Americans." 2008. ^

Change Log

Your report may occasionally be updated based on new information. This Change Log describes updates and revisions to this report.

Date	Change
June 4, 2018	As a result of improvements in data analysis, some customers may see an updated result.
Dec. 15, 2017	As part of regular report review and improvements in data analysis, some male customers may see an updated result.
March 3, 2017	Genetic Weight Report created



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