

OZEMPIC: The Brain and Obesity: Are We Wired to Eat More? | Stephan Guyenet, PhD | The Proof Podcast EP #260

<https://silosolo.com/389316>

Summary

The transcript discusses the enormous increase in obesity rates in the United States over a long period of time. The pace of increase accelerated between the mid-1970s and mid-1980s, marking the start of the obesity epidemic. The brain is highlighted as a scientific frontier and a key factor in understanding obesity. The prevalence of obesity has been steadily rising, with 43% of US adults currently affected. The transcript also mentions the author's journey in studying neuroscience and his motivation to write a book on obesity.

Silo sample questions

- What is the current obesity rate among adults in the United States?
- When did the obesity epidemic in the United States start?
- What is the role of the brain in obesity?

Topics

Obesity rates

Neuroscience of obesity

Causes of obesity

Impact of obesity

Obesity epidemic

Key Takeaways

- There has been an enormous increase in obesity rates in the United States.
- In the United States, 43% of adults have obesity.
- The rate of increase in obesity accelerated between the mid-1970s and mid-1980s.
- The brain is one of the great remaining scientific frontiers, and understanding it is crucial in the study of obesity and eating behavior.
- The prevalence of obesity has been steadily increasing over a long period of time.

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