

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

<https://silosolo.com/936522>

## Summary

There has been an enormous increase in obesity rates over time, with the pace accelerating between the mid-1970s and mid-1980s. Currently, 43% of US adults have obesity. The brain, particularly the hypothalamus, plays a role in regulating body fatness. The prevalence of obesity has significantly increased over the years. The obesity epidemic is an ongoing issue that requires more data and public awareness.

## Silo sample questions

- What percentage of US adults have obesity?
- When did the obesity epidemic start?
- What is the role of the brain in obesity?
- How has the prevalence of obesity changed over time?

## Topics

Obesity rates

Neuroscience of obesity

Prevalence of obesity

The brain

Obesity epidemic

## Key Takeaways

- Obesity rates have been increasing gradually over a long period of time
- The pace of obesity accelerated between the mid-1970s and mid-1980s
- 43% of US adults have obesity
- The obesity epidemic started in the mid-1970s
- The brain is a fascinating topic in neuroscience

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