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Food addiction (Cornelis, 2016)

Marilyn C. Cornelis, et al.
Obesity

Addiction Behavior

STUDY SUMMARY

Identification of 2 genetic loci correlated with the development of food addiction.

STUDY DESCRIPTION

Foods, especially those that are high in sugar, fat, or salt, can trigger the release of the feel-good chemical known as 'serotonin' in our brains. Though an ongoing debate within the scientific community, food addiction is believed to share mechanisms with drug addiction. Food addiction can involve binge eating and a lack of control around food, putting those affected at a high risk of developing *obesity*. To identify genetic variants that are associated with food addiction, this study examined the genomes of 9,314 women of European ancestry. Researchers discovered 2 loci correlated with food addiction. The first locus is in a gene that plays a role in food metabolism, and the other was previously linked to brain development. The study did not uncover direct genetic links between food and drug addiction.

DID YOU KNOW?

Overcoming food addiction is very difficult. Avoiding trigger-foods that you binge on and finding healthier options may help mediate food addiction.

YOUR DETAILED RESULTS

The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to food addiction. The variants highlighted in blue have **negative effects sizes** and decrease your genetic predisposition to food addiction. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to food addiction. However, please note that genetic predispositions do not account for important non-genetic factors like lifestyle. Furthermore, the genetics of most traits has not been fully understood yet and many associations between traits and genetic variants remain unknown. For additional explanations, click on the column titles in the table below and visit our Nebula Library tutorial.

VARIANT	YOUR GENOTYPE	EFFECT SIZE	VARIANT FREQUENCY	SIGNIFICANCE
rs75038630_A NEW	C / C	0.19 (-)	6%	2.32×10^{-8}
rs74902201_A NEW	G / G	0.17 (-)	6%	2.00×10^{-8}