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Mindful Eating- Ενσυνείδητη Διατροφή & Presentation of Preliminary Results of ME- Observational Study in Cyprus

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2021



Disclosure

Speaker name: Dr Eleni Andreou

 I do not have any potential conflict of interest



Panel: Mindfulness Masterclass: Personal Empowerment Through Awareness

- New technologies and dietary behavior change - *Kalliopi Karatzi*
- The Benefits of Mindfulness: How to Improve Your Health, Happiness and Eating Experiences by Connecting with Your Inner Wisdom
- *Emilia Vassilopoulou*
- Psychological approaches to mindful eating behavior - *Anthi Loutsiou*
- Mindful Eating and the Preliminary Results of study in Cyprus - *Eleni Andreou*

Chairs: Nicoletta Ntorzi, Joanne Adamidou

CPE level: II CPE credit: 1

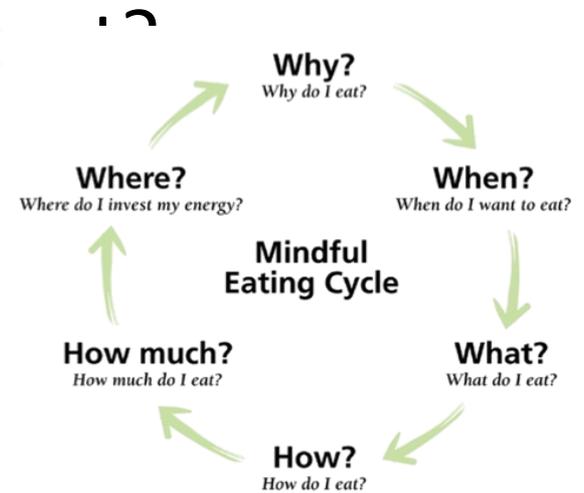
09:00

10:00



Objectives

- History of MW and What is Mindful Eating?
- Why is Mindful Eating important
- Hunger Vs. Satiety
- Types of Mindful Eating
- Tips & Tools
- Present the results of a study



Why Mindful Eating?

“One cannot think well, love well,
sleep well, if one has not dined well.”

~Virginia Woolf



Any of these sound familiar from your discussion with your clients?



FEELSLIKEHOMEBLOG.COM

- Snacking while watching TV or surfing the internet?
- Eating on the go while you are driving?
- Having dinner and realizing afterwards you are way too full?
- Looking in the refrigerator or cupboards for food when you are bored?
- Eating dinner in less than 20 minutes?
- Attending a party and mindlessly eating appetizers as you walk by the buffet table?
- Eating out of a candy dish just because it is there?
- Not putting your fork down between each bite?
- Feeling like you have to eat everything on your plate?

History of Mindful Eating

- Has deep roots in Buddhism stemming from the practice of mindful meditation
- ME has become popular as a way of self-calming and as a method of changing eating behaviors.
- Jon Kabat-Zinn founded Center for Mindfulness in Medicine, Health Care, and Society at UMass Medical School in 1979
- Implemented clinical trials that focused mostly on mindfulness to manage chronic pain, stress and smoking cessation
- Mindful eating is being incorporated into behavior change programs along with recommended dietary behavior changes



What is Mindful Eating?



- Focus & Awareness while eating
 - Focus on how you are eating, not what you are eating
 - Focus on each sensation of the body while eating
 - Become aware of chewing, swallowing, tasting of the foods you eat
 - Awareness of your own bodies needs
 - Become aware of the positive and nurturing opportunities

(Nelson J, 2017)

Do's and Don'ts of Mindful Eating-ME: The purpose

- ✓ Mindful eating is the act of 'paying attention to our food, on purpose, moment by moment, without judgment'
- ✓ ME is an approach to food that focuses on individuals' sensual awareness of the food and their experience of the food.
- ✓ The purpose of ME is to help individuals savor the moment and the food and encourage their full presence for the eating experience.
- ✗ It does not focus on calories, carbohydrates, fat, or protein.
- Yes
Maybe
No Not for losing weight, although it is highly likely that those who adopt this style of eating will lose weight

(Olson KL, 2015)



Need of Mindful Eating-ME while dieting

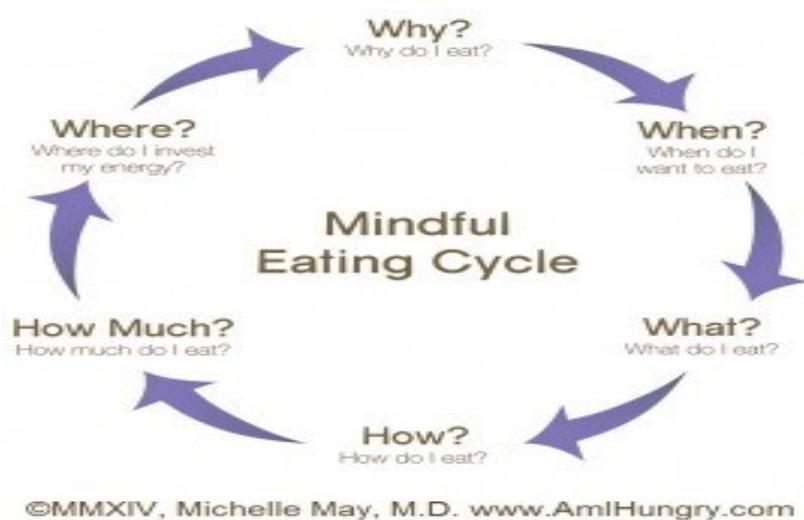


- ❑ Diets tend to focus on rules of eating, with the intended measurement of specific outcomes
 - Weight loss
 - Improved blood glucose or A1C in diabetes.
- ❑ All diets have the potential of success or failure based on weight outcomes.
- ❑ People may know their outcomes are going to depend on their consumption and expenditure of calories and understand that this has to do with their behavior, but it is rare for individuals to sustain behavior change without seeing results on their outcomes.

(Olson KL, 2015)
- ❑ Typically, people last about ≤ 6 months on a diet
(Champagne C, 2008)
- Maybe that is why diets fail?

In what disordered behaviors
can ME be used

(Baer, 2005)



- Binge Eating
- Cravings
- Emotional Eating
- Exercise Motivation
- Food Addiction
- Mindless Eating
- Negative Body Image
- Obesity
- Stress Eating
- Weight Management
- Yo Yo Dieting

Used clinically in weight management and
eating disorders (Kristeller, 2007)



MINDFUL EATING

VERSUS

INTUITIVE EATING

HOW ARE THEY THE SAME?
HOW ARE THEY DIFFERENT?



Mindful eating teaches open-minded awareness of how our food choices affect us

It opens curiosity and encourages you to simply start noticing new things

It's about paying attention to build knowledge, insight, and trust with your body

It might be used as a method for limiting how much you eat



Intuitive eating is a framework for rejecting the diet mentality

It teaches you to ask the question, "What does my body need?"

It also includes aspects of self-care, movement and activity for pleasure, and satisfaction

It gives you permission to eat and NOT be completely mindful while doing so

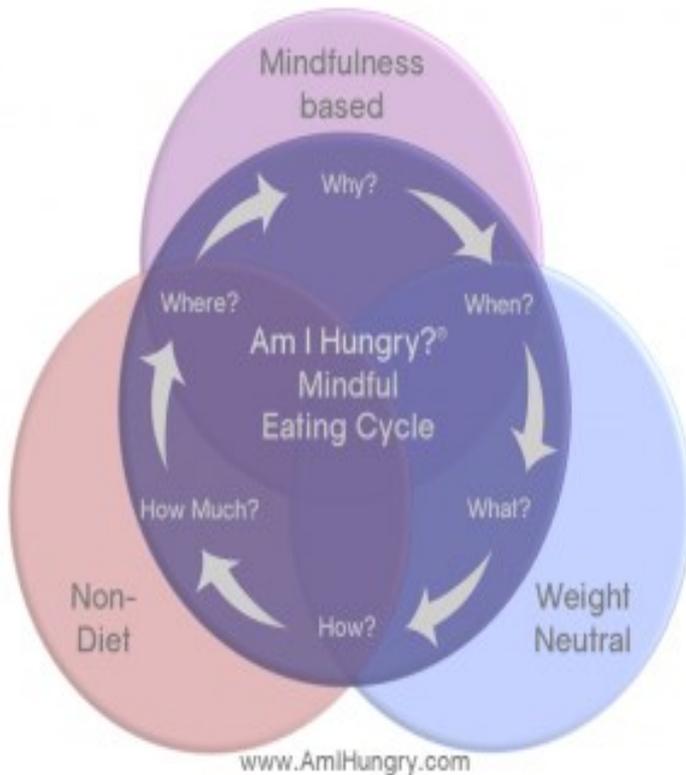
BUT THEY BOTH...

- Use a nonjudgmental approach for observing and understanding
- Can help you reconnect to your body and listen to internal cues, vs. external cues
- Serve as tools in the toolbox of a non-diet approach to heal your relationship with food

And neither is a tool for weight loss!
Remember, you can't mindfully eat your way to happiness and food freedom

streetsmartnutrition.com

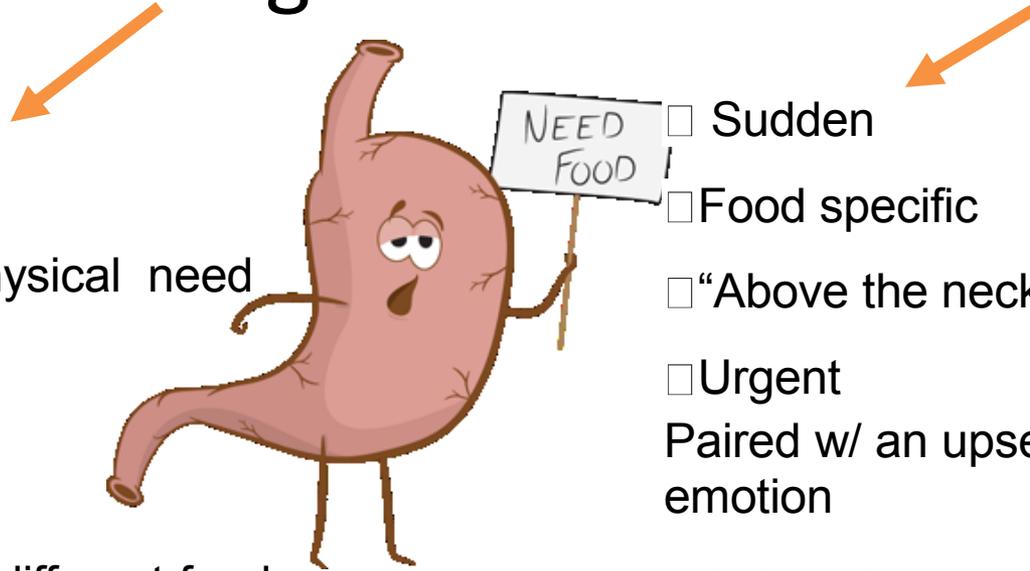
Although based on different principles, both mindful eating and intuitive eating promote self-compassion, self-trust, and an improved relationship with food.



www.AmiHungry.com



Physical Hunger Vs Emotional Hunger



- Gradual
- Occurs out of physical need
- Based in the stomach
- Patient Open to different foods
- Choices & awareness of eating
- Stops when full

- Sudden
- Food specific
- "Above the neck"
- Urgent Paired w/ an upsetting emotion
- Automatic or absent-minded eating
- Does not notice or stop eating in response to fullness
- Feels guilty about eating

Realizes eating is necessary



Hunger Vs. Satiety

- How do you know when its time to eat?
 - Time, stomach grumbling, atmosphere
- How do you know if you're hungry?
 - Physical signs
 - Desire of food increases
 - A non-favorite food sounds good
- Do NOT ignore true hunger
 - Eating every 3-4 hours avoids over-eating
 - Controls metabolic rate, blood sugar levels and mood

MOST COMMON EATING TRIGGERS (OUTSIDE OF MEAL TIMES)



The Hunger-Fullness Scale

0	Empty
1	Ravenous
2	Over-hungry
3	Hunger pangs
4	Hunger awakens
5	Neutral
6	Just satisfied
7	Completely satisfied
8	Full
9	Stuffed
10	Sick

Working towards eating more in the grey area (from 4-7) will help with portion control as well as blood sugar balance and energy level.

Hunger Vs. Satiety

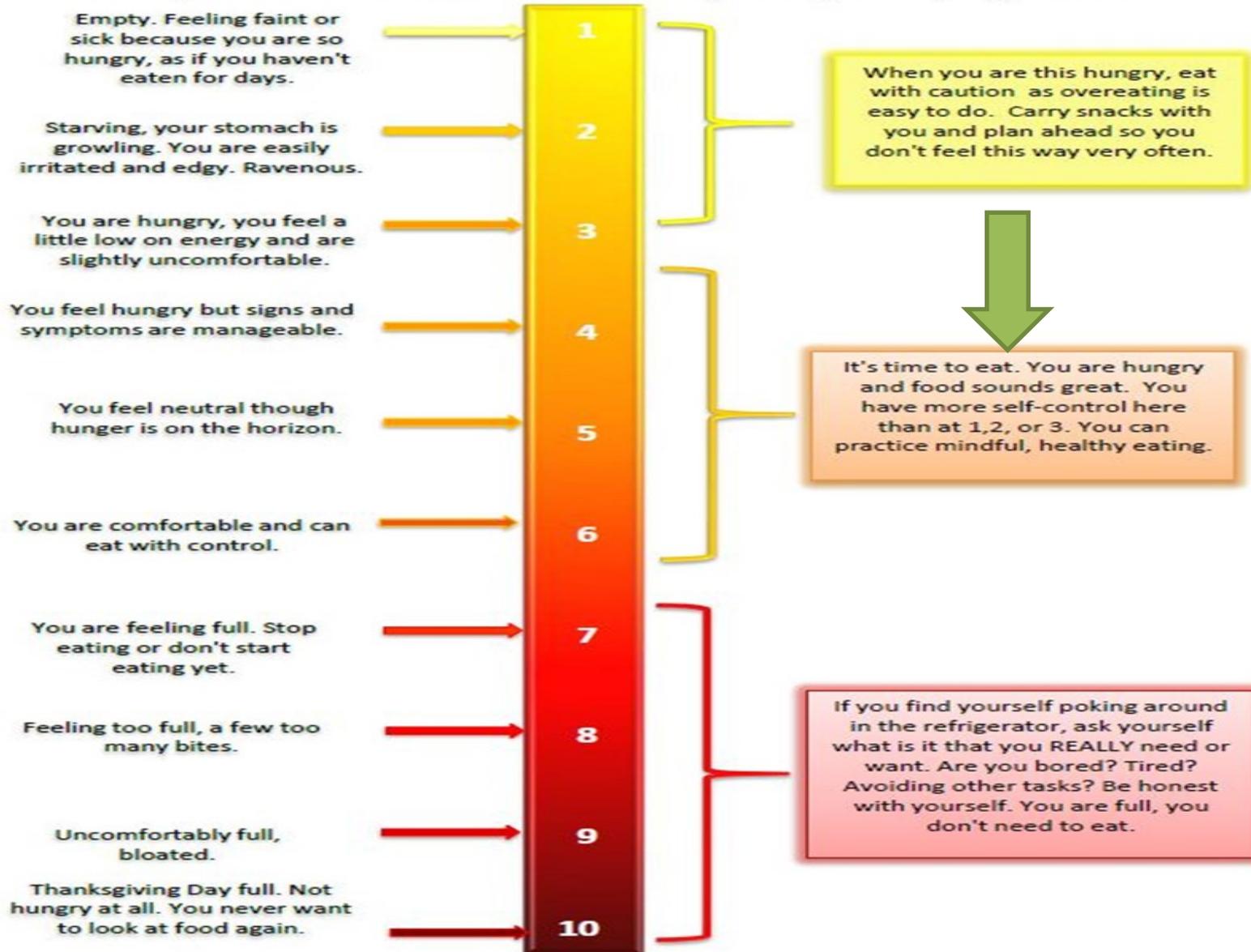
- Cravings
 - No physical hunger pains
 - If distracted, craving goes away
 - Related to emotions
 - Desire: Sweet, salty, crunchy
- It's okay to give in, but related to them to being mindful
- NOT a diet

(Woodward E, 2020)



Hunger Scale from Healthiest Regards

Check your hunger scale regularly. You should try to eat before you get to a 3 and ideally between a 4 and 6. You should stop eating when you get to a 7.

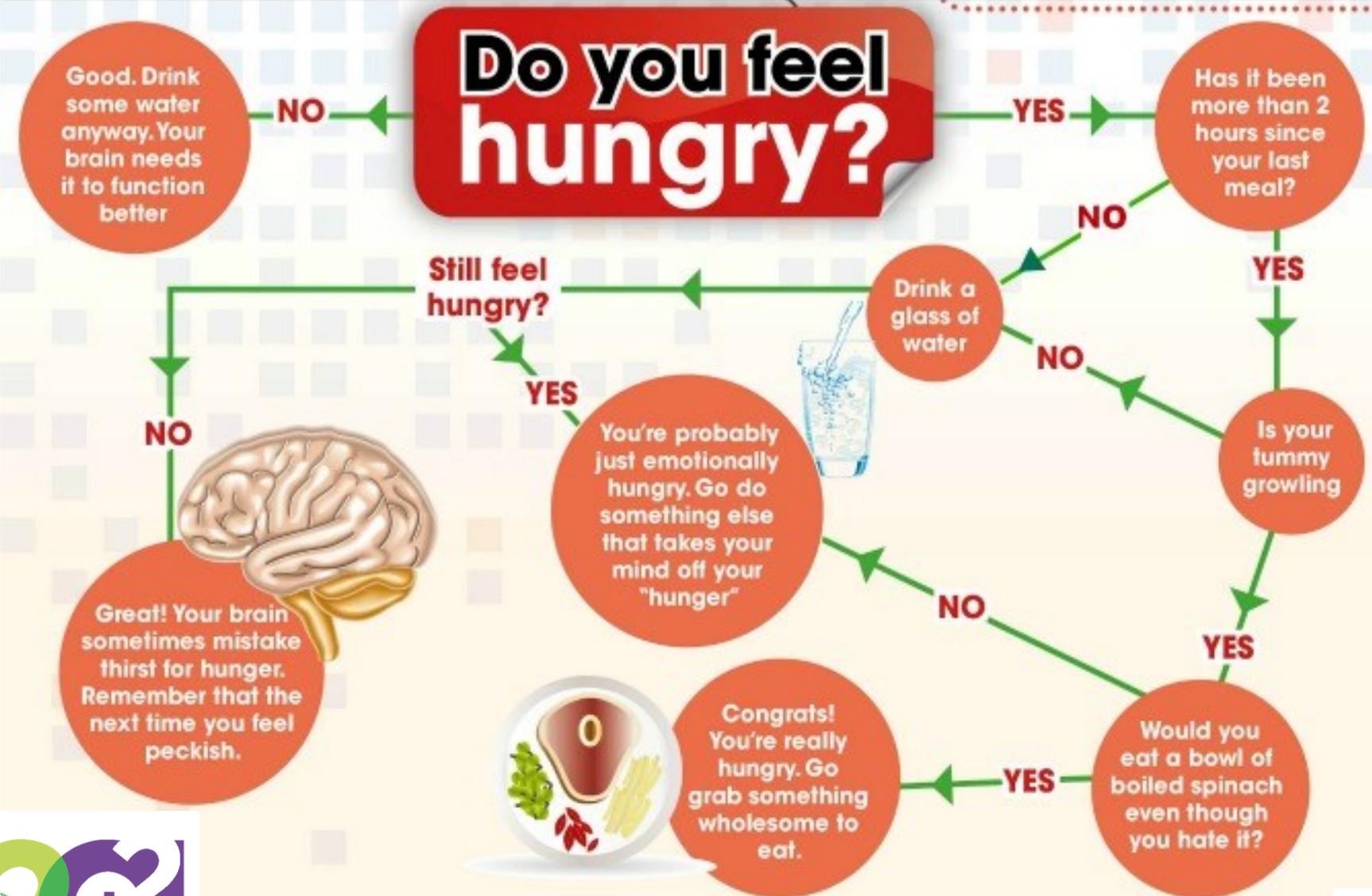


Focus in on your hunger and satiety cues!

- **Asking yourself the questions:**
 - Am I truly hungry?
 - Do I need second helpings?
 - Is this what my body is really asking for?
- **Remembering:**
 - Just because I see it doesn't mean I have to eat it



Algorithm of hunger !



Consequences of Eating with Emotions

Emotional Eating can lead to:

Consumption of Empty Calories

Excess Calorie Consumption

Guilt & Frustration = continued Emotional Eating

Excess Weight Gain

It is important to find other ways to channel your emotions!



H.A.L.T

Not sure why you are eating?

Try asking:

- **Hungry?**
- **Angry?**
- **Lonely?**
- **Tired?**



Types of Mindful Eating

- Arriving at food
- Awakening to the food
- Tuning in to the body
- Service with food



Arriving

Arriving at your food means becoming aware that food has come into your personal space.

- Have a moment of silence for 30 seconds before eating...
 - Look closely at your food
 - Detect all the odors in your food
 - Realize the human effort it took to get the food to you
 - Imagine yourself eating your food



Awakening

Awakening to your food means paying attention to all its aspects.

- Taste & changes in flavors (i.e. aftertaste)
- Texture
- Aromas
- Sounds



Tuning In

Tuning in to your body means paying attention to yourself as you eat.

- Be aware of how many chews it takes to chew your food entirely
- Notice emotions
- Notice physical feelings
- No guilt



Service

Service with food means being aware of all the activities that surround food and eating.

- Setting and clearing the table
- Loading the dishwasher
- Storing leftovers







MINDFUL EATING



01

Eat when
you're hungry



02

Differentiate between
hunger, stress, boredom



03

Avoid multitasking
while eating



04

Sit down at a table
and eat



05

Chew your food
thoroughly

1. **Begin with your shopping list.**
2. **Come to the table with an appetite – but not when ravenously hungry.**
3. **Start with a small portion.**
4. **Appreciate your food.**
5. **Bring all your senses to the meal.**
6. **Take small bites.**
7. **Chew thoroughly.**
8. **Eat slowly.**

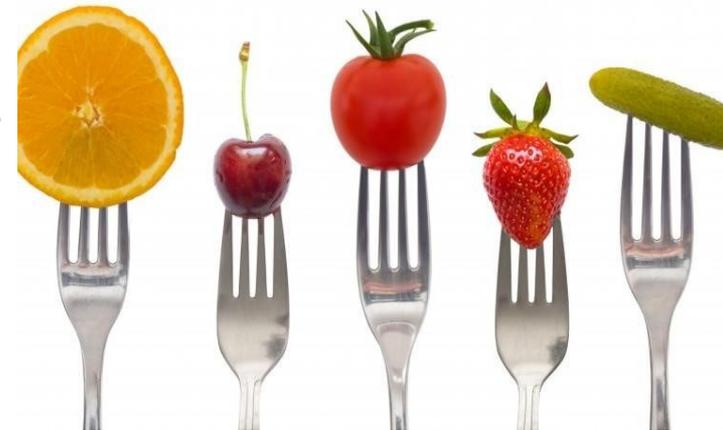
(Harvard Health, 2019)

Tips for your clients for Mindful eating



How does one Mindfully Eat?

- • OBSERVE
- • BE IN THE MOMENT
- • SAVOR
- • PRACTICE NON-JUDGEMENT
- • BE AWARE



ΕΝΣΥΝΕΙΔΗΤΗ ΔΙΑΤΡΟΦΗ

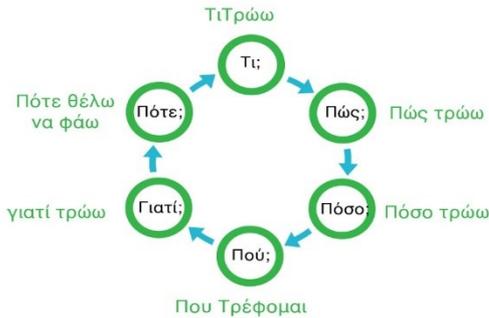
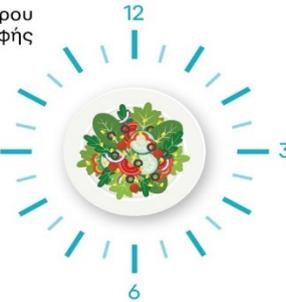
Mindful Eating

Η Παγκύπρια Ημέρα Διατροφής (ΠΗΔ) κατά τη φετινή χρονιά συνεχίζει να είναι εν καιρώ πανδημίας – COVID-19.

Ο Σύνδεσμος Διαιτολόγων και Διατροφολόγων Κύπρου (Συ.Δι.Κυ.) γιορτάζει την 14η Παγκύπρια Ημέρα Διατροφής που έγινε θεσμός με το Υπουργείο Υγείας από το 2007.

Η ενσυνείδητη διατροφή είναι μια φιλοσοφία-στάση ζωής, που καθιστά το άτομο "εμπειρογνώμονα" του σώματός του, ώστε να αντιλαμβάνεται τα σημάδια πείνας ή κορεσμού. Έτσι προάγει μια υγιή, θετική στάση απέναντι στην τροφή και την εικόνα του σώματός του.

Δεν επιβάλλει κατευθυντήριες γραμμές για το τι ή το πότε θα πρέπει να φάτε ή το τι θα πρέπει να αποφεύγετε.



Υπάρχει διαφορά ανάμεσα στη διαισθητική διατροφή (intuitive eating) και στη ενσυνείδητη διατροφή (mindful eating);

Η διαισθητική διατροφή είναι μια μορφή συντονισμού μυαλού, σώματος και τροφής. Η ενσυνείδητη διατροφή (mindful eating) διαπραγματεύεται την εστίαση του ατόμου στην εμπειρία της διατροφής και της σίτισης, χωρίς καμία κρίση. Η ενσυνείδητη διατροφή σε βοηθάει να γνωρίζεις τις θετικές και θρεπτικές ευκαιρίες, που σου δίνονται μέσα από την τροφή και να χρησιμοποιήσεις όλες τις αισθήσεις σου ώστε να τρως το γεύμα σου, ικανοποιώντας εσένα αλλά παράλληλα θρέφοντας και το σώμα σου. Η διαισθητική διατροφή είναι συνυφασμένη με την ενσυνείδητη διατροφή, καθώς περιλαμβάνει και χρησιμοποιεί στρατηγικές και τεχνικές της.



Αίσθημα Κορεσμού!

Το πρώτο βήμα είναι η διάκριση μεταξύ της βιολογικής και της συναισθηματικής πείνας.

1 Η βιολογική πείνα: Κινητοποιεί για να αναπληρωθούν τα θρεπτικά συστατικά. Αναπτύσσεται σταδιακά και έχει διαφορετικά σημάδια, όπως γουργούρισμα του στομάχου, κόπωση ή ευερεθιστότητα. Ικανοποιείται με την κατανάλωση τροφής.



2 Η συναισθηματική πείνα: Καθοδηγείται από συναισθηματική ανάγκη. Η θλίψη, η μοναξιά και η πλήξη είναι μερικά από τα συναισθήματα που μπορεί να δημιουργήσει επιθυμία για συγκεκριμένα τρόφιμα (comfort food- φαγητά της παρηγοριάς). Στη συνέχεια, το άτομο νιώθει ενοχή.

Κάνε το κάθε σου γεύμα μία Ενσυνείδητη Διατροφική εμπειρία.

Μία καλή διατροφική συνήθεια, που είναι σχετικά απλή και εύκολη να υιοθετήσεις, είναι αυτή της ενσυνείδητης διατροφής. Πρόκειται για την καλλιέργεια μίας νοοτροπίας, που σου επιτρέπει να έχεις μία όμορφη σχέση με την τροφή και το σώμα σου. Είναι επομένως περισσότερο μία στάση ζωής, παρά ένα διατροφικό πρόγραμμα.

Το όφελος, υιοθετώντας αυτήν την καλή συνήθεια, είναι διπλό. Από την μία κάνεις ισορροπημένη διατροφή, από την άλλη εξασφαλίζεις ότι έχεις εισάγει στην ημέρα σου μικρές στιγμές ενσυνείδησης, σύνδεσης και παρατήρησης των αναγκών σου.



Πόσο ενσυνείδητη...

Σε έρευνα που πραγματοποιήθηκε στο Πανεπιστήμιο Λευκωσίας (ΣΥΔΙΚΥ και με έγκριση του Συμβουλίου (Constandinidou A, Απριλίου 2021) η πανδημίας έδειξε ότι οι άνθρωποι ακολουθούν ενσυνείδητη διατροφή.

Τελικά, φαίνεται ότι οι άνθρωποι έχουν στόχους για να φέρουν την διατροφή καταλήγουμε να τρώω.

Τα...

1 Η προετοιμασία- Κόπωση πρόγραμμά σου

- α) Πλάνο της εβδομάδας
- β) Ψωνίστε τα απαραίτητα
- γ) Όταν προετοιμάσετε το φαγητό σας κάντε...

3 Παύση και αναγνώριση

Πριν το γεύμα, κάντε μια παύση απ' ότι κάνετε μετάβαση στο γεύμα.

Αναρωτήσου ακόμα και αν τρώω από πείνα, βασιζόμενος στην συνήθεια ή απλά από συναισθηματική πείνα.

5 Συνέχισε την καλή δουλειά- επιβράβευσέ τον εαυτό σου.

Δοκίμαστε ξανά και...

MINDFUL EATING CHANGES US FOR THE BETTER

THE WAISTLINE SHRINKS, THE MIND EXPANDS, THE TOTAL of WELLBEING IMPROVES...



EQUATION OF WELLBEING

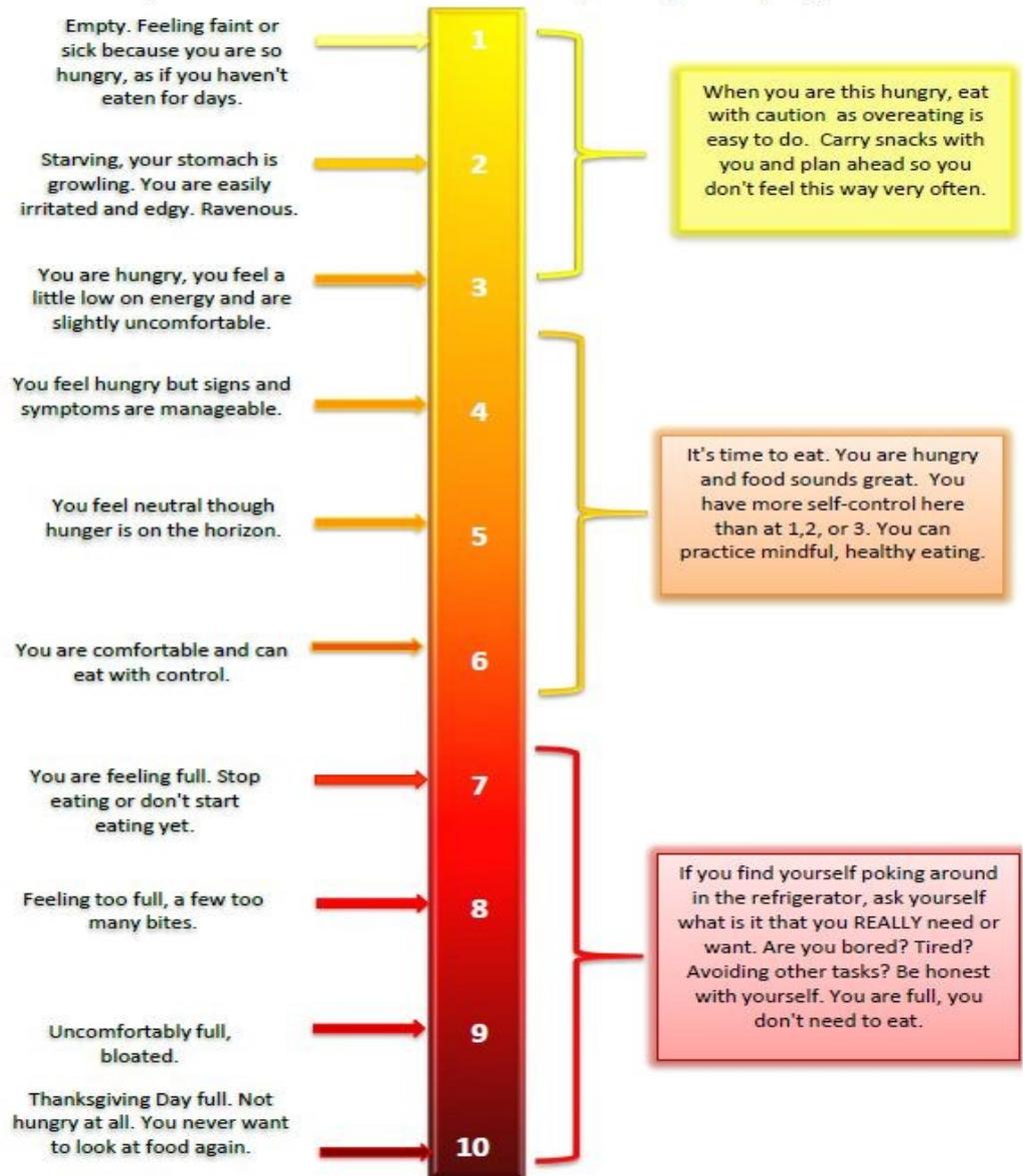
TOOLS FOR PROFESSIONALS TO USE IN ORDER TO SUCCEED ME

Recommendations to Prevent Emotional Eating

- Have a hunger reality check
- Keep a food diary
- Fight boredom
- Don't deprive yourself
- Learn from set backs
- Use mindful eating techniques

Hunger Scale from Healthiest Regards

Check your hunger scale regularly. You should try to eat before you get to a 3 and ideally between a 4 and 6. You should stop eating when you get to a 7.





HUNGER CHECK

MINDFUL EATING

Name: _____



Day 1:	Before (1-10)	During (1-10)	After (1-10)
Breakfast	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch	<input type="text"/>	<input type="text"/>	<input type="text"/>

3 Day Hunger Check Log. Use this tool with clients to encourage Mindful Eating practices and identify body signals of hunger and fullness. Great activity and talking point during lectures. Also a great topic for health fairs and one on one consultations.



MINDFUL EATING JOURNAL

Tools for Dietitians

Mindful Eating Journal

Date: Day: M Tu W Th F Sa Su

Today's intention or Affirmation:

Time	Hunger Rating Before	What did you eat?	What did you drink?	Satiety Rating After	Thinking	Feeling	Digestion	Mood

Physical activity / Exercise: Hours of sleep: How did you sleep:

Daily Reflection: Did you find any physical, emotional or environmental-triggers that urged you to eat? Did you experience any cravings today?

Did you try new foods today? What foods did you really enjoy today? Did you eat something out of habit? Or did you eat something because you were bored, happy or sad?

.....
.....
.....

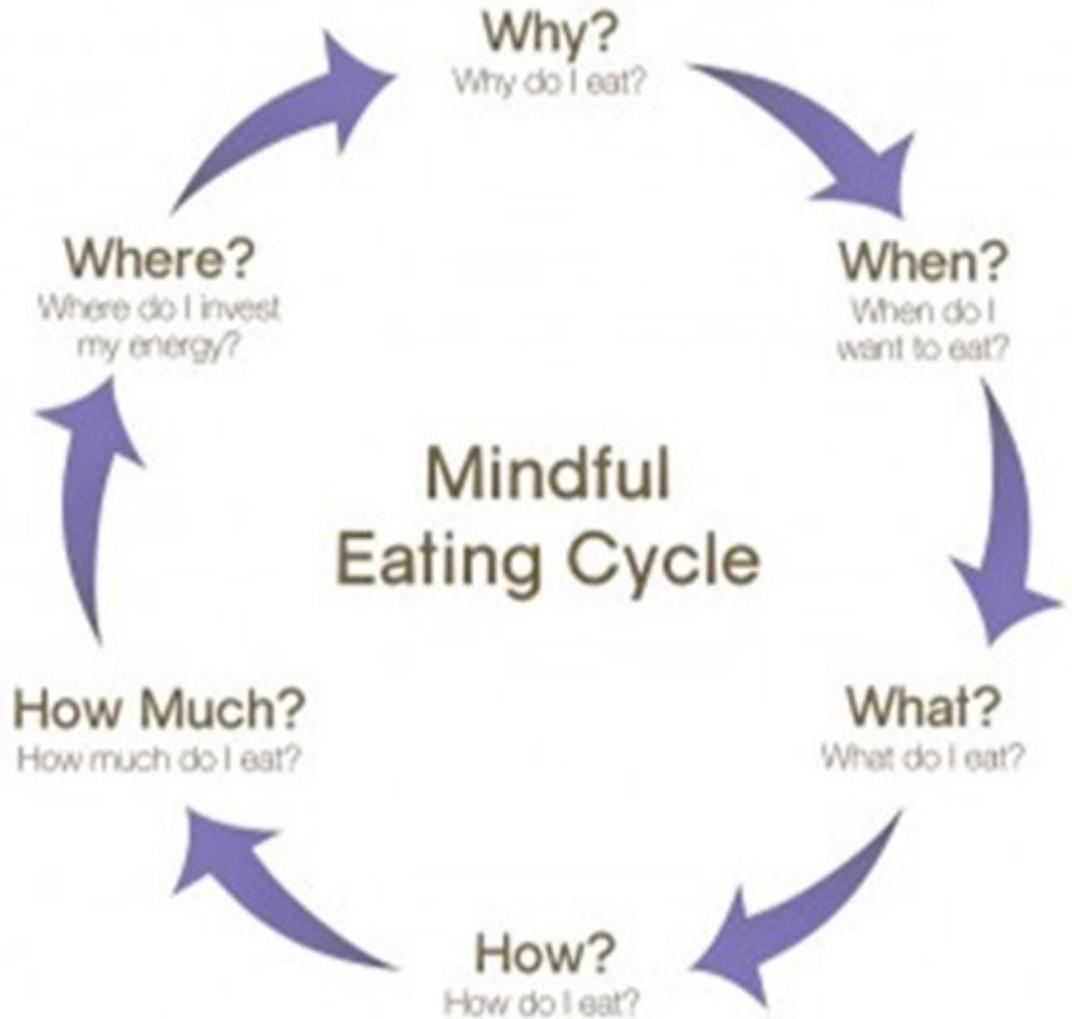
Hunger Level: From 1 to 5
Starving, Irritable, Strong urge to eat,
A little hungry, Starting to think about food

Satiety Level: From 1 to 5
Just starting to feel satisfied, Satisfied, Very full, Un-
comfortably full, Stuffed to the point of felling sick.

Mood: Did your mood change before, during or after eating? Did you feel better or worse? Happier, angrier, depressed, anxious or upset after eating.



Teach your clients



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Mindful Eating «ενσυνείδητη διατροφή»

When you practice mindful eating, think about how your food tastes, sounds, feels and smells.

Practice mindful eating as you enjoy a piece of the fruit or other food. Write or draw your reflections below:

Όταν εξασκείτε ενσυνείδητη διατροφή, σκεφτείτε την γεύση του φαγητού, την ηχώ, πως το αισθάνεστε και πως μυρίζει. Πραγματοποιήστε την ενσυνείδητη διατροφή καθώς απολαμβάνετε το φρούτο ή άλλο τρόφιμο.

Γράψτε ή σχεδιάστε τις αντανακλάσεις σας πιο κάτω.

How did you feel what you eat..../Πως ένιωσες αυτό που έφαγες....

T 	V 	S 	Feel 	Sound/ 

What did you notice that you haven't noticed before?/ Τι πρόσεξες που δεν έχεις προσέξει προηγουμένως?

.....

Draw a picture of the food and all the things (including people) that it needed to grow /Σχεδιάστε μια εικόνα φαγητού και όλα τα πράγματα (συμπεριλαμβανομένων των ανθρώπων) που χρειάζεται για να παραχθεί το τρόφιμο.

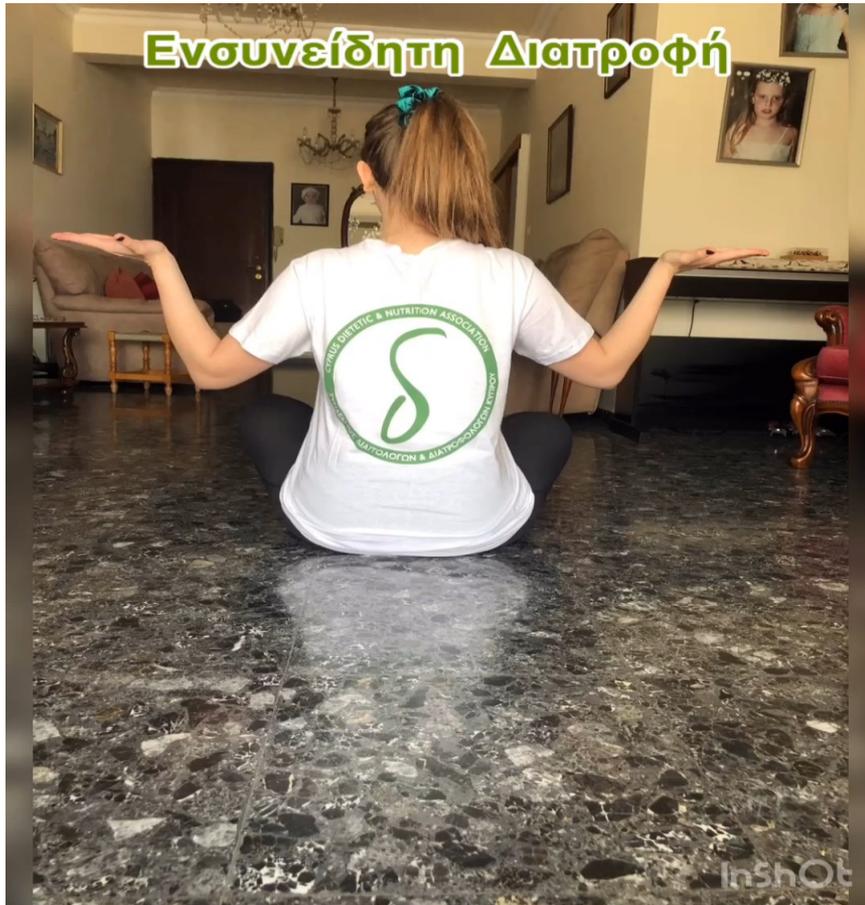




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Mindful Eating



See What Anna Michael, Clinical Dietitian, PhD C at UNIC believes about Mindful Eating

[video-output-C6FF2E7C-F5FE-4A0D-870B-13CEC7779798.MOV](https://www.youtube.com/watch?v=C6FF2E7C-F5FE-4A0D-870B-13CEC7779798)



Determination of the mindful eating effect of Cypriots adults and relation to body weight.

Observational study(pilot)

Andrea Constandinidou, Christoforos Christoforou, Persa Korfiati, Evridiki Georgaki, Demetres Papandreou and Eleni Andreou(PI)

LHS of University of Nicosia

Under the Auspices of CyDNA and MAZI

NOW in collaboration with Barts London Medical School



Science Behind The Mindfulness Diet

- In 1991, a landmark study published in the New England Journal of Medicine confirmed that **young children have an intuitive ability to eat** from their innate bodily needs.¹
- In 1994, a study in the Journal of Abnormal Psychology reported that **exposure to the media-portrayed thin ideal is related to eating pathology**, and that greater internalization of this ideal predicted increased body dissatisfaction, which was related to heightened eating disorder symptoms.²
- A 1997 study in the journal Health Psychology reported that **“during weeks of high perceived stress, participants exercised significantly fewer days**, omitted more planned exercise sessions, were less satisfied with their exercise, and had lower self-efficacy for meeting exercise goals.”³ Also in that year, in an article entitled A 10-Year Longitudinal Study of Body Weight, Dieting, and Eating Disorder Symptoms, it was reported that **“dieting is a notoriously ineffective means of achieving weight loss** [and that] the data indicate that most diets are doomed to fail.”⁴
- In 1999, a mindful eating study reported that **mindfulness training decreased both the frequency and severity of binge eating episodes**. The same study also reported that **mindfulness improved attitudes towards eating**, and lessened depression and anxiety. In addition, the study reported that **non-eating exercises such as forgiveness meditations helped to resolve common binge triggers**, and that the participants were surprised that **giving up a degree of conscious control over their eating actually led to increased control**. Finally, it was reported that mindfulness contributed to becoming detached and non-critical toward the self, an aspect of mindfulness that appears important to the success of the intervention.⁵
- In 2001, a study reported that media exposure is related to eating attitudes, self-objectification, and body dissatisfaction in both men and women. **Participants who read fitness (men) or beauty (women) magazines had a greater concern about their physical appearance and exhibit more disordered eating behaviors than those who do not.**⁶
- A study in 2002 reported that a program of **mindfulness led to effective and lasting reductions of symptoms of psychological distress, and enhanced well-being and quality of life.**⁷



Science Behind The Mindfulness Diet

- A 2003 study indicated that **mindfulness led to reductions in anxiety**.⁸ In 2003, another study reported that mindfulness led to significant improvement in mood states and reductions in psychological distress, compared with controls.⁹ In the same year, it was reported that **mindfulness predicted self-regulated behavior and positive emotional states**, and that increases in mindfulness over time relate to declines in mood disturbance and stress. The same study concluded that mindfulness “has a significant role to play in a variety of aspects of mental health.”¹⁰
- A landmark study, also from 2003, reported that **mindfulness exercises increased activity in those parts of the brain associated with happiness and optimism**. The participants practicing mindfulness experienced a decrease in negative emotions, while those on the waiting list noticed no change. The difference was still present four months later.¹¹ In the same year, another study reported that **high stress is associated with a higher fat diet and less frequent exercise**.¹²
- In 2004, a study at the UCLA School of Medicine reported that by helping patients recognize thoughts and feelings and learn to look at them in a more detached way, **mindfulness dampened overactivity in brain areas associated with compulsive behavior**. In that year it was also reported that mindfulness training along with cognitive therapy could help prevent depression from returning, and prevent negative thinking, such as thoughts of failure or worthlessness.¹³
- A 2005 study confirmed the growing evidence that **mindful eating can lead to excellent improvements in binge eating symptoms**.¹⁴ It was also reported that meditation **changes the physical structure of the brain**, particularly in regions associated with attention and sensory processing.¹⁵
- In 2006, a study indicated that **mindfulness may be associated with better exercise outcomes**.¹⁶ Another study reported that an **8-week mindfulness program led to a 32% overall reduction in stress symptoms, and a 56% reduction in total mood disturbance**.¹⁷ A 2006 review of mindful eating approaches to eating disorders reported that each of the approaches “provides individuals with a heightened ability to simply observe feelings, behaviors and experiences, **to disengage automatic and often dysfunctional reactivity, and then to allow themselves to work with and develop wiser and more balanced relationships with their selves, their eating, and their bodies**.”¹⁸ Another study reported that **television viewing increases viewers’ intake of high-density foods**.¹⁹



Science Behind The Mindfulness Diet

- In 2007, an article on mindful eating research reported that **increases in mindfulness predicted decreases in the reported number of binges, and that more awareness of satiety cues was correlated with a reduction in the number of binges.** Participants found that **allowing the body to self-regulate (eating when hungry and stopping when full) was more satisfying than the diet-binge cycle that they were used to, and reported being pleasantly surprised by not gaining weight.**²⁰ Another study in 2007 reported on a link between mindfulness and exercise, saying that **"intentions predicted physical activity among mindful individuals and not among less-mindful individuals."**²¹ Another article that year reported that **mindfulness "provides a new dimension to assist in educating for a healthy body-mind unity."**²² And yet another article that year reported on the **direct correlation between stress and weight gain.**²³
- In 2008, it was reported that a study of an obese individual that included physical exercise, a food awareness program, **mindful eating, and a mindfulness procedure as a self-control strategy, helped that individual to reduce his weight from 315 pounds to 171 pounds, increased his physical activity, helped him to eat healthy foods and stop eating rapidly, and substantially reduced his serious medical risk factors.**²⁴ Also in that year, another study reported that a **group intervention focused on mindful eating led to improvement in binge eating symptoms, depressive symptomatology, and emotion regulation skills and increased motivation to change maladaptive eating behavior.**²⁵ Another interesting study in 2008 reported that **higher levels of mindfulness led to a "merging of action and awareness," clear goals, improved concentration, and greater attentional control and emotional control.**²⁶
- A 2009 study reported on mindfulness and weight loss showed that, particularly **in those who applied the principles and practices of mindful eating consistently, there were greater increases in physical activity and significantly greater reductions in Body Mass Index.**²⁷ Another study reported that **mindful eating is helpful for weight management** and that "a growing body of literature ... suggests that [mindful eating] and other **mind-body strategies support and enhance a multi-modal weight loss program that focuses on lifestyle changes of diet, exercise, reduced stress, and mindful living.**"²⁸ A 2009 study reported preliminary **support for the role of acceptance (allowing) and mindful eating in improving the quality of life of obese individuals while simultaneously augmenting their weight control efforts.**²⁹
- In 2010, a new study suggested that **mindfulness meditation could lead to more flexible emotional regulation and an enhanced ability to detach from negative states.**³⁰ Another study reported that mindful eating and other **mindfulness-based strategies can effectively reduce food cravings in an overweight and obese adult population,** and that this may be due to "prevention of goal frustration, disengagement of obsessive thinking and reduction of automatic relations between urge and reaction."³¹ Another report reported that **mindfulness training led to awareness of eating behaviors faster for the mindful eating group** than a control group, and concluded that **"mindful eating may be an effective approach towards dietary change."**³² Finally, another new study reported that **disordered eating-related thinking was positively associated with poor psychological health, and inversely related to mindfulness. Mindfulness, which was "also inversely related to general psychological ill-health and emotional distress, was found to partially mediate the relations between disordered eating-related cognitions and the two predicted variables."**³³
- Birch, L.L., et al. (1991) The variability of young children's energy intake. *New England Journal of Medicine*, 324, 232-235.



ME-ΕΔ/ ΕΕΒΚΕΡ2020.01.66 (Cyprus National Bioethics Committee approval)

The aim of this research study was to investigate the application of a "Mindful Eating" technique by Cypriot adults and to correlate it with the Body Mass Index.

This goal was achieved by using an electronic mindful eating questionnaire (MEQ) which will be answered only by people over 18

Objectives

1. Scoring of the mindful eating behavior
2. The results from the scores of the individuals in the MEQ and its sub categories (Disinhibition, Awareness, External cues, Emotional response, Distraction)
3. The relation of the final MEQ score with the Body Mass Index of the participants.



Cross sectional, observational study

METHODS

Statistical Analysis, Scoring, Correlation

270 Adults (Cy, Gr) New Group from UK

STUDY MATERIALS
MEQ (Framson 2009),
Demographics,
Anthropometrics-Medical
Hx-Exercise, Nutritional
Habits

EEBK EP
2020 01 66



Mindful Eating & Eating Disorders (University of Nicosia)

Gerogiou BSc),
 Kadhem F (BSc & MSc),
 Al Haboubi R (BSc & MSc),
 Parisi G (BSc & MSc),
 Constandinidou A (BSc & MSc)
 Korfiati P (PHD C)

Andreou E (2019-2020)

EAT-26 in Cyprus

- 22% of Cypriots with Emotional Eating

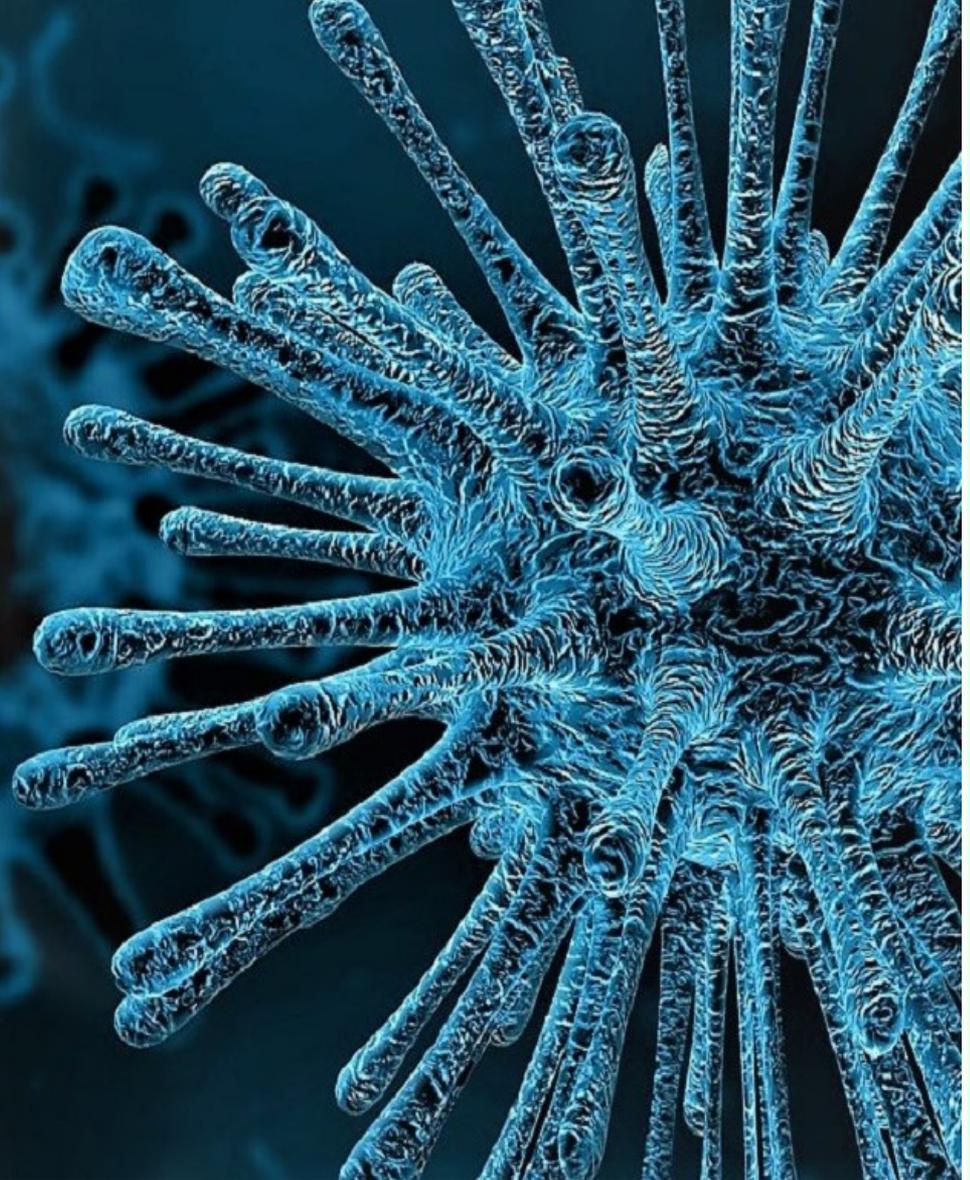
BMI	High risk(%)	Low Risk(%)	Total	%
1-<18.49	22	62	84	41.2%
2-18.5-24.99	15	37	52	25.5%
3-25-29.99	9	38	47	23.0%
4->30	2	19	21	10.3%
			204	
	Ttest	0.0173		
	Average kg	Average ht		
Male	80.58	1.76		
Female	67.35	1.64		

P < 0.05



Relationship-covid-19 with emotional overeating

- 20-50% Increase in sales of "comfort food – consolation food" during the coronavirus period
-



(Andreou E, Matheou E, Giannopoulou V, Georgiou A, Pafitis A, Doukopoulou C, Papandreou D, Georgaki E, 2021) (submitted)



Table.1: Demographics

Characteristics of study population completing the Mindful Eating Questionnaire (n= 270)	N	%
Sex		
Male	57	21
Female	21	79
Missing	2	8.00
Age (y)		
18-30	174	72.8
31-50	41	17.1
S51	24	10.04
Nationality		
Cypriot	223	93.3
Greek	16	6.7
Education		
Primary (primary school)	1	4
Secondary (Gymnasium and/or Lyceum)	11	4.6
Higher (university/College at undergraduate level)	119	49.8
Higher (graduate level or PhD)	108	45.2

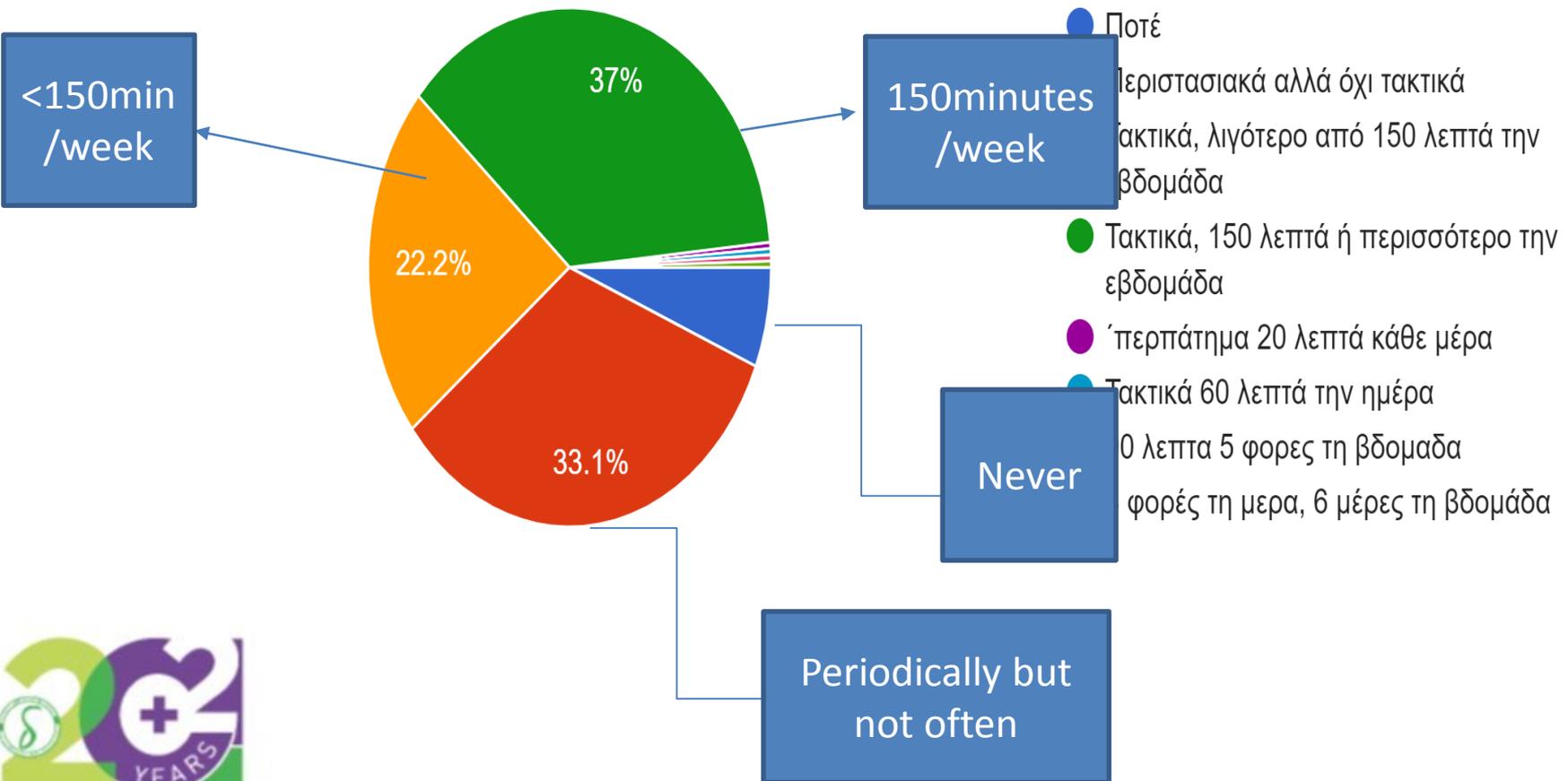


Diagnosed Health Condition	%
Yes	11.3
No	88.3
Body Mass Index	
<18.5	6.27
18.5-24.9	66.1
25-29.9	20.5
≥30	6.69
Exercise	
Moderate and/or strenuous exercise (min/wk)	
0	5.0
>0- 90	33.8
91-160	24.1
<160	37.1
Type of exercise	
Activities that do not require physical activity	22.2
Relaxing activities	32.2
Sports and (or) intense physical activity	37.2
Yoga	6.3
Other	2.1
Smokers	
Yes	18.1
No	81.9

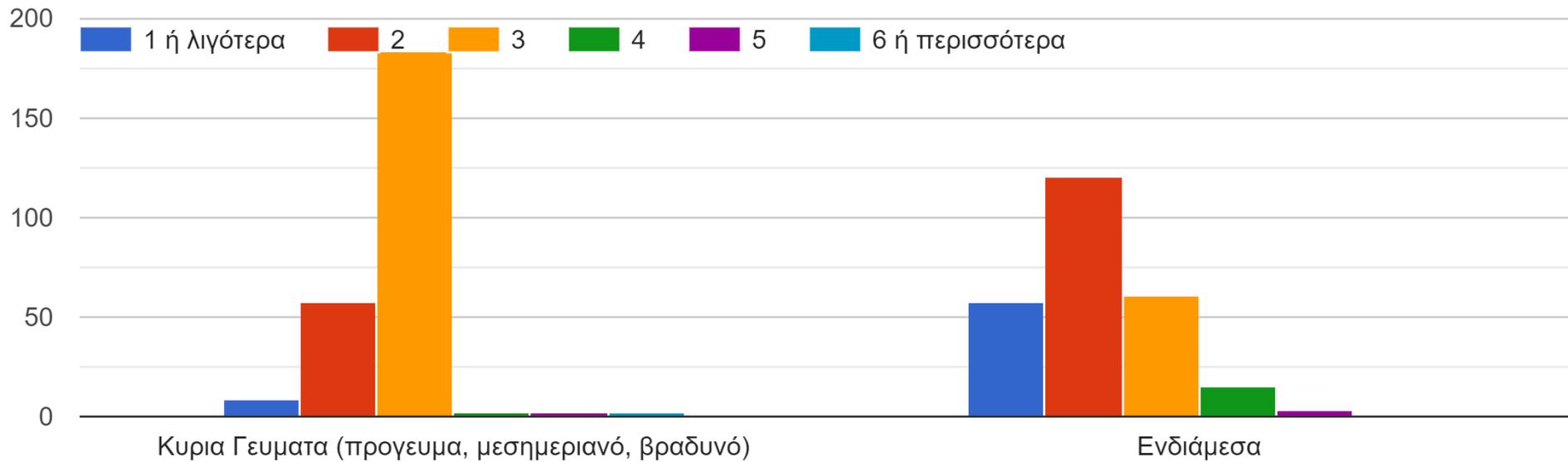


Exercise

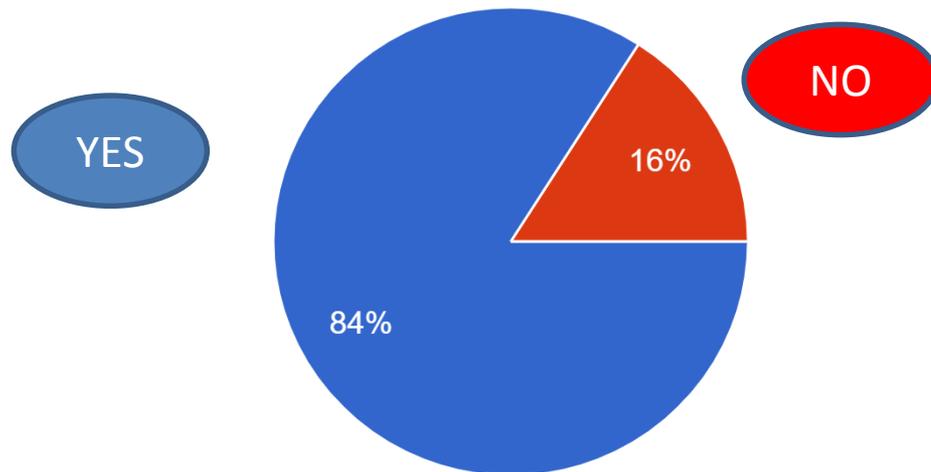
257 responses



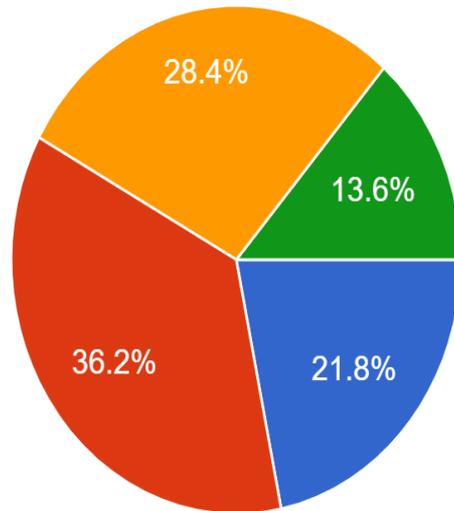
Meals per Day



Use of Olive oil



How do you consider your weight?



- Stable
- Want to lose Wt
- Want to lose Fat
- Want to gain wt/muscle mass

MINDFUL EATING QUESTIONNAIRE

Question
1. I eat so quickly that I do not realize when I am full.
2. When I eat at "all you can eat" restaurants, I overeat.
3. At a party where there is a lot of food, I eat more than I should.
4. I recognize when food is good and I want to eat.
5. When a restaurant portion is large, I eat more than I want when I'm full.
6. My thoughts tend to wander when I am eating.
7. When I'm eating one of my favorite foods, I recognize when I've had enough.
8. I notice when just going to the store makes me want to eat candy or chips.
9. If it doesn't cost much money, I eat or drink regardless of how much I want.
10. I notice when there are other people eating.
11. If there are leftovers that I don't want, I help myself even though I'm full.
12. When eating a pleasant meal, I feel relaxed.
13. I snack without noticing when I'm full.
14. When I eat a big meal, I notice if it makes me feel heavy or sluggish.

- «Awareness/Ευαισθητοποίηση»- skill of the population on the subject
- Εξωτερικών υποδείξεων (External Cues) -assess consumption under environmental challenges
- Απόσπασης (Distraction) -defined as distraction in other activities while eating
- Συναισθηματική ανταπόκρισης (emotional Response) – defined the consumption of food in response to negative emotions
- Αποστασιοποίησης (Disinhibition) -evaluates as the person's ability to stop eating when he/she feels full

Reference: Framson C, Kristal AR, Schenk JM, Littman AJ, Zeliadt S, Benitez D. Development and validation of the Mindful Eating Questionnaire. J Am Diet Assoc 2009;109:1439-1444.

- ❑ «Awareness/Ευαισθητοποίηση»- skill of the population on the subject
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Results of Subcategories of ME

Mindful subtitles n-257	STANDARD MEAN/ NORMAL LEVEL	MEAN (SD)	Range	Cronbach's alpha	Explanation of Cronbach alpha
Awareness/Ευαισθητοποίηση		2.99 ± 0.50	1.86 – 4.00	0.39	α<0.5 unreliable consistency >0.2-0.4 rather reliable
Distraction/ Απόσπαση		2.84 ± 0.71	1.00 – 4.00		
Disinhibition/Αποστασιοποίηση		2.77 ± 0.66	1.13 – 4.00		
Emotional Response/Συναισθηματική Αντίδραση		2.78 ± 0.57	1.00 – 4.00		
External Cues/Εξωτερικές υποδείξεις		2.76 ± 0.60	1.00 – 4.00		
SUMMARY/Συνοπτικό αποτέλεσμα	2.92 ±0.37 /1 LEAST MINDFUL-4 MOST MINDFUL	2.83 ± 0.28			

Relation of ME score with BMI

N	BMI	SD	Score Mindful Eating (>2.92=ME)		T-test P
			MEAN	SD	
Total(239)	24.21	4.11	2.83	0.28	0.0013
<18.5(15)	17.43	0.07	2.83	0.29	
18.5-24.9(155)	21.79	1.77	2.87	0.27	
25-29.9(52)	26.81	1.28	2.76	0.29	
≥30 (17)	33.50	3.25	2.65	0.25	

P<0.05-statisticaly significant



Take Home Message

Being mindful involves being aware of yourself and your surroundings physically, emotionally, and mentally.

Being mindful of your eating may help with weight management and can improve our overall health!



Loving Kindness



“To me, mindfulness is trusting in my ability to make the most nourishing choice for my body, mind, spirit and soul. It is recognizing and embracing the desire to choose loving kindness, so that I may pass it on to others.”

Caitlin Troklus, MS, RD, LD
Member of The Center for Mindful Eating



Mindful Eating Book Suggestions

- Bays, J.C. (2009) *Mindful Eating*. Boston, Massachusetts: Shambhala Publications, Inc.
- May, M (2011) *Eat What You Love, Love What You Eat*. Oakland, California: New Harbinger Publications, Inc.
- Nhat Hanh, T. (2011) *Savor: Mindful Eating, Mindful Life*. New York, New York: HarperOne Publishers.
- Wansink, B. (2010) *Mindless Eating*. New York, New York: Random House, Inc.
- Weil, A. (2011) *The Joy of Eating Well*. (CD) Boulder, Colorado: Sounds True, Inc.



Questions?

