Mindful Eating; shifting the focus from weight to health

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Terminology used today

- Health at Every Size - HAES
  - Philosophic approach to health

- Intuitive Eating
  - Honoring your body and hunger

- Mindfulness
  - “Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.” - Jon Kabat-Zinn, PhD

- Mindful Eating
  - Acknowledging factors that contribute to your food, hunger and desire to eat

- Fat
  - Media often connects negative connotations with this word
  - But there is nothing bad about “Fat”
  - Weight Stigma
Dieting on the Rise

The dieting industry is a $61 billion dollar industry

Marketdata Enterprises, Inc., 2011
Diets Don’t Work

- Long Term Weight Loss Studies
  - Weight is lost at first
  - The longer the study, the more weight regain

![Graph showing weight change among diet subjects in 20 studies by length of follow-up.](image)

Key:
- ● = < 20% drop out
- ○ = >20% drop out

Size of circle represents sample size

Tomiyama, Ahlstrom & Mann, 2012
Weight-Focused Interventions May Contribute to...

- Weight cycling
- Increased risk for osteoporosis
- Increased chronic psychological stress & cortisol production
- Increased anxiety about weight
- Eating disorder behaviors
- Weight gain
- Stigmatization and discrimination against fat individuals

Kruger et al, 2004; Strohacker & McFarlin, 2010
Bacon et al, 2004; Van Loan & Keim, 2000
Tomiyama et al, 2010
Davison et al, 2003; Holms, 2007
Danielsdottir et al, 2007
Neumark-Sztainer et al, 2006
Puhl, 2008
Reject the Diet Mentality

- Throw out the diet books and magazines that offer false hope
  - Pay for magazines that are selling products
    - Media and companies are making money
      - $61 Billion Industry
  - Do A so you can look like B
You can be sexy with any body type

Stop Body Shaming

Strong and Health doesn’t look a certain way
“Ideal” is always changing
Question it

- Would you talk about someone else’s body that way?
  - “I feel like a whale”
  - “You should try to rid of that part of your body”

- Take the focus away from what your body looks like…
  - What brings me joy?
  - What do I like about yourself?
Health At Every Size®

- HAES supports people in adopting health habits for the sake of health and well-being (rather than weight control).

- HAES encourages:
  - Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite.
  - Finding the joy in moving one’s body and becoming more physically vital.
  - Accepting and respecting the natural diversity of body sizes and shapes.

http://www.haescommunity.org
# Diet vs. Non-Diet

<table>
<thead>
<tr>
<th></th>
<th><strong>Diet Paradigm</strong></th>
<th><strong>Non-Diet Paradigm</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Weight</strong></td>
<td>• Aim for a certain weight</td>
<td>• Body will seek its natural weight when individuals eat in response to cues</td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td>• Good/bad, legal/illegal, should/shouldn’t etc.</td>
<td>• ALL food is acceptable</td>
</tr>
<tr>
<td></td>
<td>• Quantity/quality determined by external source (calories, grams, exchanges)</td>
<td>• Quantity/quality are determined by responding to physical cues (hunger/fullness, taste, etc.)</td>
</tr>
<tr>
<td><strong>Physical Activity</strong></td>
<td>• Exercise to lose weight</td>
<td>• Aim to be more active in fun and enjoyable ways</td>
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Research in Support of HAES®

**Intervention**

<table>
<thead>
<tr>
<th>Diet Group</th>
<th>Non-Diet</th>
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<tbody>
<tr>
<td>• Calorie restriction and food diaries</td>
<td>• Body acceptance/self-worth</td>
</tr>
<tr>
<td>• Read food labels/fat grams</td>
<td>• Techniques to focus on internal cues vs. external cues</td>
</tr>
<tr>
<td>• Exchanges</td>
<td>• Nutrition- effects of food choices on well-being</td>
</tr>
<tr>
<td>• Benefits of exercise</td>
<td>• Activity that allowed them to enjoy their bodies</td>
</tr>
<tr>
<td>• Encouraged to walk at certain intensity</td>
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Bacon et al, 2002; Bacon et al, 2005
### Results

<table>
<thead>
<tr>
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<th>Diet Group</th>
<th>Non-Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression Body Image Self Esteem</td>
<td>• No significant improvement at 2-year follow-up</td>
<td>• Significant improvement at 2-year follow-up</td>
</tr>
<tr>
<td>Labs</td>
<td>• No significant changes at 2-year follow-up</td>
<td>• Significant changes in Total Cholesterol, LDL, Systolic BP at 2-year follow-up</td>
</tr>
<tr>
<td>Drop Out</td>
<td>• 41% drop out rate</td>
<td>• 8% drop out rate</td>
</tr>
<tr>
<td>Weight</td>
<td>• Lost weight, then gained</td>
<td>• Maintained weight</td>
</tr>
</tbody>
</table>

Bacon et al, 2002; Bacon et al, 2005
Implementing Mindful Eating into our personal and professional lives
Intuitive Eating

- 10 Principles
- Rebuilding Healthy Body Image
- Making Peace With Food
- Because dieting has hindered us from listening to our bodies
Honor Your Hunger & Make Peace With Food

- Keep body biologically fed
- Ideal Range of 3-6 (Pretty Hungry → Slightly Full)
- Green Zone

The Hunger Scale

1. Starving and feeling weak/dizzy.
2. Very hungry, irritable, low energy, large amounts of stomach growling.
3. Pretty hungry, stomach is beginning to growl.
4. Beginning to feel hungry.
5. Satisfied, neither hungry nor full.
8. Very uncomfortable, stomach aches.
9. So full you feel sick.
10.
The Sensation of Hunger

- Give yourself unconditional permission to eat
- Deprivation → bingeing
- What does hunger feel like for you?
- What can hunger be mistaken for?
  - Thirst, Emotional Crutch, Pass Time
Honor Your Health

- Make food choices that honor health and taste buds
  - What makes you feel well?

- Myplate
  - Template for choosing food groups
  - Flexibility in Categories
  - Variety and Moderation

[Diagram of MyPlate with categories: Fruits, Grains, Protein, Vegetables, Dairy]
Honor Your Feelings without Using Food

- Find ways to comfort, nurture, distract, and resolve issues without using food
  - Mindfulness practice
  - Connect with others
  - Emotional need
  - Thirst
Respect your Body

- Accept your genetic blue print
- A person with a size 9 shoe shouldn’t try or feel obligated to fit inside a size 6 shoe
Exercise – Feel the Difference

- Shift focus on how it feels to move the body, not calorie burning effect
- Include activities that are enjoyable, not tedious
- Aim for variety
- Try new activities
Let's Put This in Practice

What triggered hunger?

Where?
Where do I invest my energy?

Why?
Why do I eat?

What is your physical hunger?
Now or later?
Emotions?

When?
When do I want to eat?

Mindful Eating Cycle

How much?
How much do I eat?

What?
What do I eat?

Quantity?
Physical cues, package size, habit?

Rushed & Distracted? Or Mindful and enjoyable?

Time and Energy
Resources

- *Intuitive Eating* by Evelyn Tribole and Elyse Resch
- *Eat What You Love, Love What You Eat* by Michelle May, MD
- Health at Every Size: [https://www.sizediversityandhealth.org/](https://www.sizediversityandhealth.org/)
- Registered Dietitian
- Michelle May’s website: [http://amihungry.com/](http://amihungry.com/)