



Mindful Eating Education for Adolescents Community Outreach Project

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Introduction

Date: April 8th, 2022

Presentation Length: 50 minutes

Location: Forest Grove High School

Contact: Matt Nichols, Health and Nutrition Teacher

Target Audience: Adolescents

- **Attendees:** 30 students (Sophomores and Juniors)
- **Health and Nutrition Class**
- **Ages:** 14-18
- **Average age:** 16



Content

Background:

- The goal of this presentation was to introduce the concept of mindful eating to adolescents as an alternative strategy for maintaining a healthy weight

Learning Objectives:

- Recognize the limitations of traditional diets
- Understand the health impact of mindful eating
- Identify mindful and mindless eating behaviors
- Create plan for implementing mindfulness practices

Evidence

Evidence-Based Benefits of Mindful Eating:

- Healthier food choices¹
- Reduced perception of hunger¹
- Reduced incidence of binge eating disorder^{2,3}
- Reduced stress⁴
- Significant weight reduction^{5,6}



Discussion

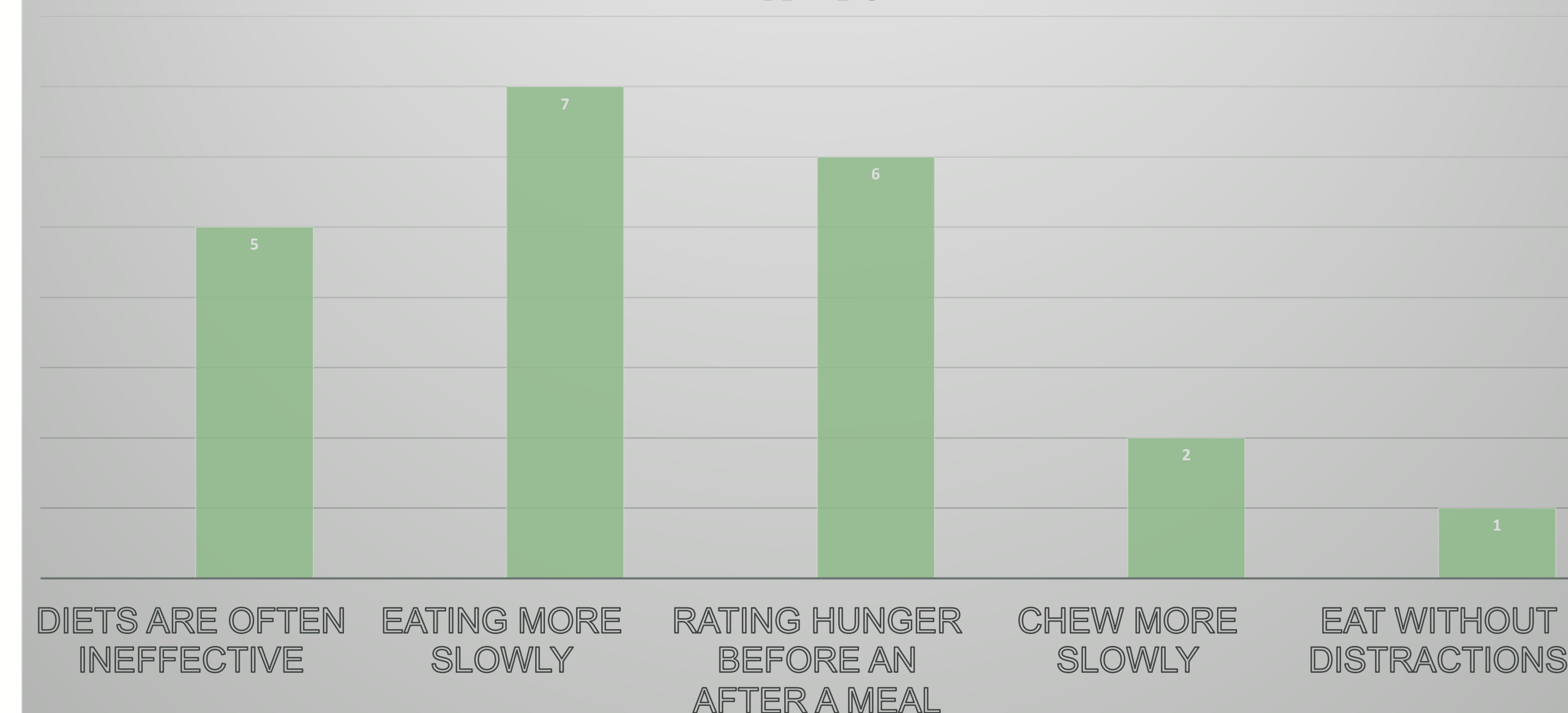
Challenges:

- Rapport building with adolescents
- Audience engagement and vulnerability

Opportunities:

- Introducing the concept of mindful eating to adolescents before they enter college
- Giving adolescents the space to reflect on their eating behaviors

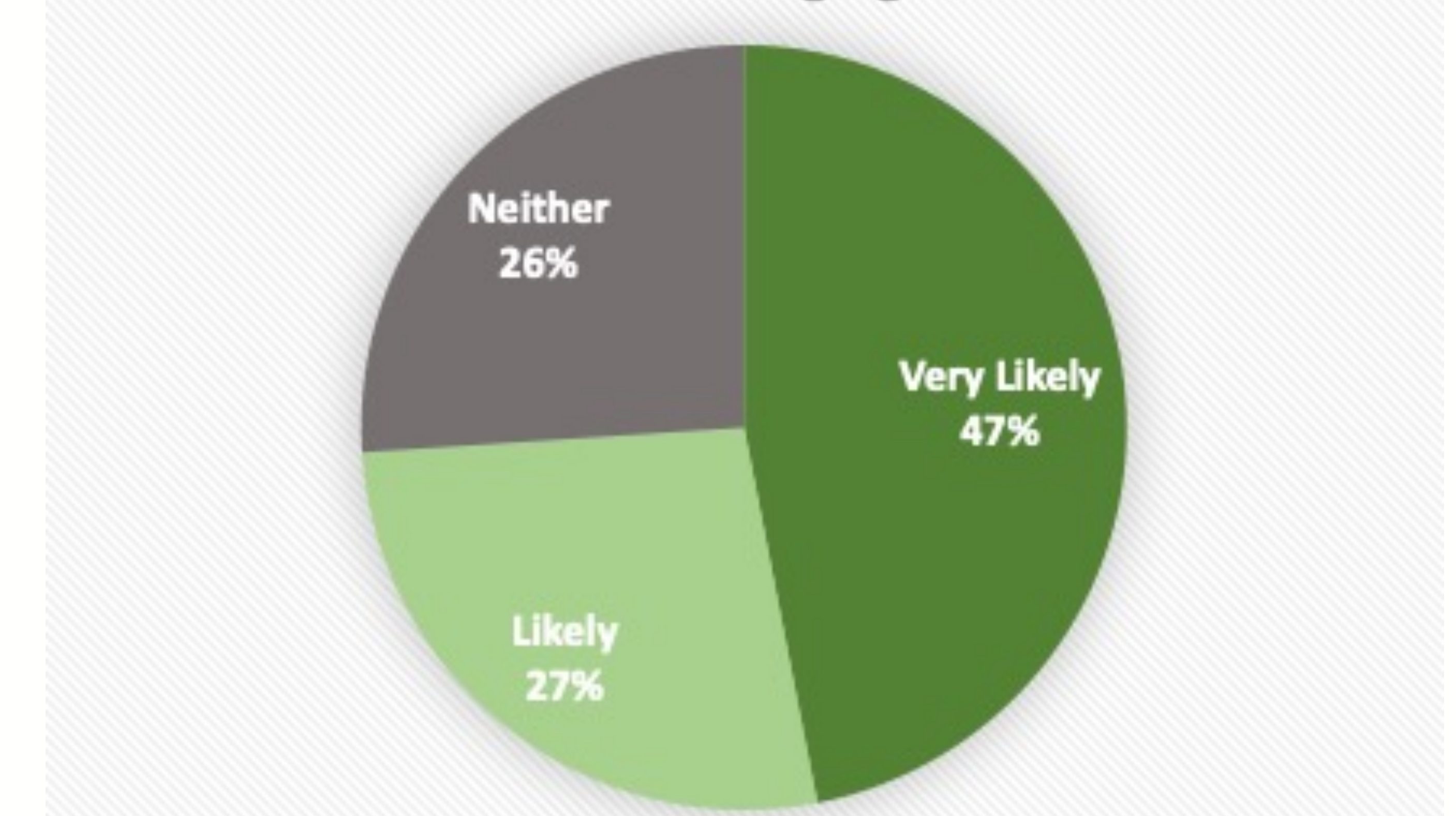
"3 THINGS I LEARNED FROM THIS PRESENTATION"
RESPONSES
N=19



Conclusion

- Adolescents are receptive to the concept of mindful eating and open minded about utilizing mindful eating strategies in their daily life

Likelihood of Changing Behavior



References

1. Barnes VA, Kristeller JL. Impact of Mindfulness-Based Eating Awareness on Diet and Exercise Habits in Adolescents. *Int J Complement Altern Med.* 2016;3(2):70. doi:10.15406/ijcam.2016.03.00070
2. Shomaker LB, Berman Z, Burke M, et al. Mindfulness-based group intervention in adolescents at-risk for excess weight gain: A randomized controlled pilot study. *Appetite.* 2019;140:213-222. doi:10.1016/j.appet.2019.05.022 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6585452>
3. Ross KM, Eastman A, Ugwoaba UA, Demos KE, Lillis J, Wing RR. Food reward sensitivity, impulsivity, and weight change during and after a 3-month weight loss program. *PLoS One.* 2020;15(12):e0243530. Published 2020 Dec 11. doi:10.1371/journal.pone.0243530
4. Sibinga EM, Webb L, Ghazarian SR, Ellen JM. School-Based Mindfulness Instruction: An RCT. *Pediatrics.* 2016;137(1):10.1542/peds.2015-2532. doi:10.1542/peds.2015-2532 <https://pediatrics.aappublications.org/content/137/1/e20152532.long#ref-10>
5. Olson KL, Emery CF. Mindfulness and weight loss: a systematic review. *Psychosom Med.* 2015;77(1):59-67. doi:10.1097/PSY.0000000000000127
6. Carrière K, Khoury B, Günak MM, Knäuper B. Mindfulness-based interventions for weight loss: a systematic review and meta-analysis. *Obes Rev.* 2018;19(2):164-177. doi:10.1111/obr.12623