Sixth Annual Nutrition Symposium: The Good, the Fad and the Ugly: Hot Trends in Nutrition

Seattle Children’s Hospital
November 1st, 2014
Mindful Eating

Nina Meledandri, ND, MSOM, LAc
Comprehensive Care in Integrative Medicine
What is Mindfulness?

“Mindfulness is deliberately paying attention, being fully aware of what is happening both inside yourself-in your body, heart, and mind-and outside yourself, in your environment. Mindfulness is awareness without judgment or criticism.”

Source: Mindful Eating by Dr. Jan Chozen Bays
Mindfulness Based Therapies

- Mindfulness Based Stress Reduction-MBSR; 1979
- Dialectical Behavioral Therapy-DBT; late 80’s
- Mindfulness Based Childbirth and Parenting-MBCP; 1998
- Am I Hungry? Mindful Eating Programs-1999
- Mindfulness Based Cognitive Therapy-MBCT; 2002
- Mindfulness Based Eating Awareness Training- MB-EAT 2004
- Mindfulness Based Relapse Prevention; MBRP; 2005
- Mindful Eating Conscious Living-MECL; 2009
- Mindful Self Compassion-MSC; 2012
Elements of Mindfulness

Intentional and Sustained Awareness, Observation & Curiosity about present moment experience

Meeting present moment experience with acknowledgment, openness and kindness

Space between our sense perceptions, thoughts, emotions and reactions

© Nina Meledandri, ND, MSOM, LAc.
Practicing Mindfulness results in the possibility of creating a new response to an old pattern

March 2014: 7th graders participate in a study conducted by Stanford University researchers John Rettger and Michael Fu who are using yoga and mindfulness practices to help students concentrate on class work.

Dr. Victor Carrion, a professor at Stanford University’s School of Medicine and head of Early Life Stress Research Program, oversees the project at Cesar Chavez Academy in East Palo Alto, CA where as many as 50% of students are homeless.

September 2014: 300 children applied for the nation’s 1st, for credit, mindfulness program at Wilson public high school in Portland, OR.

Teaches stress management + healthy living skills

Oregon Health & Science University to evaluate outcomes

© Nina Meledandri, ND, MSOM, LAc.
What is Mindful Eating?

Mindful Eating is intentional, non-judgmental, awareness of our moment to moment experience before, during and after eating.
What is Mindful Eating?

- Awareness & Acknowledgement of thoughts, feelings and physical sensations before, during and after eating

- Awareness of physical hunger and satiety cues to guide the decision to start and stop eating

- Mindful Eating is a set of skills that everyone can learn

© Nina Meledandri, ND, MSOM, LAc.
The 5 Domains of Mindful Eating

1. Disinhibition
2. Environmental Triggers
3. Organoleptic awareness
4. Emotional Responses
5. Assessing Distraction

Megrette Fletcher, MEd, RD, CDE
Domains of Mindful Eating
1. Disinhibition

Mindful Eating Skill:

Hunger-Fullness Chart

1. Starving, Cranky
2. Very Hungry
3. Hungry
4. Hunger Pangs, Ready to Eat
5. Neutral
6. Almost Satisfied
7. Satisfied
8. Very Full
9. Stuffed
10. Uncomfortable

© Nina Meledandri, ND, MSOM, LAc.
Domains of Mindful Eating

2. Environmental Triggers
Domains of Mindful Eating

3. Organoleptic Awareness

Assessing the “8 Hungers” before, during and after eating

Mindful Eating by Jan Chozen Bays, MD
Rating the “8 Hungers”:
a tool for evaluating the 5 domains of Mindful Eating

• evaluation of organoleptic awareness
• evaluation of emotional="heart” hunger responses
• evaluation of fullness vs satiety (physical, emotional)
• evaluation of craving vs. physiological hunger
• evaluation of disinhibition
“... a non-attentively perceived fruity odour was shown to influence actual food choices, guiding individuals towards more fruity desserts. The involvement of implicit processes in food choices should be taken into account in guidelines and strategies designed to promote healthy eating.”

APPETITE Volume 76, May 2014.

© Nina Meledandri, ND, MSOM, LAc.
Stomach Hunger

The 8 Hungers
Dr. Jan Bays, MD

STARBucks Introducing New Size For ICED Drinks
The Trenza is 225 ml larger than Starbucks’ Venti cup for iced drinks, which currently is its largest size on offer.

1. You’re so hungry you’ll eat anything
2. You can’t ignore your hunger and everything looks and sounds good to eat
3. Your stomach is growling and you have hunger pangs
4. You can feel you’re getting hungry and it’s time to think about what to eat
5. You’re neither hungry nor full
6. Just right; you’re satisfied but could easily eat more
7. Totally satisfied; hunger is gone and you won’t be hungry for hours
8. You’re full and don’t want anything else to eat
9. You feel stuffed and uncomfortable
10. You’re painfully full and may even feel sick

Assess your hunger and fullness before, during and after your meals and snacks. Try to stay within the shaded areas (numbers 4-7) to help keep portions and calories in check.

© Nina Meledandri, ND, MSOM, LAc.
Cellular Hunger
The 8 Hungers
Dr. Jan Bays, MD

© Nina Meledandri, ND, MSOM, LAc.
Mind Hunger
The 8 Hungers
Dr. Jan Bays, MD
Heart Hunger
The 8 Hungers
Dr. Jan Bays, MD
Domains of Mindful Eating

4. Emotional Responses

When I’m bored, I eat.
When I’m happy, I eat.
When I’m sad, I eat.
Domains of Mindful Eating

5. Distraction

Focusing on other activities while eating such as driving, talking or using media

In 2010, the average time spent using media by 8-18 year olds was 7.5 hrs/day, 7 days a week

Source: Henry J. Kaiser Family Foundation

© Nina Meledandi, ND, MSOM, LAc.
Distraction Leads to Increased Calorie Intake Especially in More Frequent TV Viewers

TV viewing diminished sensitivity to hunger/fullness cues across the meal and led to increased food intake in all groups.

Mindful Eating Experience

© Nina Meledandri, ND, MSOM, LAc.
Prescribing Mindful Eating for Families & Children

“Mindfulness skills are distinct from the cognitive skills most commonly taught for weight management, such as meal planning, record keeping and portion control.”

Journal of the American Dietetic Association
vol. 109, Issue 8, Pages 1439-1444, August 2009

© Nina Meledandri, ND, MSOM, LAc.
Mindful Eating RX

A Taste of Success:
Combination of general mindfulness meditations, eating meditations, and mini-meditations, were the best predictors of weight loss and decreases in binge eating.
Mindful Eating Mini-Meditations

- “The Mindful Bite”: Open, Slow down, Aware, Chew thoroughly, Pause, Savor

- “The Basics”: Breathe & belly check for hunger, assess your food, slow down, investigate hunger & satiety throughout the meal, chew thoroughly, savor

- “STOP”: Savor, Travel, Observe, Pause x 4 bites

- “OPEN”: Off, Pay Attention, Evaluate Hunger, Notice Fullness/Satiety

- Rate the “8 Hungers” before, during and after eating

- Raisin meditation or variation

© Nina Meledandri, ND, MSOM, LAc.
General Mindfulness Meditations for Children and Adults

- Listening meditation - using bell, indoor & outdoor sounds
- Mindful walking
- Here and now stone
- Body scans and yoga
- Breathing buddy exercise/ belly breathing
- Visit Daniel Goleman’s YouTube video on breathing buddy exercise for 2nd graders
- 3-minute breathing space
How to support kids in mindful eating?
“When the joy goes out of eating, nutrition suffers.” Ellyn Satter
Caregivers Eliminate Distractions & Create Boundaries

Normalize giving full attention to mealtime and eating.
Slow Down

eating habits

(speed of light) slow

← a lot

→ a little

© Nina Meledandri, ND, MSOM, LAc.
Help determine: Why am I eating?
Assesing Hunger levels:
How Hungry Am I?

Fig. 1.—Visual Analogue Rating Scale.
Ellyn Satter: Trust Model

• Division of responsibility with Feeding

• Parent decides: What, when, where child should eat

• Toddler~Adolescent decides: How much and whether to eat

• Respecting child’s appetite, hunger signals and satiety cues

• No grazing between structured meals and snacks

• recent studies lend support to Trust Model

© Nina Meledandri, ND, MSOM, LAc.
Using the research to help children & adults make healthier choices

Research from Brian Wansink, et al. 2011-2014

© Nina Meledandri, ND, MSOM, LAc.
Research on Mindful Eating
Mindful Eating linked to less Binge Eating and Depression

- Program: MB-EAT (BED)
- Outcomes: Binges decreased in frequency and intensity
- 4 months after intervention, 95% no longer met BED criteria compared to 76% of the PECB (Pyschoeducational Cognitive Behavioral Goup)


© Nina Meledandri, ND, MSOM, LAc.
Mindful Eating linked to less Binge Eating & Emotional eating

Review of 14 studies investigating mindfulness meditation as the primary intervention and assessed binge eating, emotional eating, and/or weight change suggest that mindfulness meditation effectively decreases binge eating and emotional eating in populations engaging in this behavior.

Mindful Eating linked to Weight Loss

• 4 different Mindful Eating Programs demonstrated weight loss: MB-EAT (Weight Loss), Eat Smart Move More (ESMMWL), Empower, MEAL
I. MB-EAT (Weight Loss) program

2. ESMMWL program

- Mindful eating concepts such as acknowledging personal responses to food without judgment and being aware of and reflecting on the effects of eating in response to emotional or environmental issues were part of the program curriculum.

- 1,162 participants; program conducted from Jan. 2008-June 2009

- On average participants lost 8.4 lbs and decreased waist circumference by 1.7 inches

- 92% reported an increase in their confidence to eat healthfully and 82% reported an increase in their confidence to be physically active.
2. ESMMWL program

3. EMPOWER

- Enhancing Mindfulness for the Prevention of Weight Regain (EMPOWER) or a standard behavioral weight-loss maintenance (SBWLM) intervention. Both conditions entailed 2-hour psychoeducational groups that occurred weekly for 12 weeks with three booster sessions occurring at weeks 16, 20, and 24. Both groups received information about nutrition, physical activity, and the importance of stress management, values, and goal setting. The EMPOWER group participants were taught meditation, mindful eating, and mindfulness strategies to reduce stress-related reactivity.

- 95 Participants, 17% weight loss sustained for 15 months for EMPOWER group
3. EMPOWER


4. MEAL

- Mindful Eating and Living Program; 10 participants; 12 month duration

- Outcomes: All lost weight -mean 4 kg/Weight loss

Mindful Eating linked to improved weight management and glycemic control in people with Type 2 diabetes


© Nina Meledandri, ND, MSOM, LAc.
Study participants were randomly assigned to a treatment group. 27 completed the mindful eating program, and 25 completed the traditional diabetes self-management program called “Smart Choices.” The mindful intervention also included basic information about what is known as medical nutrition therapy.

Interventions took place over 3 months

Participants’ health measures and dietary habits immediately assessed after conclusion and again three months later at the study’s end.

Weight loss and improvements in HbA1c levels were similar for both groups at the six-month follow-up point.

Smart Choice participants as a group lost more weight, an average of 6 pounds, than did the mindful eating group, which lost an average of 3.5 pounds.

HbA1c levels dropped in both groups by between about 0.7 and 0.8 percent.

Both groups similarly reduced calorie intake and lowered their consumption of foods with a high glycemic index.

Participants adapted well to the concept of mindfulness.

“We studied two very different approaches, and we found they both worked. This means people with diabetes have choices when it comes to eating a healthy diet.” CK Miller

© Nina Meledandri, ND, MSOM, LAc.
Mindful Eating modeled by parents linked to less emotional eating and healthier food choices in children

Modeling may be a more powerful influence than parental control, even after children leave home

Dickens, E., Ogden, J., “The role of parental control and modelling in predicting a child’s diet and relationship with food after they leave home. A prospective study” Appetite, vol. 76, May 2014, p. 23-29

© Nina Meledandri, ND, MSOM, LAc.
Mindful Eating linked to less chocolate cravings


© Nina Meledandri, ND, MSOM, LAc.
Compared the efficacy of two-week mindfulness-based interventions, targeting different combinations of specific mindfulness skills (awareness, acceptance, disidentification), at reducing trait and state chocolate cravings.

Overall, disidentification emerged as the most efficacious mindfulness skill to manage food cravings

Disidentification/Non-identification: A balanced state of awareness where transient thoughts, sensations and emotions can be experienced without self identifying or blending with them.
Personal Research:
The Unhappy Meal Exhibit

Does the Unhappy Meal defy the law of impermanence?

© Nina Meledandri, ND, MSOM, LAc.
Questions?

Thank you