

Emotional Appetite: The Food and Mood Connection

Leader's Guide

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Introduction

Emotional eating can get the best of anyone and can contribute to overeating, which can lead to obesity later in life. This lesson will discuss differences between emotional hunger and physical hunger, as well as identify factors associated with some food cravings.

Objectives

- Discuss factors associated with emotional eating.
- Describe the differences between hunger and fullness.
- Distinguish between emotional hunger and physical hunger.
- Identify alternatives to emotional eating.
- Identify brain chemicals associated with appetite.
- Identify personal triggers and the foods associated with those triggers.
- Discuss the benefits associated with physical activity.
- Develop physical activity goals.
- Develop an action plan to address emotional hunger.

Intended Audiences

- Kansans
- Educators/teachers of the program

Before the Lesson

1. Review this leader's guide and the fact sheet (MF3051).
2. Make copies of the evaluation for distribution at the end.
3. Have pens or pencils for participants to use for note taking, etc.
4. Prepare a 5- to 10-minute stretching activity, if desired.

During the Lesson

1. Give each participant a copy of the fact sheet and a pencil and allow several minutes for each person to review the sheet.
2. Allow 30 to 45 minutes to teach the lesson. Try to answer questions as you go along, instead of waiting until the end.
3. Begin by discussing the introductory paragraph and highlight the sensations associated with hunger and fullness.
4. Allow participants to describe what hunger and fullness feels like to them in the appropriate spaces provided.
5. Discuss the food and mood connection section, highlighting the affect the six listed brain chemicals have on appetite.
6. Discuss the differences between physical and emotional hunger.
7. Ask the participants to write down their emotional triggers and foods they typically eat when experiencing those emotions. Suggest using the list of emotions included on page 4 of the fact sheet as a reference.

References and Resources

Food and Mood, Elizabeth Somer, M.A., R.D., 1999. Henry Holt and Company

"How much physical activity do adults need?"
Centers for Disease Control and Prevention.
<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Let's eat for the health of it. USDA Home and Garden Bulletin No. 232-CP. <http://www.choosemyplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf>

Mindless Eating: Why We Eat More Than We Think, Brian Wansink, Ph.D., 2006. Bantam Books

Move into Health: The Ups and Downs of Emotional Eating, MF2972. Tandalayo Kidd, Ph.D., R.D., L.P.N. and Katie Hamm. May 2012. K-State Research and Extension

Reviewers

Toni Jo Bryant, Family and Consumer Sciences Agent, K-State Research and Extension – Fort Riley

Kathryn Lupfer-Nielsen, Family and Consumer Sciences Agent, K-State Research and Extension – Post Rock District

8. Discuss alternate responses to emotional eating.
9. Discuss the physical activity section. Point out that a balanced exercise program involves aerobics, strength training, and stretching/flexibility.
10. Allow the participants to discuss different types of exercise they might like to try. Have them write down one or two goals in the space provided.
11. Ask the participants to write out an action plan that would help them deal with emotional hunger instead of turning to food.
12. If you prepared a stretching activity, take 5 to 10 minutes to lead the participants in the exercises.
13. Ask the participants to fill out an evaluation for the program.
14. Thank the audience for their participation.

Evaluation for *Emotional Eating: The Food and Mood Connection*

*Please answer each question BEFORE and AFTER the presentation.

Notice some questions have multiple parts.

Before Presentation	After Presentation	Knowledge of Emotional Eating
Y N	Y N	1. I know what emotional eating is.
Y N	Y N	2. I know what physical hunger is.
Y N	Y N	3. I know the difference between emotional hunger and physical hunger.
Y N	Y N	4. I know what dopamine and norepinephrine are and how they affect my body.
Y N	Y N	5. I know what endorphins are and how they affect my body.
Y N	Y N	6. I know what galanin is and how it affects my body.
Y N	Y N	7. I know what neuropeptide Y (NPY) is and how it affects my body.
Y N	Y N	8. I know what serotonin is and how it affects my body.
Y N	Y N	9. I know other things I can do besides eating when I am feeling stressed or emotional.
Y N		10. I consume fruits and vegetables 5 or more times/day.
Y N		a. If yes to #10 above, have you been doing this on a regular basis for the last six months?
Y N		b. If no to #10 above, do you plan to increase your fruit and vegetable intake each day?
Y N		11. I get at least 30 minutes of physical activity 5 or more times a week.
Y N		a. If yes to #11 above, have you been doing this on a regular basis for the last six months?
Y N		b. If no to #11 above, do you plan to increase your weekly physical activity?
Y N		12. I have a balanced workout routine. (i.e. aerobics, strength training, stretching/flexibility)

Please send completed evaluations to:

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