

The UMass Worcester Prevention Research Center, located at UMass Medical School in Worcester, MA, is a member of the CDC's Prevention Research Center (PRC) network. Our work promotes healthy lifestyles through increased opportunities for physical activity, healthy eating and healthy weight. For more information, visit: www.umassmed.edu/prc @umwprc



Overview

Cardiovascular disease (CVD) is the leading cause of death in the United States, and Latinos are at high risk of developing CVD. They have higher rates of some metabolic risk factors, such as obesity and diabetes. Dysfunctional eating patterns may influence these risk factors. This is the first study to look at dysfunctional eating patterns among Latinos, and the relationship with risk factors for CVD. The specific eating patterns examined were Emotional Eating (EE), or eating in response to emotions, not hunger cues; Uncontrolled Eating (UE), or eating when not hungry, or losing control of eating; and Cognitive Restraint (CR), or restricting food to lose or control weight.

Main Questions

- How is Emotional Eating (EE) related to obesity and metabolic risk factors?
- How is Uncontrolled Eating (UC) related to obesity and metabolic risk factors?
- How is Cognitive Restraint (CR) related to obesity and metabolic risk factors?

Study

This paper presents results of a cross-sectional analysis of the Lawrence Health and Well Being Study of 602 Latino adults in the city of Lawrence, Massachusetts. Using a Community Based Participatory Approach, the study was conducted by the City of Lawrence Mayor's Health Task Force, the Lawrence Senior Center, the YWCA of Greater Lawrence, the Greater Lawrence Family Health Center and the University of Massachusetts Medical School. Study participants were selected to answer survey questions, including demographic characteristics (age, gender, education, employment, education, perceived income, stress), and health records. The Three Factor Eating Questionnaire was used to assess dysfunctional eating patterns. Participant weight, height, waist circumference, and blood pressure were also measured.

The Bottom Line

Among Latinos, dysfunctional eating patterns were associated with increasing the odds of having metabolic risk factors for heart disease, such as obesity, high blood pressure, and type 2 diabetes.

Source

Lopez-Cepero A., Frisard CF., Lemon SC, MC. Association of Dysfunctional Eating Patterns and Metabolic Risk Factors for Cardiovascular Disease among Latinos. *J Acad Nutr Diet.* 2017 Aug 1. pii: S2212-2672(17)30597-X. doi: 10.1016/j.jand.2017.06.007.

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Spotlight on Results

Emotional Eating is associated with obesity, type 2 diabetes and hypertension

Uncontrolled Eating is associated with obesity and central obesity (abdominal fat).

Cognitive Restraint eating is associated with obesity, central obesity, type 2 diabetes and high cholesterol.

Call for Action

By learning more about how eating patterns are associated with risk factors for cardiovascular disease among Latinos, we can develop and test interventions that could help people change these eating habits.

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