



AMERICAN ACADEMY OF FAMILY PHYSICIANS

F O U N D A T I O N

Abstract of Study Supported by a Research Stimulation Grant in 2014

Mindful Meals: Does Adding Mindfulness to a Community-Based Child Nutrition Program Improve Outcomes? (G1402RS)

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Abstract

Background: Child and adolescent rates of overweight and obesity are higher in minority groups, and there have been few studies examining community-based nutrition and/or obesity interventions for youth. Mindfulness-based interventions in youth populations have shown promise, and positive outcomes have been demonstrated in adult weight-related interventions including a mindfulness component.

Objective: To determine if adding a mindfulness component to a community-based child nutrition program will improve participant health and psychosocial outcomes.

Design: Randomized controlled trial

Setting: Local Community Center

Participants: 25 -30 middle-school children

Intervention: We will randomly allocate participants to either a six-week nutrition-only intervention or nutrition plus mindfulness intervention.

Main outcome measures: mindfulness, emotional eating, diet, physical activity, and well-being.

Results: We will examine whether the mindfulness-based nutrition intervention produces better outcome-improvements than the nutrition-only intervention.

Conclusion: We plan to submit the findings of this study for presentation at a national convention or for publication. We also will use the findings from this pilot study to inform a larger mindfulness-based nutrition intervention trial.