

# Mindful eating and weight loss, results from a randomized control trial

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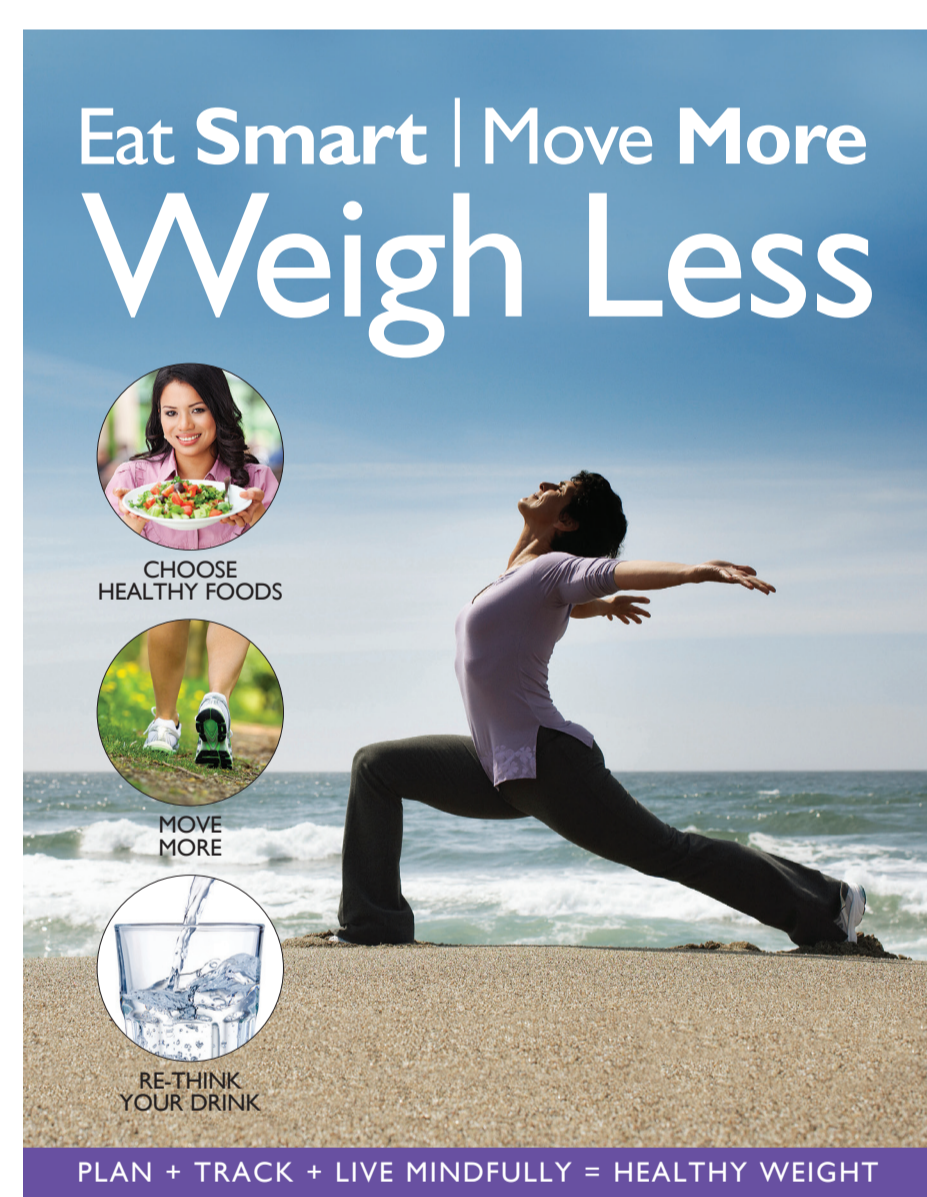
NC STATE UNIVERSITY



- Eat Smart, Move More, Weigh Less is an evidence-based, 15-week, adult weight management program.
- The program has been successfully offered to more than 16,500 participants.
- Weekly lessons inform, empower and motivate participants to live mindfully as they learn to make healthy choices about eating and physical activity.
- Trained instructors lead live, interactive sessions in real-time that participants can conveniently attend from home, work or anywhere with Internet access.
- The program provides opportunities for participants to track their progress and emphasizes lifestyle changes for eating and physical activity behaviors.

## Program Components

- **Eat Smart, Move More, Weigh Less Magazine:**  
A full-color magazine that contains the most salient points from each lesson, recipes and more.
- **Eat Smart, Move More, Weigh Less Weekly Tracker:**  
An online tool for participants to track their weekly progress and communicate with their instructor outside of class.



## Lesson Titles

- Introduction
- Make Your Commitment
- Re-Think Your Drink
- Eat Fewer Calories
- Move More
- Check the Facts
- Enjoy More Fruits and Vegetables
- Right-Size Your Portions
- Plan, Shop, Fix and Eat
- Eat Out Less
- Move Strong
- Start Smart
- Reduce Screen Time
- Pack Smart Lunches
- Keep Your Commitment

## Each lesson includes:

- In-depth information about why the behavior is important for weight loss and weight maintenance
- Strategies for the participant to adopt the behavior
- Strategies for the family to adopt the behavior
- Guided discussion of how the participant can adopt the behavior
- **Suggestions for living mindfully**
- Opportunity for sharing and celebrating

## Purpose

In recent years, mindful eating, defined as increasing one's awareness and focus on eating, has been introduced as a possible strategy for weight management. The purpose of the present study was to examine the effectiveness of Eat Smart, Move More, Weigh Less in increasing mindful eating as measured by the Mindful Eating Questionnaire (MEQ). The secondary objective was to investigate the relationship between mindful eating and weight loss.

## Methods

Participants were part of a randomized controlled trial evaluating the effectiveness of Eat Smart, Move More, Weigh Less (n=80). The primary outcome was mindful eating as measured by the MEQ, a 28-item questionnaire that assesses five domains of mindful eating. Independent samples t-tests and X2 tests were used to compare baseline measures for intervention and wait-list control groups. Analyses of covariance with baseline measure as covariates were conducted to compare change in mindfulness scores between the two groups. Mean mindfulness scores were analyzed using repeated measures ANOVA with Greenhouse-Geisser correction for violations of sphericity. The relationship between weight loss and mindfulness was analyzed with Pearson correlations.

## Results

Eat Smart, Move More, Weigh Less participants lost more weight than participants in the waitlist control group. For all subscales and the summary score, participants who completed Eat Smart, Move More, Weigh Less had a significantly larger increase in their mindfulness scores than those in the waitlist control group.

## Conclusion

**The results from the current study suggest that there is a beneficial association between mindful eating and weight loss.** This study contributes to the mindfulness literature as there are very few studies that have employed rigorous methodology to examine the effectiveness of an intervention on mindful eating.