

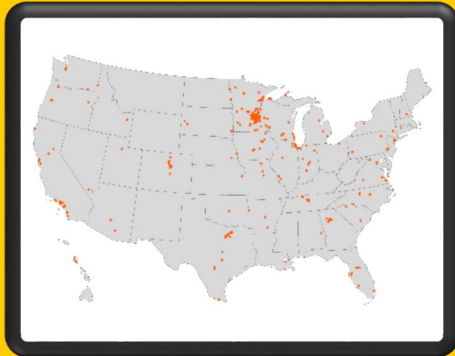
THE EAT STUDY

CONNECTING YOU TO MINNESOTA-BASED RESEARCH ON HEALTHY EATING AND PHYSICAL ACTIVITY

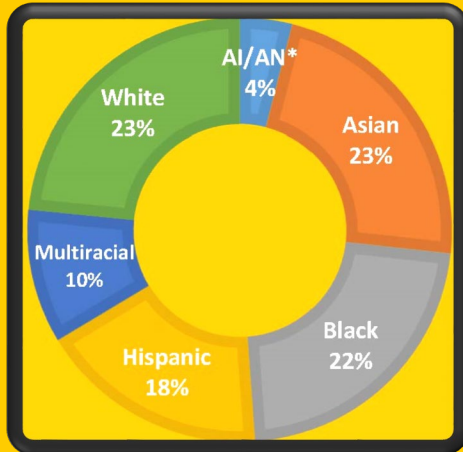
UNIVERSITY OF MINNESOTA SCHOOL OF PUBLIC HEALTH
DIVISION OF EPIDEMIOLOGY AND COMMUNITY HEALTH

PARTICIPANTS IN EAT 2018: A SNAPSHOT

In 2018, EAT participants resided in 40 states. More than 91% were living in the Twin Cities metro area!



Participants have diverse ethnic and racial identities!



*American Indian/Alaska Native

Participants are now parents!

- 13% had 1 child
- 7% had 2+ children



THANK YOU!!

You have been part of the EAT (Eating and Activity over Time) Study since you were in middle school or high school in the 2009-2010 school year! Because of your participation, the study has been able to inform programs, services, and policies that support healthy futures.

The EAT 2018 survey received 1568 responses and so far approximately 1000 participants have completed the EAT 2022-2023 survey. Thank you!

The purpose of the EAT 2022-2023 survey is to learn:

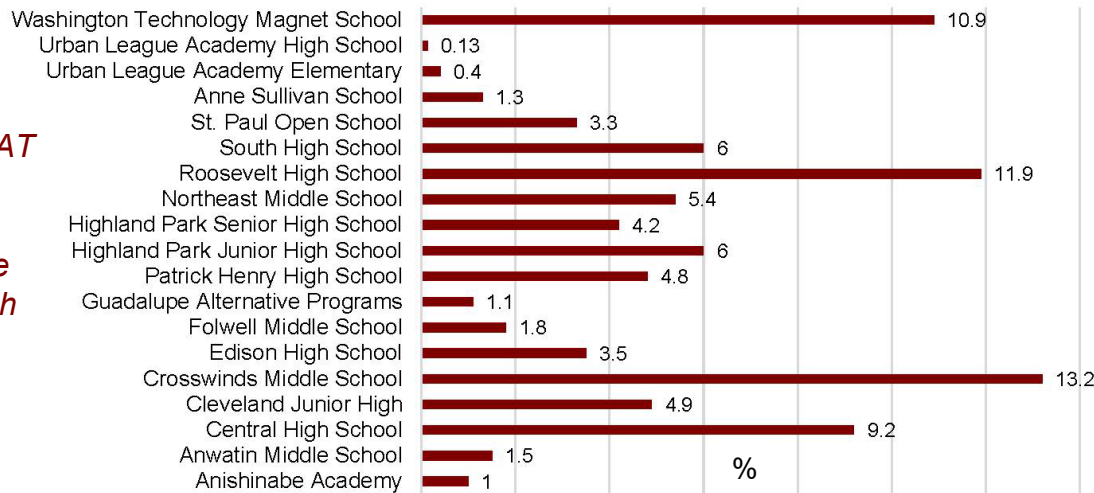
- How eating attitudes and behaviors, physical activity, weight control attitudes and behaviors, and emotional well-being change from the teen years to adulthood
- How unpredictable world events, discrimination, food insecurity, coping strategies, and different forms of social interaction may influence your health

If you have not yet participated in the EAT 2022-2023 survey, there is still time to submit your response! Send an email to eatstaff@umn.edu if you need help to complete your survey or have a question. More information is available at <https://z.umn.edu/eat2023>.

Responses to the survey will be used to inform policies, programs, and services for helping young people to maintain good health throughout the course and aftermath of challenging life events.

EAT
Eating and Activity over Time

Where did EAT 2018 Survey participants attend middle school or high school?



RECENT HIGHLIGHTS FROM EAT STUDY FINDINGS

- A 2022 impact analysis determined that the EAT study has been referenced in 215 policy documents produced over 100 groups and organizations. This includes work produced by groups such as the U.S. Department of Agriculture, Heart and Stroke Foundation of Canada, and the World Health Organization.
- A systematic search of research literature was conducted in 2022 and identified over 550 unique health interventions that were informed by EAT Study findings.
- One study found eating according to internal hunger and satiety cues predicts better mental health (e.g., less depressive symptoms, higher self-esteem) and eating behaviors (e.g., less binge eating, less diet pill use).²
- Approximately 13% of participants reported practicing yoga for at least 30 minutes per week. Participants who practiced yoga were more attuned to their physical and emotional senses to experience and enjoy their food.⁴
- Use of a fitness app (e.g., MyFitnessPal, Fitbit) was reported by 32% of women and 20% of men. Approximately 20% of participants used a physical activity-focused app and 9% used a dietary-focused app.¹
- Another study found that self-compassion may buffer against mood-, weight-, and eating-related problems among young people who experience adversities during childhood (e.g., sexual, physical, verbal abuse).³

References

- 1) Hahn SL, et al. Correlates of weight-related self-monitoring application use during emerging adulthood in a population-based sample. *Eat Weight Disord.* 2022;27(6):2107-2119.
- 2) Hazzard VM. Intuitive eating longitudinally predicts better psychological health and lower use of disordered eating behaviors: findings from EAT 2010-2018. *Eat Weight Disord.* 2021;26(1):287-294.
- 3) Hazzard VM. Adverse childhood experiences in relation to mood-, weight-, and eating-related outcomes in emerging adulthood: does self-compassion play a buffering role? *Child Abuse Negl.* 2021;122:105307.
- 4) Neumark-Sztainer et al. Yoga practice among ethnically/racially diverse emerging adults: associations with body image, mindful and disordered eating, and muscle-enhancing behaviors. *Int J Eat Disord.* 2021;54(3):376-387.

Find us on Facebook or learn more about the EAT study at
<https://www.sph.umn.edu/research/projects/project-eat/>

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**THANK YOU FOR
PARTICIPATING IN THE
EAT STUDY. THIS
WORK WOULD NOT BE
POSSIBLE WITHOUT
YOU!**