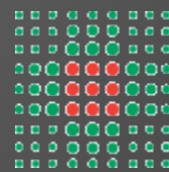




UNIVERSITÀ
DEGLI STUDI
DI FERRARA
— EX LABORE FRUCTUS —



SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA
Azienda Unità Sanitaria Locale di Ferrara

DIPARTIMENTO ASSISTENZIALE INTEGRATO di SALUTE MENTALE e DIPENDENZE PATOLOGICHE
CENTRO INTERAZIENDALE
PER I DISTURBI DEL COMPORTAMENTO ALIMENTARE

Comitato unico di garanzia per le pari opportunità, la valorizzazione del benessere di chi lavora e contro le discriminazioni (CUG)
- Consiglio di Parità
PROMUOVONO:



EduCARE in Unife
IL VALORE
DELL'ALIMENTAZIONE DEI
PICCOLI IN FAMIGLIA

12 Aprile 2016 - ore 14:30 – 17:30
AULA MAGNA - Dipartimento di Giurisprudenza,
Corso Ercole d'Este 37 - FERRARA



Stefano Caracciolo

PREVENZIONE DEI DISTURBI DEL
COMPORTAMENTO ALIMENTARE

La scelta dei cibi nel comportamento alimentare (C.A.)

Environmental
economic
environment
lifestyle
cultural beliefs and traditions
religious beliefs and traditions

Sensory
flavor (taste and smell)
texture
appearance

Cognitive
learned food habits
social factors
emotional needs
nutrition and health beliefs
advertising

Health Status
physical restrictions due to disease
declining taste sensitivity
age and gender



Genetics
taste sensitivity
preference for sweets
avoidance of bitter
possible “fat tooth”

Il ruolo di influenzamento parentale

J Law Med Ethics. 2007 ; 35(1): 22–34. doi:10.1111/j.1748-720X.2007.00111.x.

Parental Influence on Eating Behavior:

Conception to Adolescence

Jennifer S. Savage, Jennifer Orlet Fisher, and Leann L. Birch

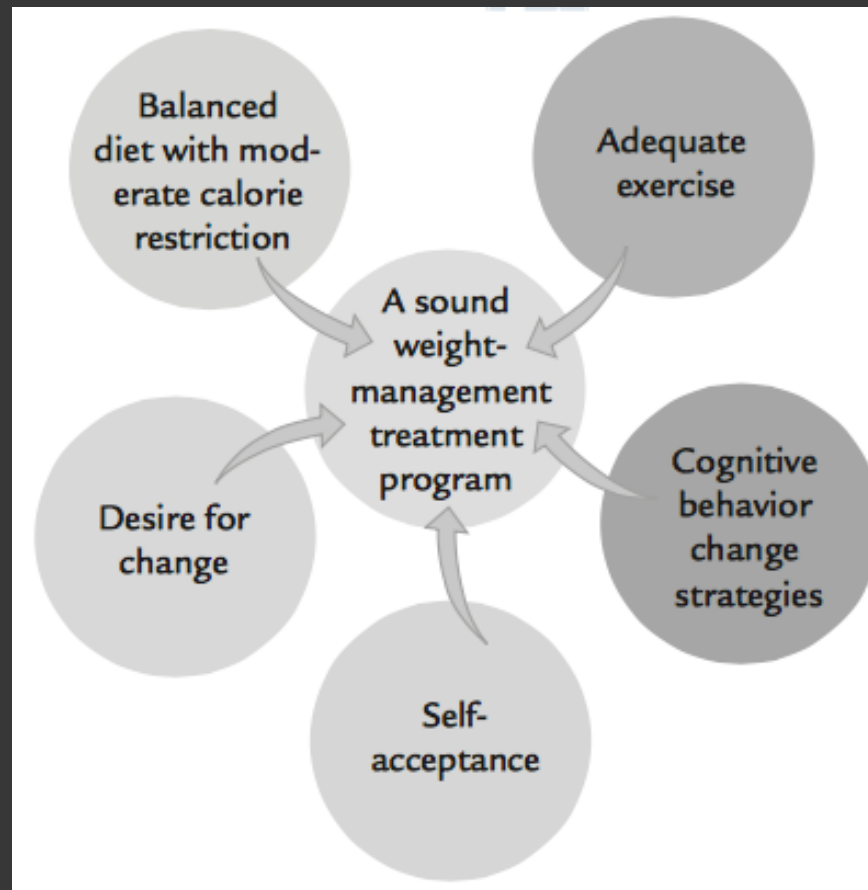
is a research assistant in the Center for Childhood Obesity Research at the Pennsylvania State University.

Jennifer Orlet Fisher, Ph.D., is Assistant Professor of Pediatrics at Baylor College of Medicine in Houston, Texas, and is also a research scientist at the U.S.D.A. Children's Nutrition Research Center where her research focuses on modifiable aspects of food intake regulation in early development. Leann Birch, Ph.D., is Distinguished Professor of Human Development and Nutritional Sciences at the Pennsylvania State University and director of the Center for Childhood Obesity Research.

Introduction

Eating behaviors evolve during the first years of life as biological and behavioral processes directed towards meeting requirements for health and growth. For the vast majority of human history, food scarcity has constituted a major threat to survival, and human eating behavior and child feeding practices have evolved in response to this threat. Because infants are born into a wide variety of cultures and cuisines, they come equipped as young omnivores with a set of behavioral predispositions that allow them to learn to accept the foods made available to them. During historical conditions of scarcity, family life and resources were devoted to the procurement and preparation of foods, which are often low in energy, nutrients, and palatability. In sharp contrast, today in non-Third World countries children's eating habits develop under unprecedented conditions of dietary abundance, where palatable, inexpensive, ready-to-eat foods are readily available.

Programmi adeguati per il controllo del peso: quali fattori?



In preadolescenza



nutrients



Review

Influence of Parenting Practices on Eating Behaviors of Early Adolescents during Independent Eating Occasions: Implications for Obesity Prevention

Marla Reicks ^{1,*}, Jinan Banna ², Mary Cluskey ³, Carolyn Gunther ⁴, Nobuko Hongu ⁵, Rickelle Richards ⁶, Glade Topham ⁷ and Siew Sun Wong ⁸

Received: 17 August 2015 ; Accepted: 12 October 2015 ; Published: 22 October 2015

Abstract: Among early adolescents (10–14 years), poor diet quality along with physical inactivity can contribute to an increased risk of obesity and associated biomarkers for chronic disease. Approximately one-third of United States (USA) children in this age group are overweight or obese. Therefore, attention to factors affecting dietary intake as one of the primary contributors to obesity is important. Early adolescents consume foods and beverages during eating occasions that occur with and without parental supervision. Parents may influence eating behaviors of early adolescents during eating occasions when they are present or during independent eating occasions by engaging in practices that affect availability of foods and beverages, and through perceived normative beliefs and expectations for intake. Therefore, the purpose of this article was to describe the influence of parenting practices on eating behaviors in general and when specifically applied to independent eating occasions of early adolescents. This information may be helpful to inform parenting interventions targeting obesity prevention among early adolescents focusing on independent eating occasions.

Keywords: early adolescents; independent eating occasions; eating behaviors; parenting practices; obesity prevention

Similarities and reciprocal influences in eating behavior within sibling pairs: A longitudinal study

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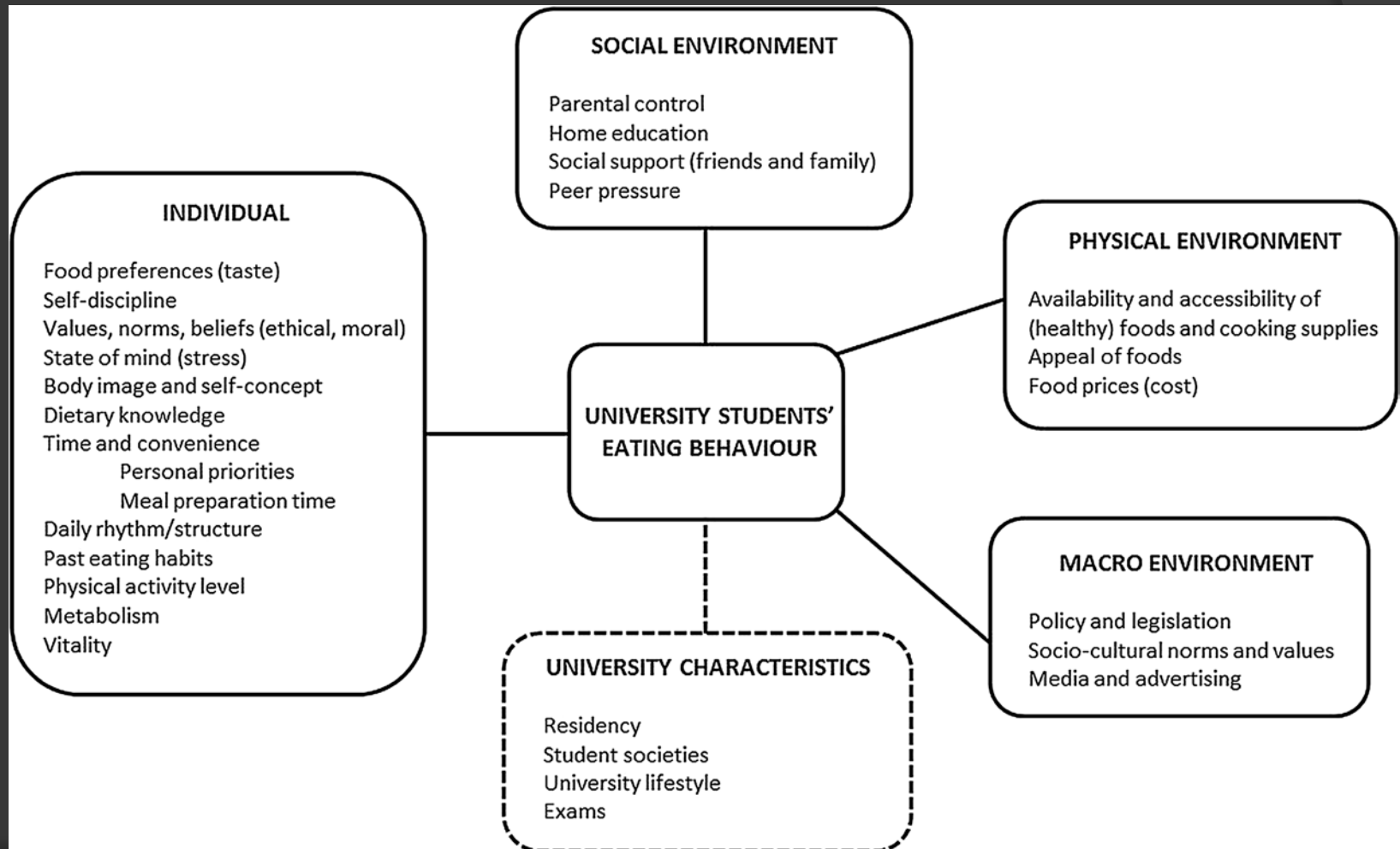
Abstract

The present study investigated similarities and reciprocal influences in emotional, external and restrained eating in adolescent siblings, and the moderating role of sex and quality of relationship. A total of 415 sibling pairs (aged 13–16 years) participated in this two-wave one-year longitudinal study. Analyses were conducted by means of Structural Equation Modeling. Cross-sectional findings demonstrated that siblings are moderately similar in their eating behavior. Longitudinal findings showed that the younger siblings exert a small influence on the emotional and external eating behavior of the older siblings. No support was found for the older siblings affecting the younger siblings in their eating behavior. Furthermore, no sex differences were found in the associations between sibling eating behaviors within and over time. However, we did find a moderating effect for the quality of the relationship concerning similarities in emotional eating. Future research focusing on various sociocultural influences on adolescents' eating behaviors should also include younger siblings.

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Keywords: Siblings; Eating behavior; Similarities; Influences; Sex differences; Quality of relationship

Fattori che influenzano il C.A. in adolescenza



Il ruolo dei mass-media: la TV

Health Psychology
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Priming Effects of Television Food Advertising on Eating Behavior

Jennifer L. Harris, John A. Bargh, and Kelly D. Brownell
Yale University

Objective: Health advocates have focused on the prevalence of advertising for calorie-dense low-nutrient foods as a significant contributor to the obesity epidemic. This research tests the hypothesis that exposure to food advertising during TV viewing may also contribute to obesity by triggering automatic snacking of available food. **Design:** In Experiments 1a and 1b, elementary-school-age children watched a cartoon that contained either food advertising or advertising for other products and received a snack while watching. In Experiment 2, adults watched a TV program that included food advertising that promoted snacking and/or fun product benefits, food advertising that promoted nutrition benefits, or no food advertising. The adults then tasted and evaluated a range of healthy to unhealthy snack foods in an apparently separate experiment. **Main Outcome Measures:** Amount of snack foods consumed during and after advertising exposure. **Results:** Children consumed 45% more when exposed to food advertising. Adults consumed more of both healthy and unhealthy snack foods following exposure to snack food advertising compared to the other conditions. In both experiments, food advertising increased consumption of products not in the presented advertisements, and these effects were not related to reported hunger or other conscious influences. **Conclusion:** These experiments demonstrate the power of food advertising to prime automatic eating behaviors and thus influence far more than brand preference alone.

Keywords: food advertising, priming, eating behavior, children, obesity

Osservazioni cliniche:

1 – apprendimento per modeling

- I comportamenti restrittivi e compensatori nei D.C.A. (vomito autoindotto, uso di farmaci, esercizio fisico compulsivo) sono spesso appresi, in parte o del tutto, nella convivenza con coetanei che ricorrono a queste pratiche in setting extra-familiari
- (es.: studenti fuori-sede)

Osservazioni cliniche:

2 – il ruolo della induzione da pari nello sviluppo dei DCA

- Nella pratica sportiva o nella danza (sia da compagne sia da istruttori) con l'obiettivo – iniziale! - di migliorare la performance
- Nelle occasioni di socializzazione (scuola, palestra, discoteca)
- Nelle relazioni amicali e sentimentali (guarda come sei grassa, perché non ti metti un po' a dieta) fino alla anoressia prescritta dal partner!

Osservazioni cliniche:

3 – il ruolo di induzione delle informazioni raccolte sul Web

- Le intolleranze- spesso uno schermo per proteggere la segreta spinta alla restrizione
- I siti pro-ANA ed i consigli
- I blog di ragazze anoressiche



L'impatto del Web

This is an electronic version of an article published in *Eating Disorders: The Journal of Treatment and Prevention*, 20 (2). *Eating Disorders: The Journal of Treatment and Prevention* is available online at: www.tandfonline.com.
DOI: 10.1080/10640266.2012.653944

Drive for Muscularity and Drive for Thinness: The Impact of Pro-Anorexia Websites

Lilia Juarez, Ernesto Soto, and Mary E. Pritchard
Boise State University

Abstract

In recent years, websites that stress the message of thinness as the ideal and only choice have surfaced on the internet. The possibility that pro-anorexia websites may reinforce restrictive eating and exercise behaviors is an area of concern. In addition, friends may be influencing one another to view these websites, further contributing to drive for thinness in women and drive for muscularity in men. Three hundred male and female undergraduate psychology students responded to questionnaires assessing: internalization of pro-anorexia website content, internalization of general media content, influence of friends to view pro-anorexia websites, peer influence, drive for muscularity, and drive for thinness. Results showed internalization of pro-anorexia website content was positively correlated with drive for thinness in women, and negatively correlated with drive for muscularity in men. Internalization of pro-anorexia website content was found to be related to both drive for thinness in women and drive for muscularity in men.

Keywords: drive for thinness, pro-anorexia websites, friend influence, media internalization, drive for muscularity

The Pro-Ana Lifestyle Forever

HI I'M L THIS BLOG IS ABOUT MY PERSONAL JOURNEY THROUGH ANOREXIA. I DO NOT ENCOURAGE HARMFUL BEHAVIOR IN ANY WAY!

[HOME](#)[ANA RELIGION & LIFESTYLE](#)[CONTACT](#)[MY GOALS](#)[QUOTES](#)[THINSPIRATION](#)[TIPS & TRICKS](#)

ANA RELIGION & LIFESTYLE

Thin Commandments

- 1) If you aren't thin, you aren't attractive
- 2) Being thin is more important than being healthy
- 3) You must but clotes, cut your hair, take laxatives, anything to make yourself look thinner
- 4) Thou shall not eat without feeling guilty
- 5) Thou shall not eat fattening food without punishing afterwards
- 6) Thou shall count calories and restrict intake accordingly
- 7) What the scale says is the most important thing
- 8) Losing weight is good, gaining weight is bad
- 9) You can never be to thin
- 10) Being thin and not eating are signs of true will power and succes.

Conclusioni

- Il modeling è un potente meccanismo nell'apprendimento di comportamenti e stili di vita
- In età infantile il ruolo preponderante è quello dell'ambiente familiare (prevenzione primaria!!!)
- In età adolescenziale è il peer-modeling che influisce in modo preponderante
- Ruolo potentissimo dei mass-media e del Web

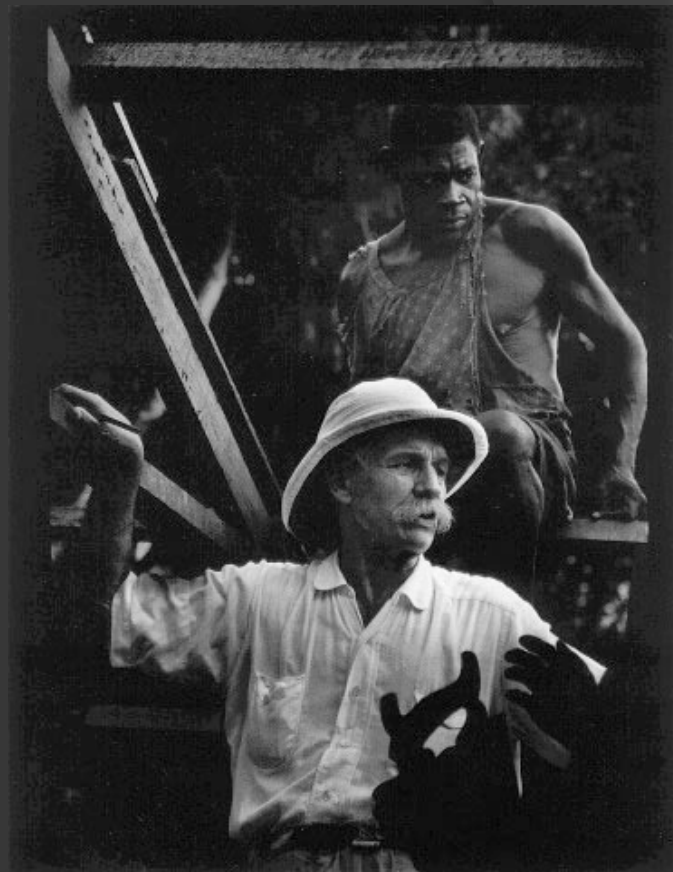
FAI QUEL CHE FACCIO E NON QUEL CHE DICO



Albert Schweitzer

(Kaysersberg, 14 gennaio 1875 – Lambaréné, 4 settembre 1965)
medico, teologo, musicista e missionario tedesco

L'esempio non è la cosa
che influisce di più
sugli altri: è l'unica
cosa che influisce
sugli altri.



Grazie



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