

VII Congreso Internacional de Investigación y Práctica Profesional en Psicología  
XXII Jornadas de Investigación XI Encuentro de Investigadores en Psicología del  
MERCOSUR. Facultad de Psicología - Universidad de Buenos Aires, Buenos  
Aires, 2015.

# **Obesidad infantil y alimentación emocional.**

Banasco Falivelli, María Belén, Praszek, Erika y  
Bidacovich, German.

Cita:

Banasco Falivelli, María Belén, Praszek, Erika y Bidacovich, German  
(2015). *Obesidad infantil y alimentación emocional. VII Congreso  
Internacional de Investigación y Práctica Profesional en Psicología XXII  
Jornadas de Investigación XI Encuentro de Investigadores en Psicología  
del MERCOSUR. Facultad de Psicología - Universidad de Buenos Aires,  
Buenos Aires.*

Dirección estable: <https://www.aacademica.org/000-015/326>

ARK: <https://n2t.net/ark:/13683/epma/tud>

# OBESIDAD INFANTIL Y ALIMENTACIÓN EMOCIONAL

Banasco Falivelli, María Belén; Praszek, Erika; Bidacovich, German  
Facultad de Psicología, Universidad de Buenos Aires. Argentina

## RESUMEN

La obesidad infantil es un problema de salud pública cada vez mayor, resultado de una muy compleja interacción entre factores de riesgo biológicos, psicológicos y sociales. Por otra parte, la alimentación emocional consiste en un intento de regular las emociones a través de la ingesta de alimentos, y podría encontrarse asociada a la obesidad. Objetivo: Presentar una revisión bibliográfica acerca de la asociación entre obesidad infantil y alimentación emocional. Metodología: Se realizó una búsqueda en diferentes bases de datos (Science Direct, PubMed, EBSCOhost, MEDLINE y ELSEVIER) utilizando palabras clave relacionadas con la temática. Resultados: La mayoría de los estudios hallaron que muchos padres utilizan la comida como regulador emocional en sus hijos. Estas prácticas, con el tiempo, son adquiridas por los niños. A su vez, recurrir a la ingesta de alimentos grasos y dulces en situaciones estresantes o ante emociones intensas (enojo, alegría, tristeza) puede redundar en el desarrollo de obesidad. Conclusiones: La alimentación emocional es un factor de riesgo de obesidad infantil. Resulta importante desarrollar programas preventivos orientados a los niños y sus padres, desde un enfoque interdisciplinario, con el objetivo de transmitir hábitos alimentarios saludables y estrategias de regulación emocional adaptativas.

## Palabras clave

Obesidad infantil, Alimentación emocional, Riesgo

## ABSTRACT

### THE RELATIONSHIP BETWEEN CHILDHOOD OBESITY AND EMOTIONAL EATING

Objective: To present a review of the literature regarding the association between childhood obesity and emotional eating. Method: A literature search was performed in several databases (Science Direct, PubMed, EBSCOhost, MEDLINE and ELSEVIER) using different keywords related to the topic. Results: Most studies have found that many parents use food to regulate their children's emotions. These practices, over time, are acquired by children. In turn, resort to the intake of fatty foods and sweets in stressful situations or against intense emotions (anger, joy, sadness) may lead to the development of obesity. Conclusions: Emotional eating is a risk factor for childhood obesity. It is important to develop preventive programs aimed at children and their parents, from an interdisciplinary approach, in order to transmit healthy eating habits and adaptive emotion regulation strategies.

## Key words

Childhood obesity, Emotional eating, Risk

## BIBLIOGRAFÍA

- Etelson, D., Brand, D. A., Patrick, P. A., Shirali, A. (2003). Childhood Obesity: Do Parents Recognize This Health Risk? *Obesity Research*, 11 (11), 1362-1368.
- Jansen, P. W., Roza, S. J., Jaddoe, V., Mackenbach, J., Raat, H., Hofman, A., Verhulst, F., Henning Tiemeier, H. (2012). Children's eating behavior, feeding practices of parents and weight problems in early childhood: results from the population-based Generation R Study. *International Journal of Behavioral Nutrition and Physical Activity*, 9 (130).
- Remmers, T., van Grieken, A., Renders, C. M., Hirasing, R.A., Broeren, S.M.L., Raat, H. (2014). Correlates of Parental Misperception of Their Child's Weight Status: The 'Be Active, Eat Right' Study. *PLoS ONE*, 9 (2).
- Barlow, S.E. (2007). Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. *Pediatrics*, 120 (4), 164-192.
- Yilmaz, R., Erkorkmaz, Ü., Ozcetin, M., Karaaslan, E. (2013). How does parents' visual perception of their child's weight status affect their feeding style? *Nutrición Hospitalaria*, 28 (3), 741-746.
- Santos, J. L., Kain, J., Dominguez-Vásquez, P., Lera, L., Galván, M., Corvalán, C., Uauy, R. (2009). Maternal anthropometry and feeding behavior toward preschool children: association with childhood body mass index in an observational study of Chilean families. *The International Journal of Behavioral Nutrition and Physical Activity*, 6 (93).
- Rodgers et al. (2013). Maternal feeding practices predict weight gain and obesogenic eating behaviors in young children: a prospective study. *International Journal of Behavioral Nutrition and Physical Activity*, 10 (24).
- Ainuki, T., Akamatsu, R. (2011). Association between Children's Appetite Patterns and Maternal Feeding Practices. *Food and Nutrition Sciences*, 02 (03), 228-234.
- Brown, R., Ogden, J. (2004). Children's eating attitudes and behaviour: a study of the modelling and control theories of parental influence. *Health Education Research*, 19 (3), 261-271.
- Benton, D. (2004). Role of parents in the determination of the food preferences of children and the development of obesity. *International Journal of Obesity and Related Metabolic Disorders: Journal of the International Association for the Study of Obesity*, 28 (7), 858-869.
- Baughcum, A. E., Burklow, K.A., Deeks, C.M., Powers, S.W., Whitaker, R.C. (1998). Maternal feeding practices and childhood obesity: a focus group study of low-income mothers. *Archives of Pediatrics & Adolescent Medicine*, 152 (10), 1010-1014.
- Faith, M. S., Berkowitz, R. I., Stallings, V. A., Kerns, J., Storey, M., Stunkard, A. J. (2004). Parental feeding attitudes and styles and child body mass index: prospective analysis of a gene-environment interaction. *Pediatrics*, 114 (4), 429-436.
- Faith, M. S., Scanlon, K. S., Birch, L. L., Francis, L. A., Sherry, B. (2004). Parent-Child Feeding Strategies and Their Relationships to Child Eating and Weight Status. *Obesity Research*, 12 (11), 1711-1722.
- Lo, K., Cheung, C., Lee, A., Tam, W. W. S., Keung, V. (2015). Associations between Parental Feeding Styles and Childhood Eating Habits: A Survey of Hong Kong Pre-School Children. *PloS One*, 10 (4).
- Sleddens, E.F.C., Kremers, S.P.J., De Vries, N.K., Thijs, C. (2010). Relationship between parental feeding styles and eating behaviours of Dutch children aged 6-7. *Appetite*. 54 (1), 30-36.

- Carnell, S., Benson, L., Driggin, E., Kolbe, L. (2014). Parent feeding behavior and child appetite: Associations depend on feeding style. *Int. J. Eat. Disord.*, 47 (7), 705-709.
- Hughes, S., Shewchuk, R., Baskin, M., Nicklas, T., Qu, H. (2008) Indulgent Feeding Style and Children's Weight Status in Preschool. *J. Dev. Behav. Pediatr.*, 29 (5), 403-410.
- Dallman, M. F., Pecoraro, N., Akana, S. F., Fleur, S. E., Gomez, F., Houshyar, H., Manalo, S. (2003). Chronic stress and obesity : A new view of "comfort food". *Proc. Natl. Acad. Sci.*, 100 (20), 11696-11701.
- Tzou, I. L., Chu, N. (2012). Parental influence on childhood obesity : A review. *Health*, 4 (12), 1464-1470.
- Wardle, J., Sanderson, S., Guthrie, C. A., Rapoport, L., Plomin, R. (2002), Parental Feeding Style and the Inter-generational Transmission of Obesity Risk. *Obesity Research*, 10 (6), 453-462.
- Farrow, C. V., Haycraft, E., Blissett, J. M. (2015) Teaching our children when to eat : how parental feeding practices inform the development of emotional eating: a longitudinal experimental design. *The American Journal of Clinical Nutrition*, 101 (5), 908-913.
- Powell, F., Farrow, C., Meyer, C. (2011). Food avoidance in children. The influence of maternal feeding practices and behaviours. *Appetite*, 57 (3), 683-692.
- Van Strien, T. , Bazelier, F. (2007). Perceived parental control of food intake is related to external, restrained and emotional eating in 7-12-year-old boys and girls. *Appetite*, 49 (3), 618-625.
- Blissett, J., Haycraft, E., Farrow, C. (2010). Inducing preschool children ' s emotional eating : relations with parental feeding practices. *The American Journal of Clinical Nutrition*, 92 (2), 359-365.
- Nguyen-Rodriguez, S. Choua, C., Unger, J., Spruijt- Metz, D. (2008). BMI as a Moderator of Perceived Stress and Emotional Eating in Adolescents. *NEat Behav*, 9 (2), 238-246.