THE ASSOCIATION BETWEEN FOOD ADDICTION, BODY MASS INDEX, AND BODY WEIGHT: A SYSTEMATIC REVIEW AND META-ANALYSIS

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INTRODUCTION

- Point 1; Aspects of obesity are associated with a wide range of health behaviors including unhealthy eating
- Point 2; Food addiction (FA) is an addictive behavior, which causes responses to food rewards similar to conditions like alcohol abuse or smoking
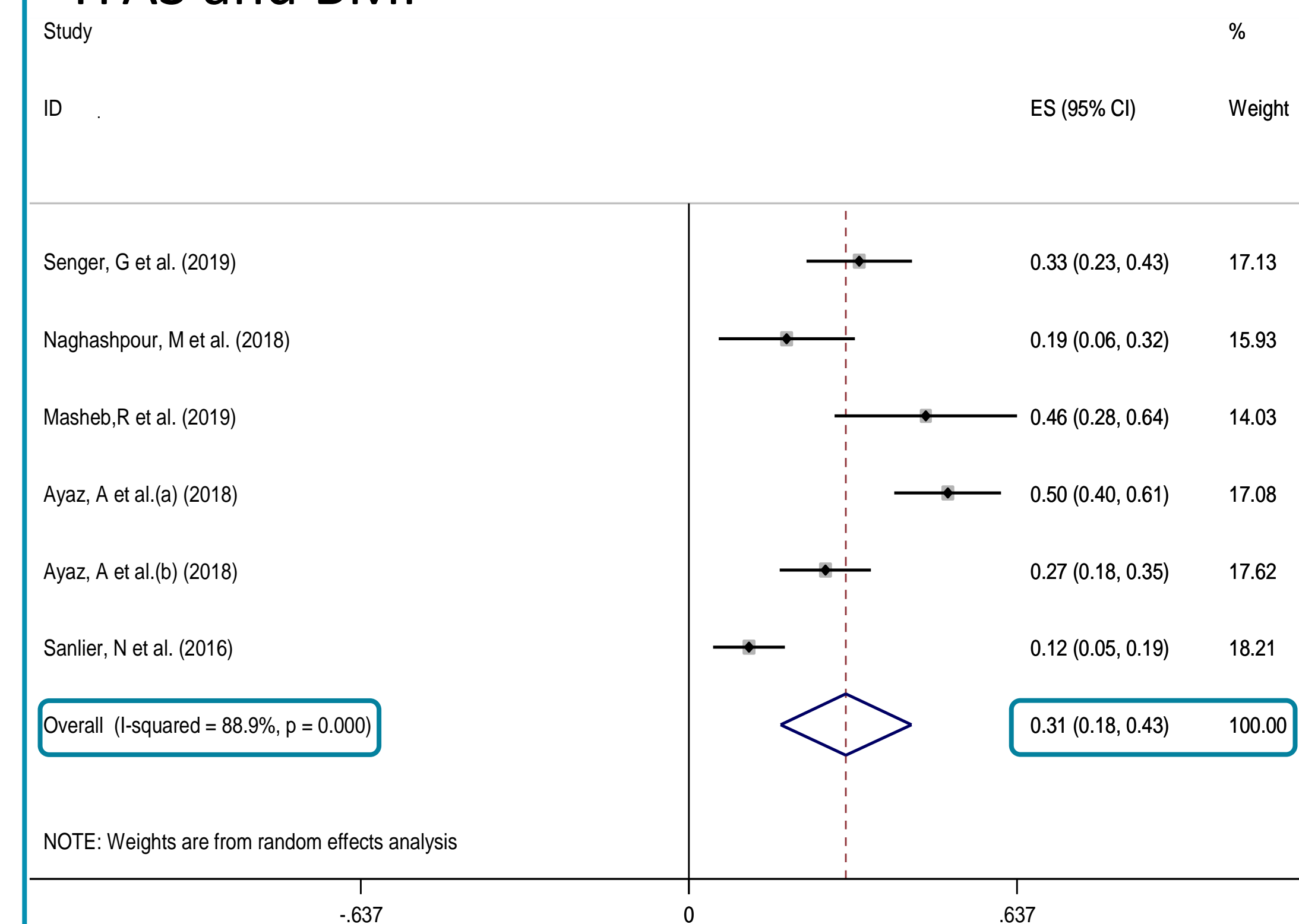
AIM:

- This study aimed to determine the relationship between body mass index, body weight and FA

## METHODS:

- Point 1: A systematic review was conducted in PubMed and SCOPUS, from database onset up to May 2019

- Point 2: Inclusion criteria were observational studies investigating the relationship of body mass index (BMI) and body weight with FA, as measured by the Yale Food Addiction Scale (YFAS).

- Point 3: A random effects model was used to calculate the pooled effect size
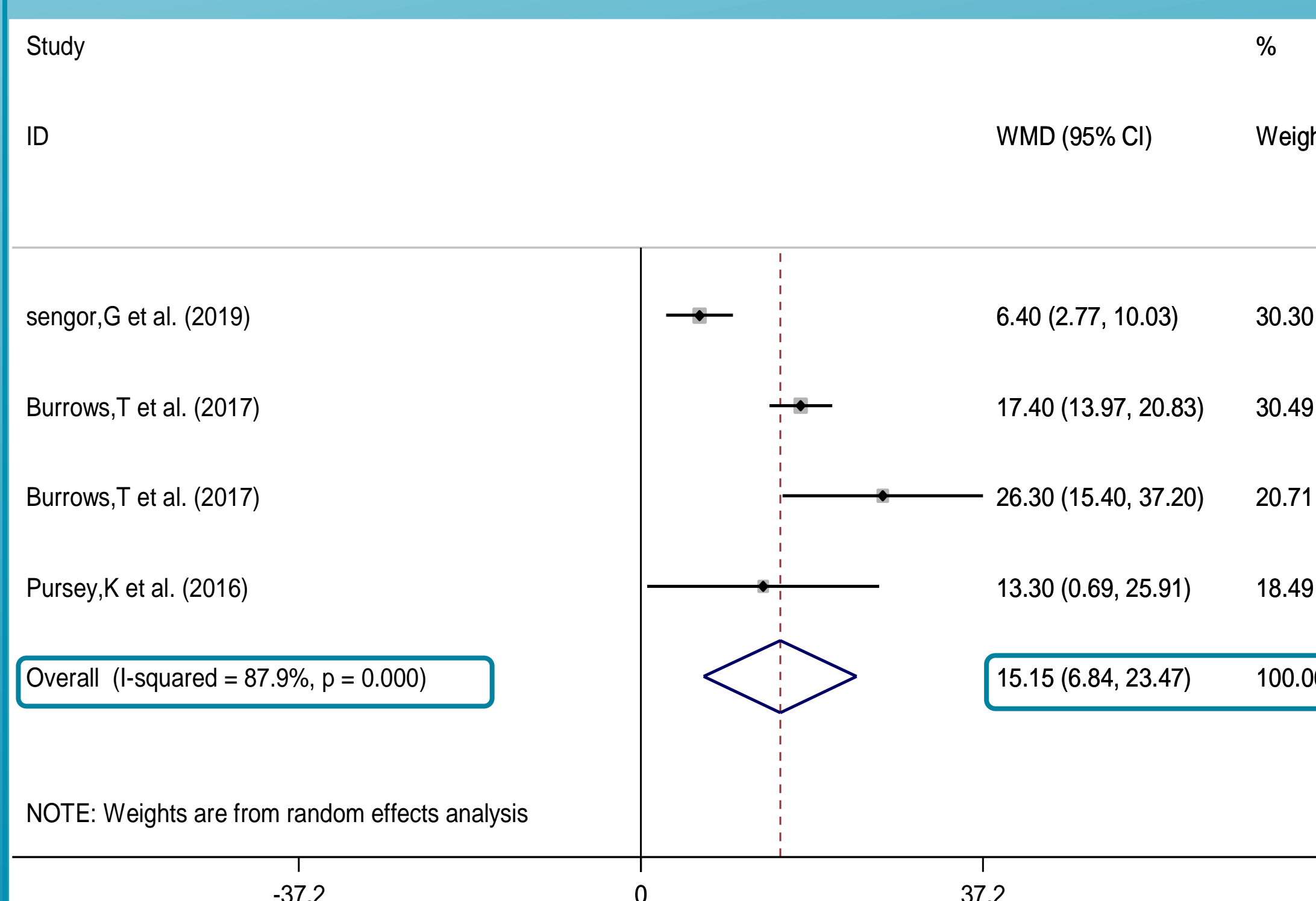
SEARCH RESULTS:

Overall, we screened 557 eligible studies, of which 7 full-text articles that reported body weight and BMI in both food addicted and non-food addicted participants were included.

STUDY CHARACTERISTICS:

Publication year range	Sample size range (n)	Age range (years)	Study design	Quality of studies
2014- 2019	50-851	16.5-65	Cross-sectional	4-7

RESULTS:

- Key finding 1: Participants with FA had higher BMI and higher body weight compared with their non-FA counterparts

- Key finding 2: According to subgroup analysis, age and sex were reported as the sources of heterogeneity

- Key finding 3: A meta-regression found a positive correlation coefficient between YFAS and BMI

RESULTS:

- Comparison in BMI between participants with & without FA

RESULTS:

- Comparison in body weight between participants with & without FA

RESULTS:

Combined correlation coefficients between YFAS and BMI
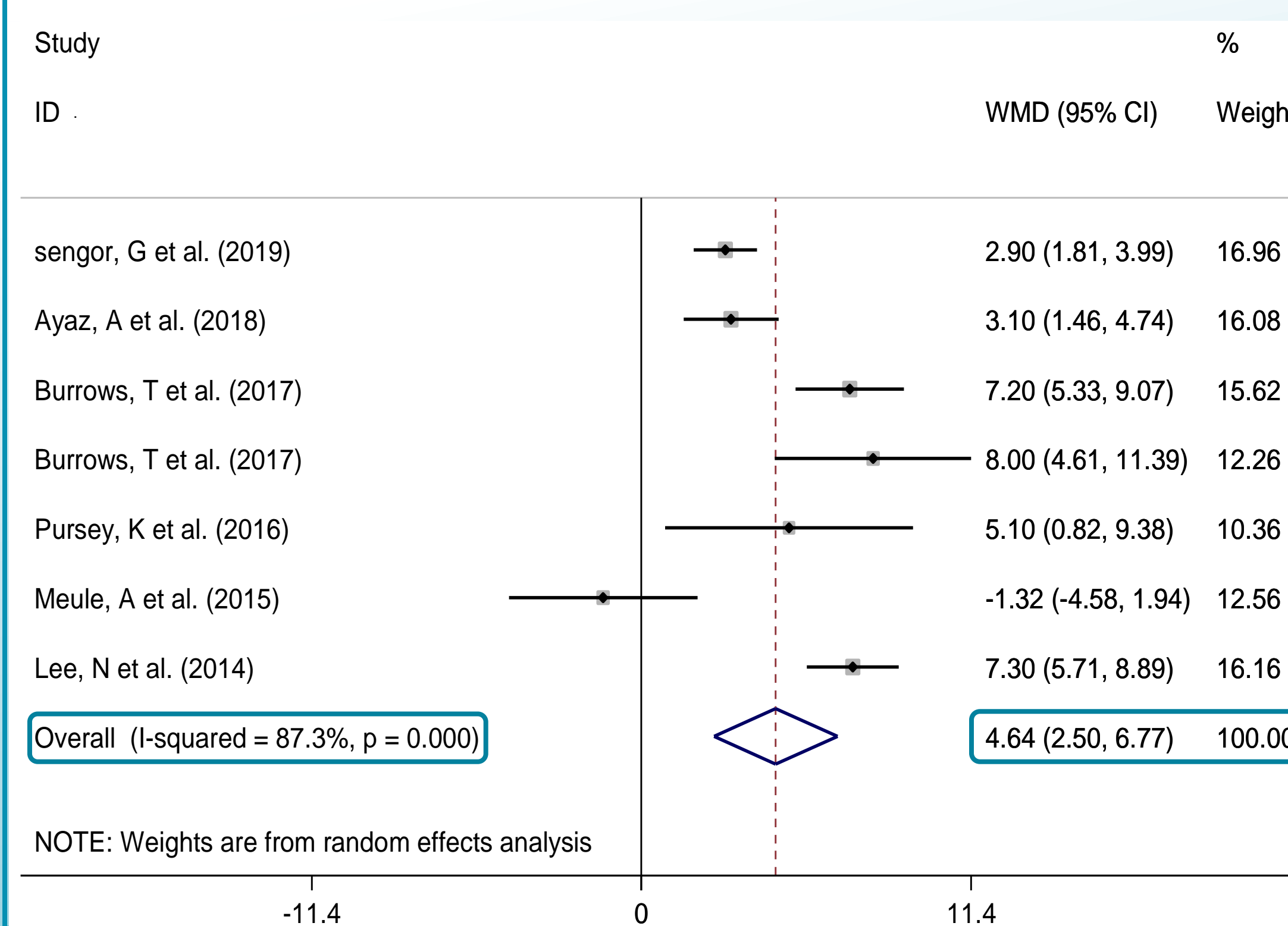
CONCLUSION:

- FA may be associated with increased risk of higher BMI or body weight

- These findings provide a platform for the development of appropriate interventions to prevent or treat certain aspects of obesity

- Targeting FA may be an important component of a behavioral weight management program.

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