

ADAPTIVE EATING BEHAVIORS SUPPORT IMPROVED DIET QUALITY

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INTRODUCTION



PURPOSE

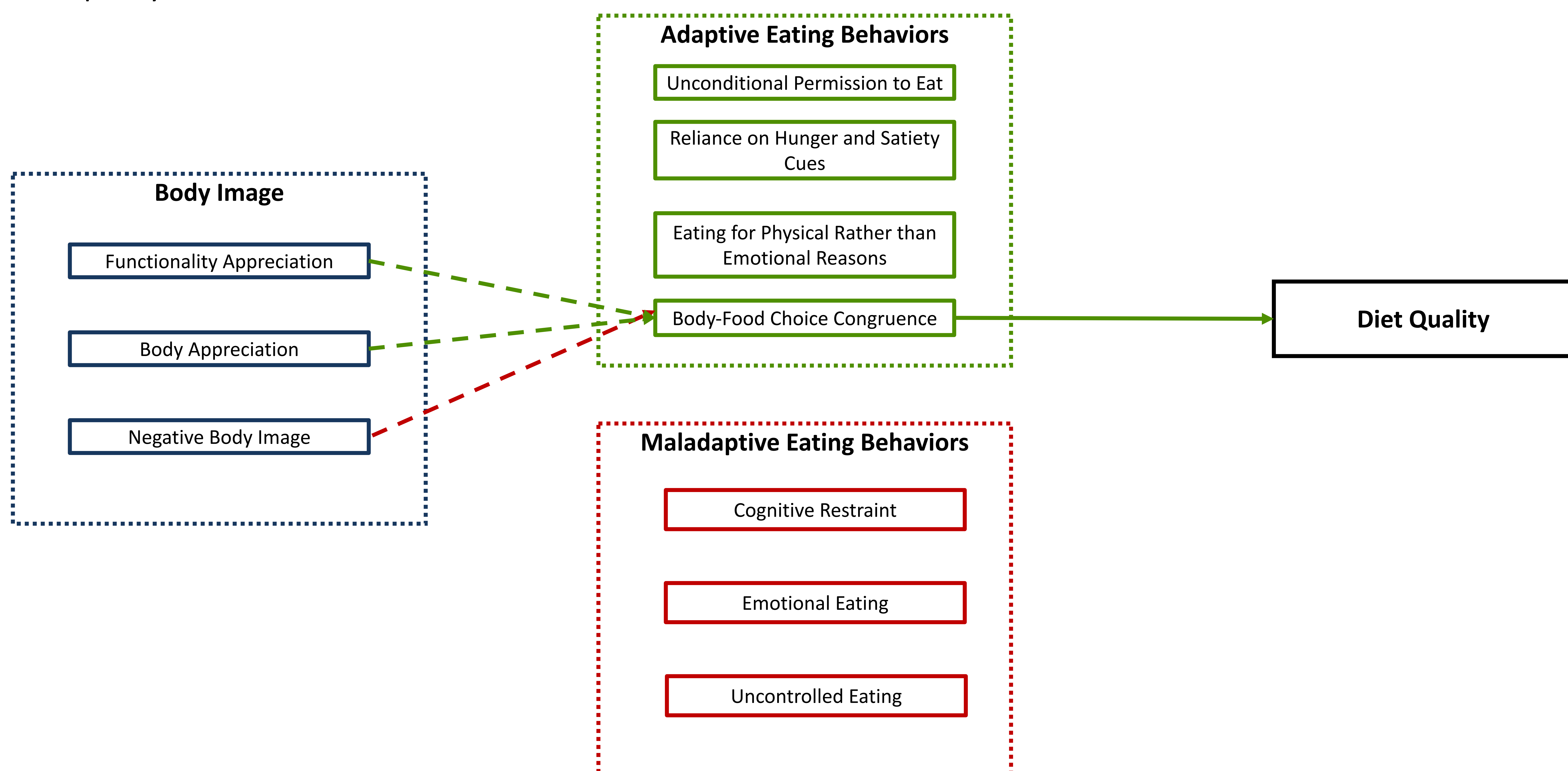
To understand the relationships between positive and negative body image, adaptive and maladaptive eating behaviors, and diet quality.

METHODS

- Participants (n=288) 18 years and older and living in the US were recruited from Prolific Academic to complete an online survey.
- Used hierarchical linear regression to assess these relationships.

RESULTS

- Body image and maladaptive eating behaviors were not associated with diet quality.
- Body-food choice congruence was associated with diet quality and mediated the relationships between body image and diet quality.



CONCLUSIONS

- Additional support for adaptive eating behaviors in promoting diet quality.
- Future research may benefit from exploring indirect effects of positive body image on diet quality and the comparison of weight neutral and other behavior change interventions.

Scaling up weight neutral interventions to encourage intuitive eating behaviors and positive body image could improve the diet quality of Americans.

ACKNOWLEDGEMENTS

Funding: Washington State University College of Agricultural, Human, and Natural Resource Sciences Nelson-McLeod Scholarship, Washington State University Vancouver Mini-Grant, and a Collaborative Grant from the Washington State University College of Education. Our research team, Alana Anderson, Linda Eddy, Anaderi Iniguez, Thomas Power, Raven Weaver, and Elizabeth Weybright for their assistance with this project.