

MONTH TOPIC

The effect of holiday season and specially Thanksgiving on weight gain

Purpose

the purpose of the study was to assess potential changes that occur in body weight during the Thanksgiving holiday break in college students.

Methods

*94 college students went to the human body composition laboratory at the University of Oklahoma following a 6-hour fast with testing occurring prior to, and immediately following the Thanksgiving holiday break.

* Body weight (BW) was assessed while participants were dressed in minimal clothing.

*Paired t-tests were used to assess changes in BW pre and post Thanksgiving holiday with additional analysis by gender, body mass index (BMI), and class standing (i.e. undergraduate vs. graduate).

Results

Overall, a significant ($P < 0.05$) increase in BW was found between pre (72.1 kg) and post (72.6 kg) Thanksgiving holiday. When stratified by gender and class standing a significant ($P < 0.05$) increase in body weight was observed between the pre and post Thanksgiving holiday in males (0.6 kg), females (0.4 kg) and graduate students (0.8 kg). When participants were classified by BMI as normal or as overweight/obese, a significant 1.0 kg BW gain was found ($P < 0.05$) in the overweight/ obese (≥ 25 kg/m²) group compared to a non significant 0.2 kg gain in the normal group (< 25 kg/m²).

Conferences

Treating Eating Disorders, Boston, Massachusetts 02116, United States, Venue: Boston Park Plaza Hotel, December 12-13, 2014



Readings

The Simplest Ever Christmas Diet book for men : Murray Fan - 2008

Purge: Rehab Diaries-Nicole J.Johns-2009

Skinny- Ibi Kaslik -2004

Hope, Help, and Healing for Eating Disorders: A New Approach to Treating Anorexia, Bulimia, and Overeating (Paperback)-Gregory L. Jantz -2002

Mary Lives -A Story Of Anorexia Nervosa & Bipolar : Mary Brooks -2014

Healthy Holiday living- 2010



Month Topic continued

Conclusions

An increase in BW of half a kilogram may not be cause for alarm, but it could have a potential long-term health consequences if participants retained this weight gain throughout the college year.

Additionally, the overweight/obese participants may be at risk for weight gain and further obesity development during the holiday season.

Randa Haddad

Psychologist and Psychotherapist

<http://www.biomedcentral.com/content/pdf/1475-2891-5-29.pdf>

Holly R Hull, Duncan Radley, Mary K Dinger and David A Fields.(November 2006) .The effect of the Thanksgiving Holiday on weight gain

Research

Stephanie A. Valutis,Anthony J. Goreczny, Leena Abdullah, Emily Magee ,Joseph A. Wister. (2009). Weight Preoccupation, Body Image Dissatisfaction, and Self-Efficacy in Female Undergraduates . Retrieved September 28,2014, from <http://www.scientificjournals.org/journals2009/articles/1421.pdf>.

Natalie Colabianchi, Carolyn E. Ievers-Landis, Elaine A. Borawski. (2006).Weight Preoccupation as a Function of Observed Physical Attractiveness: Ethnic Differences Among Normal-Weight Adolescent Females.Retrieved September 28,2014, from <http://jpepsy.oxfordjournals.org/content/31/8/803.full.pdf>.

