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## **Eating Quickly and Eating Until Full Are Associated with Being Overweight**

*People who reported eating quickly and eating until full had significantly higher adjusted odds ratios for being overweight than did those who reported neither behavior.*

Eating quickly is associated with higher energy intake, weight gain, and being overweight (body-mass index,  $\geq 25$  kg/m<sup>2</sup>). In this cross-sectional survey of 3287 Japanese adults (age range, 30–69), investigators examined whether eating quickly, eating until full (eating a large quantity of food in 1 meal), or a combination of both behaviors is associated with being overweight.

Overall, 46% of men and 36% of women reported eating quickly, whereas 51% of men and 58% of women reported eating until full. After adjustments for age, smoking status, physical activity, occupation, total energy intake, fiber intake, alcohol consumption, and geographic area, the eating-quickly group was significantly more likely to be overweight than the not-eating-quickly group (odds ratios,  $\approx 2.0$  for both men and women). Similar results were obtained for the eating-until-full group (ORs,  $\approx 2.0$ ). Those who reported both eating quickly and eating until full were even more likely to be overweight than those with neither behavior (ORs,  $\approx 3.0$  for both men and women).

**Comment:** Eating quickly, eating until full, or a combination of both behaviors is associated with being overweight. As the authors point out, limitations of this study include self-reporting of eating patterns; in addition, because of the study design, the observed association between eating behaviors and overweight does not prove causality. Prospective studies are required to validate these findings and to assess the effects of interventions on adverse eating behaviors and weight gain.

— [Paul S. Mueller, MD, MPH, FACP](#)

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### **Citation(s):**

Maruyama K et al. The joint impact on being overweight of self reported behaviours of eating quickly and eating until full: Cross sectional survey. *BMJ* 2008 Oct 21; 337:a2002.