

Health and stress

(week 10)

Stress with physical activity and healthy eating II

Lecturer

Medical Microbiologist

Erbil Medical Institute

Erbil Polytechnic University

Kirkuk Road

Erbil-Iraq

Lecturer

TISHK Int.University

100 Meters Road

Erbil-Iraq

GBD Collaborator

Institute of Health Metrics and Evaluation

University of Washington

Seattle, Washington

USA

Dr. Beriwan A. Ali

PhD. Manchester University, England, UK.

MSc. Salahaddin University, Erbil, Iraq.

BSc. Salahaddin University, Erbil, Iraq.

Outlines and Objectives

Outlines:

- Stress and healthy eating
- Research data
- Summary

Objectives:

- Evaluation the impact of healthy eating.
- Can stress alter eating behavior?
- Compare the impact of stress and positive or negative affects with physical activity.

Stress and healthy eating – bidirectional relationships

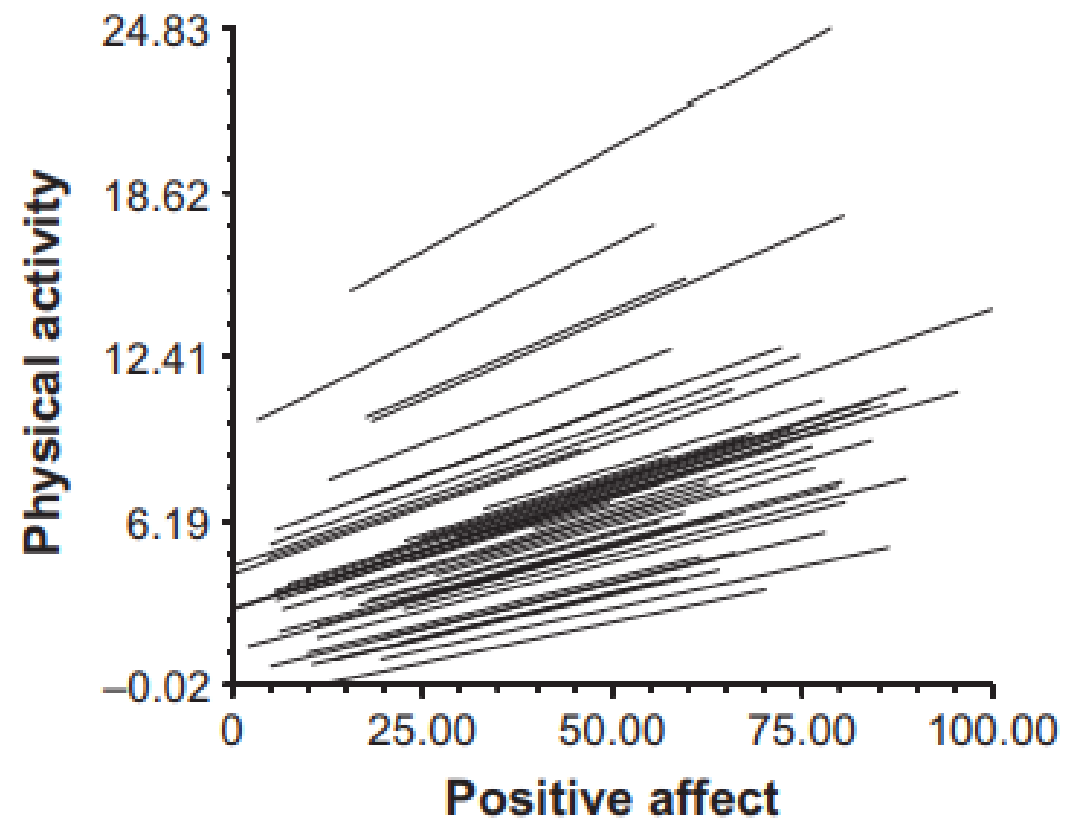
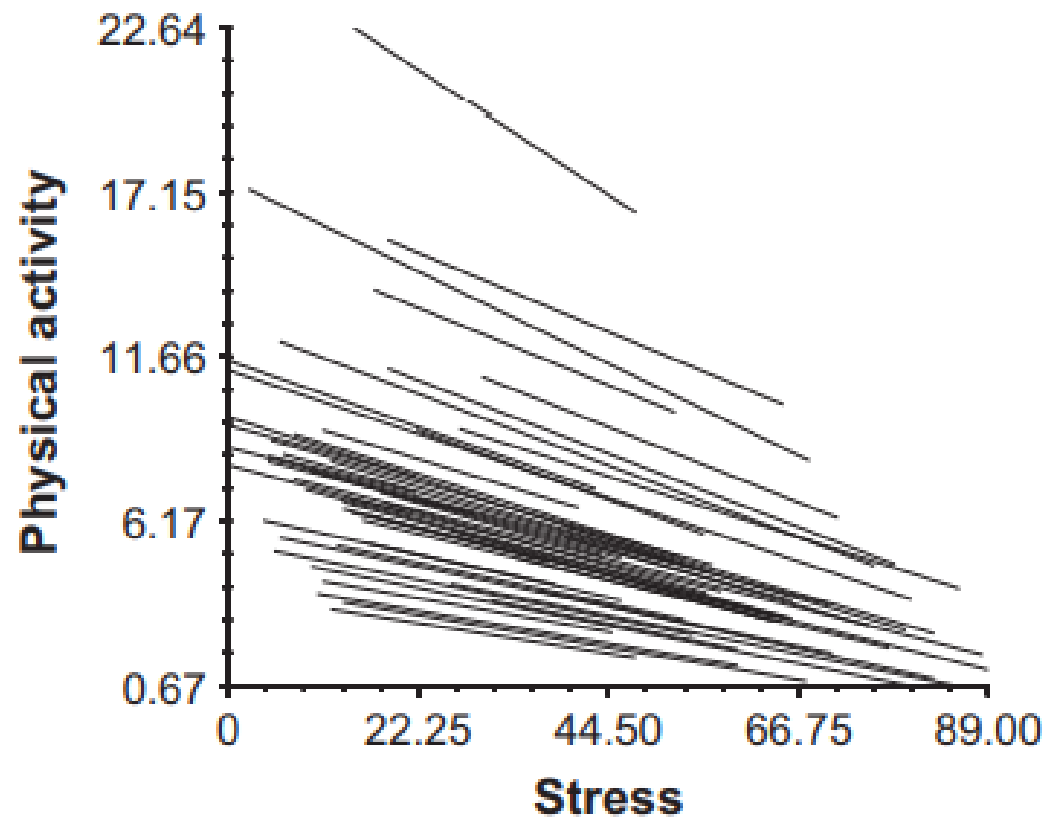
- Another important salutogenic behaviour with regard to prevention of (existing) disease and control of weight is **healthy eating**.
- In contrast to physical activity, there is no precise definition of healthy eating, but rather individuals variously define healthy eating based
 - **a low amount of fat,**
 - **natural/unprocessed food,** and/or
 - **a balanced (nutrient) eating style.**

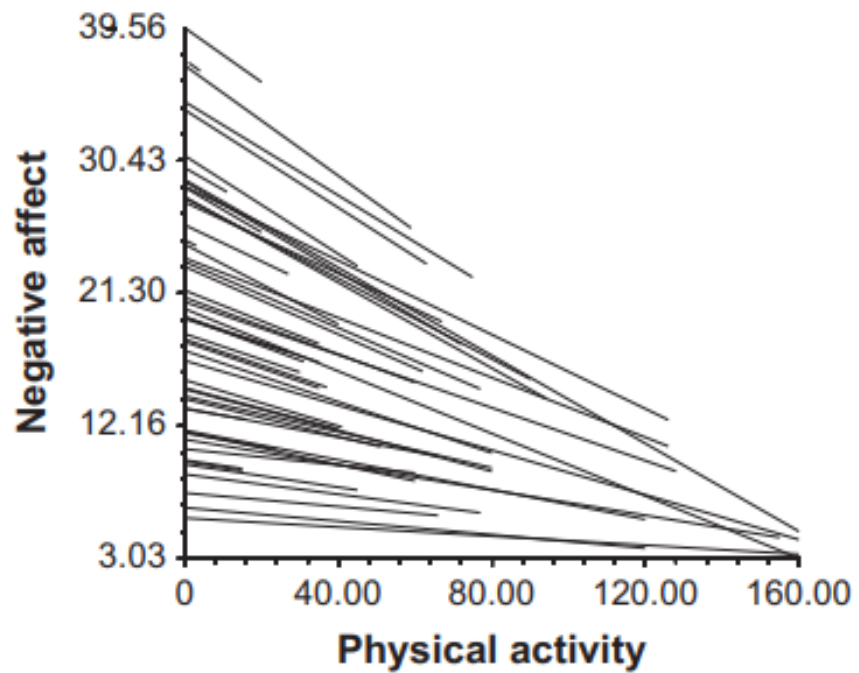
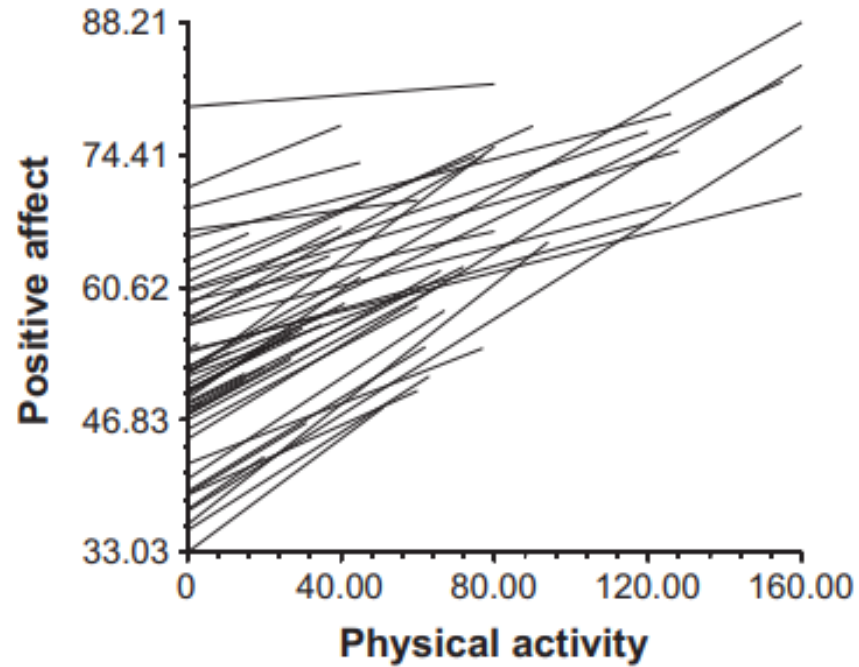
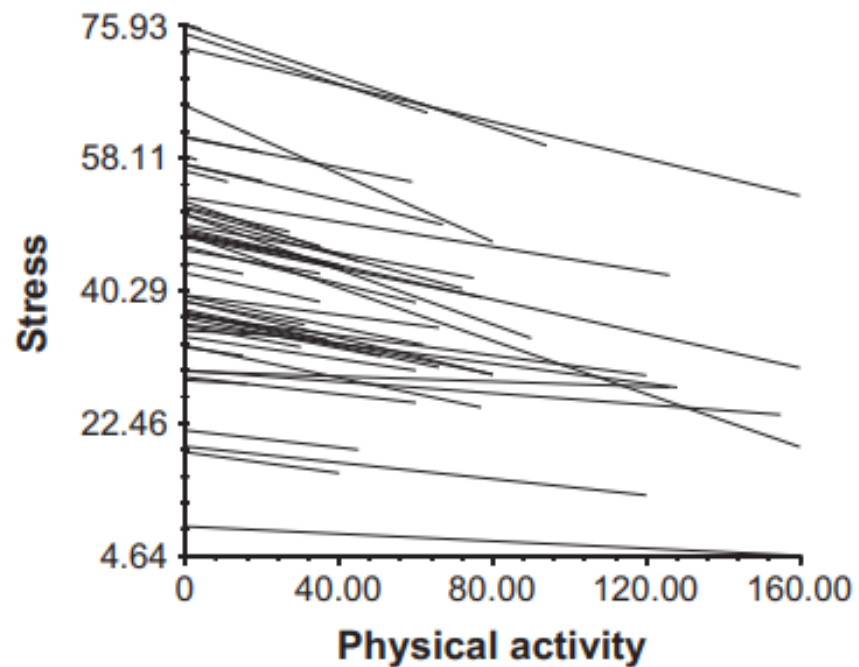
Research data

- Earlier studies support the idea that stress **alters** eating behaviour regarding the overall calorie consumption (Zellner *et al.*, 2006)
- change of the macronutrient composition during stressful times with an increase in the consumption of high-fat, high-sugar foods (Habhab, Sheldon, & Loeb, 2009).

Research data

- The daily hassles increase unhealthy eating behaviour through a tendency towards high-fat/high sugar snacks as well as a reduction of **main meals and vegetables consumption**.
- There is also an indication for the reverse direction of causality, with healthy eating leading **to improved bodily and mental health** (Prasad, 1998).
- Healthy eating **may decrease stress** and serve as another key salutogenic behaviour for Reducing stress.
- Alternatively, eating can be used in order to **distract from stress**, thereby alleviating perceived emotional stress.





Research data

- Likewise, fruits and vegetables consumption seems to lead to higher subsequent positive affect (Conner, Brookie, Carr, Mainvil, & Vissers, 2017).
- stress reduction interventions might not only directly influence health behaviours positively, **but may also do so for long-term health outcomes such as BMI.**

Summary

- **health promotion activities** might comprehensively target reducing stress/negative affect as well as enhancing positive affect and physical activity.
- Instead of intensive exercising, promoting more moderate physical activity (e.g., taking stairs instead of an elevator) might be sufficient for short-term stress level reductions and could more easily be integrated into daily life.

Reference

- Bidirectional relationship of stress and affect (sensation or feeling) with physical activity and healthy eating.
- Dana Schultchen^{1,a*} , Julia Reichenberger^{2,3,a*} , Theresa Mittl¹ Tabea R. M. Weh¹, Joshua M. Smyth⁴ , Jens Blechert^{2,3} and Olga Pollato.
- British Journal of Health Psychology (2019), 24, 315–333