

Mindful Eating

When reading the study, “Perspective: Leveraging Electronic Health Record Data Within Food Is Medicine Program Evaluation: Considerations and Potential Paths Forward” to help increase my education about mindful eating I found a lot of information how this disease that is plaguing our country is being combated and some of the effects it has on our society.

This study outlines how the challenges that the Food is Medicine program is facing when trying to acquire and use electronic health records. “Food is Medicine (FIM) programs are food-based programs that address both food and nutrition security in the prevention or management of diet-related health conditions (Long 2023)”. This quote shows what the organization is all about and what they do. With that being said the study also highlights the privacy concerns and how this information is sensitive and hard to extract. This also talks about the inconsistencies and how it is affecting the data and what is missing. This study also emphasizes the need for early planning and the communication needs between partners. “The study emphasizes the need for early planning, clear communication among partners, and consideration of alternative data sources for comprehensive evaluation of FIM programs (Long 2023)”. This quote shows what the study needs to thrive.

This study can be helpful in my personal life in many different ways. This study helps outline and emphasizes the values of mindful eating through the data collected and the struggles with trying to tackle this issue. The Food is Medicine program has had many impacts on health outcomes and how mindful eating can help me become a healthier and better person. An example of this is, “Encouraging clients and patients to cultivate mindfulness around their food choices can complement larger interventions like FIM programs, promoting holistic wellness”(Long 2023). This example shows how this organization and studies can increase and help the need for

mindful eating in my life and I would like to follow the results found from this study. I can implement this into my daily life through looking through my daily food choices. This can be done by portioning and counting my calories. This can also be achieved by staying clear of greasy and unhealthy foods and allow for my body to heal and do better. Overall this study can be implemented into my life to help me be my best self.

In the article, “Mindful Eating” it highlights the importance of mindful eating and the ways it can be accomplished and help you. This is done in the article by providing what mindful eating is and also seven principles of mindful eating. This article resonates with me through its ways of present moment awareness and also the way it is non-judgmental. This article's ways to and processes helpful eating seem manageable and helpful to me. An example of this is “Mindful eating is about using all your physical and emotional senses to experience and enjoy your food choices” (Cheung 2023). I believe that following the steps provided in this article I can have better mental and physical health. This is reinforced by, “Mindful eating can lead to greater psychological well-being, increased pleasure when eating, and body satisfaction” (Cheung 2023). I also liked how the article recognized limitations and how it can be the only way of weight management. Overall this article resonates well with me and I enjoyed the information provided and will work to implement this into my daily life.

References

Cheung, L. (2023, July 14). *Mindful eating*. The Nutrition Source.
<https://www.hsph.harvard.edu/nutritionsource/mindful-eating/>

Long, C. R., A.Y., C.S. (2023, November 9). *A-Z databases*. Library guides.
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