Stress, Youth & Obesity: Rethinking how emotion plays a role in eating behaviors

Thursday, July 2, 2015
Mini Plenary 3
Objectives:

• Understand how cognitive development plays a role in emotional eating in young children.

• Identify relationships among family stress, child stress, and eating behaviors.

• Describe strategies to reduce the prevalence of stress-related behaviors among overweight youth.
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Stress

Food Choices