

# 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

