

HUNGER**Physiology of Hunger**

- Stomach contractions accompany hunger but hunger persists even in animals and people whose stomachs were removed.
- Body chemistry affects hunger. When blood glucose levels drop, hunger increases.
- The brain's **hypothalamus** controls eating and other body maintenance functions, integrating messages from the stomach, intestines and liver.
- **Set Point** is the point at which a person's weight is supposedly 'set'. Below this weight, hunger increases metabolism slows.

Jan 28-11:43 AM

Psychology of Hunger

External factors such as the smell of food can also increase one's feelings of hunger. Judith Rodin (1984) showed that a person's blood insulin levels would rise with accompanying feelings of hunger simply with the sound and smell of steak grilling.

Our taste preferences can be conditioned (learned) such as those preferences for salty or spicy foods depending on what we have grown up with.

Culture can affect taste preferences ex. Japanese delicacy of sea urchin or sea cucumber and Hindus lack of interest in an American's favorite beef dish.

Food can affect mood. Typical comfort foods - high in carbohydrates - boost serotonin.



Jan 28-11:49 AM

When the motivation to be thin outweighs normal homeostatic needs an **eating disorder** can arise. An increase in poor body image has been correlated to a rise in the incidence of eating disorders especially among young adolescent girls in North America. The most common of these are anorexia nervosa and bulimia.

1. Anorexia Nervosa

When a normal-weight person diets and becomes significantly underweight, yet, still feeling fat, continues to starve. Those affected are usually adolescent females (95%). It is diagnosed when a person weighs less than 85% of their normal body weight. 30% of persons diagnosed with anorexia nervosa will die of complications related to their disease. An interesting finding is that families of anorexics are often competitive, high achieving, protective and very concerned about how they are perceived by others.

2. Bulimia Nervosa

This disorder is characterized by private "binge-purge" episodes of overeating, usually of high caloric foods, followed by vomiting or laxative use. Their weight fluctuates but usually within normal ranges. Researchers have found that bulimics often come from families that have higher rates of alcoholism, obesity and depression, which may indicate that genetics play a role in one's susceptibility to the disease

Jan 28-11:45 AM

What are the signs of anorexia or bulimia?*** Weight loss or unusual weight changes**

- * Periods being irregular or stopping
- * Missing meals, eating very little and avoiding 'fattening' foods
- * Avoiding eating in public, secret eating
- * Large amounts of food disappearing from the cupboards
- * Believing they are fat when underweight
- * Exercising excessively
- * Becoming preoccupied with food, cooking for other people
- * Going to the bathroom or toilet immediately after meals
- * Using laxatives and vomiting to control weight.

Jan 28-3:26 PM

Myth...

Eating disorders do not affect young children.

Fact...

The most common age of onset is between 14 and 25 years of age, though are increasingly seen in children as young as 10. The fear of being fat is so overwhelming that young girls have indicated in surveys that they are more afraid of becoming fat than they are of cancer, nuclear war or losing their parents.

In a study of children ages 8 to 10, approximately half of the girls and one-third of the boys were dissatisfied with their size. Most dissatisfied girls wanted to be thinner, while about half of dissatisfied boys wanted to be heavier and/or more muscular.

<http://www.cbc.ca/video/#/News/Canada/NL/ID=1297362703>

Jan 28-3:29 PM

Eating disorders are caused by a number of different things:

- * Worry or stress may lead to comfort eating. This may cause worries about getting fat.
- * Dieting and missing meals lead to craving for food, loss of control and over-eating.
- * Anorexia or bulimia can develop as a complication of more extreme dieting, perhaps triggered by an upsetting event, such as family breakdown, death or separation in the family, bullying at school or abuse.
- * Sometimes, anorexia and bulimia may be a way of trying to feel in control if life feels stressful.
- * More ordinary events, such as the loss of a friend, a teasing remark or school exams, may also be the trigger in a vulnerable person.

Jan 28-3:27 PM

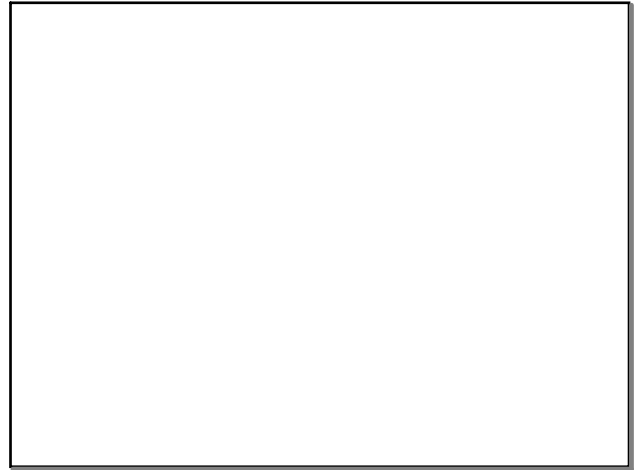
Handout 12-5

PsychSim - Hunger and the Fat Rat

<http://www.worthpublishers.com/bloom/content/psychsim/index.htm>



Jan 28-11:58 AM



Mar 15-9:19 AM