1-13 Ellyn Satter Institute webinar

The evidence base for the Satter Eating Competence Model

Barbara Lohse, PhD, RD, LDN

Key References

- 1. Clifford D, Linda A, Keeler LA, Gray K, Steingrube A, Neyman Morris M. Weight Attitudes Predict Eating Competence among College Students. *Family and Consumer Sciences Research Journal*. 2010;39:184-193
- 2. Greene GW, Schembre SM, White AA, et al. Identifying clusters of college students at elevated health risk based on eating and exercise behaviors and psychosocial determinants of body weight. *J Am Diet Assoc.* 2011;111(3):394-400.
- 3. Lohse B, Bailey RL, Krall JS, Wall DE, Mitchell DC. Diet quality is related to eating competence in cross-sectional sample of low-income females surveyed in Pennsylvania. *Appetite*. 2012;58:645-650.
- 4. Lohse B, Cunningham-Sabo L. Eating Competence of Hispanic parents is associated with attitudes and behaviors that may mediate fruit and vegetable-related behaviors of 4th grade youth. *J Nutr.* 2012;142:1903-1909.
- 5. Lohse B, Krall JS, Satter E. Three unique samples reveal eating competence associated with dietary quality and reduced CVD risk. *International Society for Behavioral Nutrition and Physical Activity Annual Conference Program.* 2010:142-143.
- 6. Lohse B, Psota T, Estruch R, et al. Eating competence of elderly Spanish adults is associated with a healthy diet and a favorable cardiovascular disease risk profile. *J Nutr.* 2010;140:1322-1327.
- 7. Lohse B, Satter E, Horacek T, Gebreselassie T, Oakland MJ. Measuring Eating Competence: psychometric properties and validity of the ecSatter Inventory. *J Nutr Educ Behav.* 2007;39 (suppl):S154-S166.
- 8. Lohse BL, Arnold K, Wamboldt P. Evaluation of About Being Active, an online lesson about physical activity shows that perception of being physically active is higher in eating competent low-income women. *Women's Health*. 2013 13:12-.
- 9. Psota T, Lohse B, West S. Associations between eating competence and cardiovascular disease biomarkers. *J Nutr Educ Behav.* 2007;39:S171-S178.
- 10. Quick V, Byrd-Bredbenner C, White AA, et al. Eat, sleep, work, play: associations of weight status and health-related behaviors among young adult college students. *Am J Health Promot*. 2014;29(2):e64-72.
- 11. Stotts JL, Lohse B. Eating competence level of low-income adults advocates for attention to intervention development. *J Nutr Educ Behav.* 2007;39:S39.
- 12. Stotts JL, Lohse B, Patterson J, Horacek T, White A, Greene G. Eating competence in college students nominates a non-dieting approach to weight management. *FASEB J.* 2007;21:527.
- 13. Tylka TL, Eneli IU, Kroon Van Diest AM, Lumeng JC. Which adaptive maternal eating behaviors predict child feeding practices? An examination with mothers of 2- to 5-year-old children. *Eat Behav.* 2013;14:57-63.