

Effectiveness of the “My Body Knows When” Intuitive-eating Pilot Program

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Objective: To evaluate the effectiveness of the “My Body Knows When” intuitive-eating (IE) program tailored to assist Fort Drum military spouses in rejecting the dieting mentality. **Methods:** Randomized prospective study (N=61) evaluating dieting mentality and health indicators for a 10-week intervention based on 10 IE principles. The program was developed through the PRECEDE / PROCEED (PP) health promotion planning model. **Results:** The in-

tuitive-eating program was able to significantly transition participants away from a dieting mentality ($P < 0.015$ posttest) towards intuitive-eating lifestyle behaviors. **Conclusions:** IE is a holistic approach to long-term healthy behavior change and would benefit from an extended support system to improve effectiveness.

Key words: intuitive eating, nondieting, participatory program planning

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