



Explore Acceptability of Incorporating Mindfulness into Nutrition Cooking Workshops Held by Community Dietitians in Hong Kong

Author: Joey, W.K. CHAN

Community Nutrition Service, United Christian Nethersole Community Health Service,
United Christian Medical Service



Introduction

Mindfulness in medicine has been successfully applied in psychological therapy settings, yet has not been widely explored in the nutrition and dietetic settings. Mindfulness practice focuses on awareness in the present moment, observing thoughts and feelings non-judgmentally, thereby leading to calmness and clarity. Workshops aim to help participants reduce stress around food, counteracting the restrictive eating mindset prevalent in society

Methods

Two three-hour Mindful Eating and Cooking Demonstration workshops were conducted. A total of 13 participants from the general public with an interest in mindful eating were recruited.



Evaluation:

- 1) Qualitative feedback was collected from participants via group discussion.
- 2) An online survey gathering feedback on the **usefulness of knowledge, skills applicability, dietitian's teaching skills and utilization of teaching materials** was disseminated.

Results

Most of them (11 out of 13) experienced mindful eating for the first time. All participants remarked that **food tasted richer** and they **felt more relaxed**.

Survey Response Rate: 85%

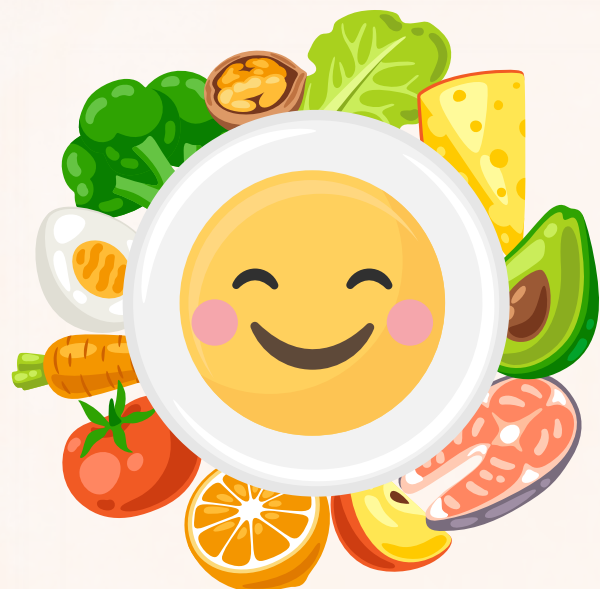
- All replied "Satisfied" or "Very Satisfied" on the four aspects.

"Able to enjoy food more and my stomach feels less discomfort after eating mindfully."



"I have never actually feel full after eating, this is indeed a brand new experience!"

Conclusion



Participants provided **positive feedback** on incorporating mindfulness practices into nutrition workshops to **reduce stressful eating behaviors** such as restrictive eating that has detrimental impact on overall health. This highlights the need to develop strategic nutrition workshops integrating mindfulness approach to increase public awareness and **cultivate a healthier eating culture**, empowering individuals to make food choices that strengthen both physical and mental well-being.

Keywords: Mindfulness, Food and nutrition, Community dietitian

