

## **Association of eating speed and rate with adult obesity: an exploratory review**

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**Background:** Obesity is a multifactorial chronic disorder. The evidence on the association of eating rate and speed with adult obesity has been growing.

**Objective:** To understand the association of eating rate and speed with adult obesity.

**Methods :** PubMed was the sole database used to identify the studies. To search the literature, eating rate, eating speed, and obesity were used as keywords, and one Boolean operator ('and') was used to link eating speed/rate to obesity. Exclusion criteria included studies published after August 31<sup>st</sup>, 2023, and publications included in previous systematic reviews published within the past 15 years.

**Results:** The 3 identified studies were all cross-sectional and used questionnaires to collect subjective data on eating rate and speed as exposure, of which one also included an objective evaluation of eating rate measured as chews per bite. All studies collected data on body mass index and waist circumference to define outcomes, including general and central obesity, respectively. These studies differed in statistical methods and reported significant relations between the exposure and outcomes. However, the association remained statistically significant in only one study after adjusting for confounding factors.

**Conclusions:** Subjective evaluation of eating speed and rate was common. Prior studies were inconsistent in the association of eating speed and rate with obesity after adjustment for confounding factors. A comprehensive scope review will be conducted to synthesize recent evidence on the association.