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Background & Aim: Mindful Eating (ME) approaches have shown effectiveness in promoting more adaptive and healthy eating behaviours. The modern obesogenic food environment has contributed to nutritionally inadequate and maladaptive eating behaviours, such as Reward-Based Eating (RBE). The relationships between the food environment and ME are under-researched, including in the workplace, where adults spend a significant portion of their day.

Aim: To study the relationships between ME and the food environment in the workplace.

Methods: A quantitative cross-sectional study was conducted with a convenience sample of adult workers. Data were collected through a self-administered questionnaire that included sociodemographic and work-related information, self-reported anthropometric measures, and data on the food environment. The Mindful Eating Scale (MES), the Reward-based Eating Drive scale (RED-13), and the Body Appreciation Scale-2 (BAS-2) were applied, in addition to assessing the stages of change towards healthy eating.

Results: 123 Participants aged between 21 and 64 years (70.7% women) were evaluated, with a median BMI of 23.4 kg/m² (P25 = 21.5; P75 = 25.2). The majority (48.0%) were in the maintenance stage towards healthy eating. Men exhibited significantly higher levels of ME. A positive association was identified between ME and body appreciation, and between ME and BMI, a negative association with RBE, and a positive (factor 5 MES) and negative (factor 4 MES) association with the action and maintenance stages towards healthy eating. There was a significant relationship with a large effect size between higher levels of ME and the presence of microwaves ($p = 0.002$; $d = 1.33$) and a significant relationship with a medium effect size between higher levels of ME and the origin of meals “outside” ($p = 0.021$; $d = 0.48$). There was a positive association between ME and satisfaction with a calm and comfortable environment during meals, and a positive (factor 6 MES) and negative (factor 4 MES) association with overall satisfaction with the food environment. ME showed no significant relationship with the way meals are taken (alone vs. accompanied), nor with satisfaction with healthy food options, variety, price, flexible breaks, or healthy eating promotion strategies in the workplace. **Conclusions:** There is a relationship between ME and the workplace food environment. Higher levels of ME are related to the presence of a microwave, having meals from outside, greater satisfaction with a quiet and comfortable eating environment, and partially with greater overall satisfaction with the food environment.

Keywords: Mindful Eating, Food Environment, Workplace, Reward-Based Eating, Body Appreciation.