

Title- Eating Habits of Christian Women

Program of Study- Master of Public Health- Nutrition

Presentation Type- Poster

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The objective of this study is to examine the emotional eating habits of Christian women. Emotional eating is the inability to resist emotional cues while eating. To test the hypothesis that Christian women may be less prone emotional eating, a 64 item survey combining questions from the validated Three-factor Eating Questionnaire and the Santa Clara Strength of Religious Faith Questionnaire was developed. The survey was distributed to 600 women attending a Bible study at a large church in Central VA between January-March 2015 after Institutional Review Board approval was granted by Liberty University. Participation was voluntary and participants were given the choice of completing the survey online using Google Documents or using paper and pencil. As an incentive for completing the survey, several gift cards to local grocery stores, a basket of fresh, locally grown organic vegetables, and an 8 week free nutrition seminar on how to properly fuel the body were offered. Fifty-one women completed the survey. The data was analyzed using SPSS with the statistical test of Kendall's tau-b. No significant relationship was found between Christian faith and emotional eating habits ($T_B = -.187$, $p = .072$). The results showed that within this target population, there is no relationship between Christian faith and emotional eating. Further research needs to be conducted with a larger sample size to assess the reliability of these results.