



REVIEW

Ultra-Processed Food Addiction: A Research Update

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Abstract

Purpose of Review Detail recent advancements in the science on ultra-processed food (UPF) addiction, focusing on estimated prevalence rates and emerging health disparities; progress towards identifying biological underpinnings and behavioral mechanisms; and implications for weight management.

Recent Findings Notable developments in the field have included: (1) estimating the global prevalence of UPF addiction at 14% of adults and 15% of youths; (2) revealing health disparities for persons of color and those with food insecurity; (3) observing altered functioning across the brain-gut-microbiome axis; (4) providing early evidence for UPF withdrawal; and (5) elucidating poorer weight management outcomes among persons with UPF addiction.

Summary The breadth of recent work on UPF addiction illustrates continued scientific and public interest in the construct and its implications for understanding and treating overeating behaviors and obesity. One pressing gap is the lack of targeted interventions for UPF addiction, which may result in more optimal clinical outcomes for this underserved population.

Keywords Ultra-processed foods · Ultra-processed food addiction · Compulsive overeating · Obesity treatment outcomes

Introduction

Over the past 40 years, global rates of overweight and obesity have increased substantially [1], leading researchers to explore contributing mechanisms. While numerous biological (e.g., genetic, hormonal) and behavioral (e.g., sedentary lifestyle) factors are known to be associated with obesity [2], one of the key systemic changes in our environment that has paralleled the timeline of rising obesity rates has been the exponential increase of ultra-processed foods (UPFs) in

our food system since the 1980s [3, 4]. UPFs are not found in nature and have been intentionally created to be hyper-palatable through the addition of added fats, refined carbohydrates (e.g., white flour, sugar), and/or salt [5, 6]. Examples of UPFs include pastries, candy, packaged snacks, fast foods, and sugar-sweetened beverages [6]. Rigorous, epidemiological research has soundly implicated UPFs in not only obesity but also in an array of physical health conditions. As detailed in a recent review [7], four prospective cohort studies ($n = 11,898$ –44,551; mean follow-up = 6.6–19 years) have consistently observed that persons reporting the highest versus lowest quartile of UPF intake at baseline had a 25–62% increased hazard for all-cause mortality, and, relatedly, numerous prospective and cross-sectional studies have linked increased UPF intake with elevated rates and/or complications of diet-related conditions (e.g., cardiovascular disease, type 2 diabetes).

While it has long been possible to create homemade versions of popular UPFs (e.g., homemade chocolate chip cookies), some researchers have noted that the uptick in rates of obesity and diet-related diseases have occurred on a similar timeline as industry-driven changes in the global food system [8]. One such change was the increased development and distribution of UPFs that followed after Kraft Foods and General Foods were acquired by Phillip Morris – one of

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Research In Addiction An Update

Ford, Channing R., Garza, Kimberly B.

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in Research and Practice Management Association, Information Resources,2019-01-04 Addiction is a powerful and destructive condition impacting large portions of the population around the world Addiction takes many forms and has the potential to impact individuals of all ages socio economic statuses and ethnic backgrounds Substance Abuse and Addiction Breakthroughs in Research and Practice is an authoritative resource that comprehensively examines the prevalence assessment causes and impacts of substance abuse and addiction from cultural legal psychosocial theoretical and medical

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Research Update California. Office of Criminal Justice Planning,1987 *Internet and Technology Addiction: Breakthroughs in Research and Practice* Management Association, Information Resources,2019-06-07 Addiction is a powerful and destructive condition impacting large portions of the population around the world and because of ubiquitous technology social networking and internet addiction have become a concern in recent years With all ages affected by the fear of missing out which forces them to stay continually connected in order to stay up to date on what others are doing new research is needed to prevent and treat anxieties caused by internet use *Internet and Technology Addiction Breakthroughs in Research and Practice* is an authoritative resource for the latest research on the social and psychological implications of internet and social networking addiction in addition to ways to manage and treat this unique form of addiction Highlighting a range of pertinent topics such as digital addiction social isolation and technology servitude this publication is an ideal reference source for psychologists cyberpsychologists cybersociologists counselors therapists public administrators academicians and researchers interested in psychology and technology use Reproductive Life: Advances in Research in Psychosomatic Obstetrics and Gynaecology K. Wijma,B. von Schou,1992-05-15 Research Issues Update, 1978 Documentation Associates Information Services Incorporated,1979 **NIDA Research Monograph** ,1976 Addiction Psychiatry: Challenges and Recent Advances, An Issue of Psychiatric Clinics of North America, E-Book George Kolodner,Sunil Khushalani,Christopher Welsh,2022-09-05 In this issue guest editors bring their considerable expertise to this important topic Provides in depth reviews on the latest updates in the field providing actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews The Bedford Researcher with 2009 MLA and 2010 APA Updates Mike Palmquist,2010-03-31 Click here to find out more about the 2009 MLA Updates and the 2010 APA Updates Tech savvy and student friendly The Bedford Researcher addresses the kinds of writing students actually do and the kinds of sources they actually use It follows real student writers from their initial research questions all the way to designing their final essays integrating electronic sources and tools into each stage of the process Clearly organized and readable The Bedford Researcher strips away the complexities of research writing and empowers students to write with confidence *Alcohol* Mark Edmund Rose,Cheryl J. Cherpitel,2011 *Alcohol* New York Court of Appeals. Records and Briefs. New York (State)., National Institute of Justice Research in Action ,1987 *Nutrition Disorders—Advances in Research and*

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