



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

Yijin Wang



Research In Addiction An Update:

Research in Addiction Hanns Hippus, Dieter Naber, 1995 Papers from a September 1993 symposium held in Prien Germany review the state of the art in addiction research Topics include neurobiological behavioral neuroanatomical and neurochemical aspects of opiate tolerance and dependence comparison of epidemiological approaches to alcohol and illicit drugs psychiatric comorbidity in substance abuse factors affecting degree of dependence and development of medications for the treatment of substance abuse No index Annotation copyright by Book News Inc Portland OR *A Counterdrug Research and Development Blueprint Update* Counterdrug Technology Assessment Center (U.S.), 1995 Research Issues Update, 1978 Gregory A. Austin, Mary A. Macari, Dan J. Lettieri, 1978 Handbook of Research on Updating and Innovating Health Professions Education: Post-Pandemic Perspectives Ford, Channing R., Garza, Kimberly B., 2021-10-08 The outbreak of the Coronavirus in early 2020 resulted in unprecedented changes to health professions education The pervasive stay at home orders resulted in faculty who were trained for preparing the next generation of health professionals in a traditional learning environment throwing out their lesson plans and starting anew New approaches to teaching and learning were created quickly and without the typical extensive planning which introduced several challenges However lessons learned from these approaches have also resulted in increased technology adoption innovative assessment strategies and increased creativity in the learning environment The Handbook of Research on Updating and Innovating Health Professions Education Post Pandemic Perspectives explores the various teaching and learning strategies utilized during the pandemic and the innovative approaches implemented to evaluate student learning outcomes and best practices in non traditional academic situations and environments The chapters focus specifically on lessons learned and best practices in health professions education and the innovative and exciting changes that occurred particularly with the adoption and implementation of technology It provides resources and strategies that can be implemented into the current educational environments and into the future This book is ideal for inservice and preservice teachers administrators teacher educators practitioners medical trainers medical professionals researchers academicians and students interested in curriculum course design development of policies and procedures within academic programs and the identification of best practices in health professions education

Counterdrug Research and Development Blueprint Update, 1995 **Drug Addiction Research and the Health of Women** Cora Lee Wetherington, Adele B. Roman, 1998 Substance Abuse and Addiction: Breakthroughs 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 viewpoints Highlighting a

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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

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