What is Mindfulness/Meditation:

- Meditation: “…a family of mental practices that are designed to improve concentration, increase awareness of the present moment, and familiarize a person with the nature of their own mind”
- Mindfulness: “the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment”
- Example Programs/Interventions
  - MBSR – Mindfulness Based Stressed Reduction
  - MBCT – Mindfulness Based Cognitive Therapy
  - Koru – program for young adults (18-29)
  - ACT – Acceptance and Committee Therapy
  - Yoga
  - Tai Chi

Why mindfulness and/or meditation for management of weight and cardiometabolic health?:

- Diabetes, CVD, and obesity are related to stress, anxiety, and depression.
- Associative data links dispositional mindfulness with decreased risk of cardiometabolic disease and obesity
- Mechanisms by which Mindfulness/Meditation may decrease disease risk
  - Reduced physiological stress response
  - Improved emotional regulation, self-regulation, attention control
  - Underlying changes to brain structure and function?

EVIDENCE??

- Overall, mindfulness/meditation interventions have demonstrated efficacy for improvements in stress levels and quality of life in adults with cardiometabolic diseases and/or obesity.
- However, as a stand-alone therapy, these interventions do not produce meaningful weight reduction, reductions in glycemic control, or CV variables.
- Several biases exist in published trials

Future Work:

- Mindfulness/Meditation as an efficacious strategy for weight loss maintenance?
- MBSR/MBCT interventions are effective in relapse prevention in other populations (e.g. depressive episodes, smoking). Could it be leveraged in weight-reduced adults?
Selected References for Further Reading:

6. Meditation and cardiovascular risk reduction: A scientific statement from the American Heart Association