

EI & Health: Research

Emotional intelligence (EI) has been shown to affect not only our mental health, but also our physical health, food choices, and overall wellness! This makes sense if you consider the fact that most people have some level of nutrition knowledge, and yet most are still struggling with health issues or weight loss. The good news is that you may not need as much nutrition and health knowledge as you think to live healthily! The scary (but also liberating) part of this, though, is that it means you already have everything you need. We simply have to learn how to manage what we've already got, rather than getting caught up in taking in more information.

EMOTIONAL REASONING AND DECISION MAKING (Peter & Brinberg, 2012)

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1559-1816.2012.00904.x>

Peter & Brinberg explored the effect of EI on food-related decision making. The researchers analyzed BMI (body mass index) of participants, along with their EI, their actual nutrition and health knowledge, as well as their perceived nutrition and health knowledge (what they think they know). They found that, in subjects with lower EI, as their knowledge increased, so did their BMIs. But in subjects with a high level of EI, as their nutrition knowledge rose, their BMIs fell. These findings suggest that, without an ability to manage our emotions, health and nutrition knowledge can actually have a negative impact on our weight and health.



This supports my theory that outer wisdom (knowledge) can benefit us when we have a foundation of inner wisdom (emotional intelligence). But without the foundation of inner wisdom, outer wisdom may actually inhibit us from achieving health status and goals.

EMOTIONAL ABILITY TRAINING AND MINDFUL EATING (Kidwell et al., 2015)

<https://www.jstor.org/stable/43832345>

Kidwell et al.'s team performed a series of studies looking at emotional ability (EA, or EI) training and food choices. They found that increased EA alone was sufficient in improving people's snack choices, leading them to select more nutritious options. The researchers also compared the EA program to a nutrition knowledge training program, and found that participants with EA training made healthier food choices than those in the nutrition program. Additionally, this study demonstrated that EA training led to greater weight loss three months after the program in comparison to the control group, which received no training.

NUTRITION KNOWLEDGE WITH HEALTH COACHES

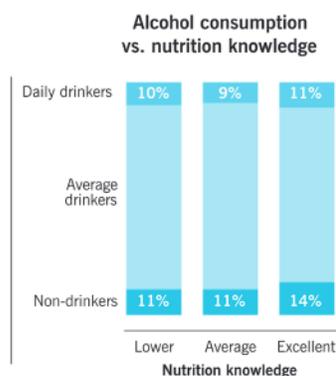
<https://www.precisionnutrition.com/>

A nutrition certification program polled their health coaches to assess their level of nutrition knowledge. Even coaches and experts struggle with their own nutritional and lifestyle habits! Over 60% of coaches with a BMI over 40 self-reported higher than average nutrition knowledge. In addition, daily alcohol consumption—which is typically acknowledged as a negative health habit—did not change regardless of reported nutrition knowledge. Basically, having more nutrition knowledge did not lead to healthier behaviors.

Obesity
vs. nutrition knowledge

2/3

PN Coaching clients with a Body Mass Index over 40 that say they have higher than average nutrition knowledge



What you know is not the only determinant of what you do.

