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Analysis of Body Mass Index, Sex, and Compulsive Consumption of Ultra-Processed Foods in Minors in Bogotá

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Abstract

Objective: This study analyzes the relationship between Body Mass Index (BMI), sex, and compulsive consumption of ultra-processed foods in minors from Bogotá, Colombia. **Methodology:** A comparative-analytical study was conducted using the Risky Eating Behaviors for Malnutrition Due to Excess Questionnaire (CARME), which assesses perceived weight, emotional and uncontrolled eating, responses to food stimuli, and hypercaloric food consumption. A stratified sampling method was employed based on the geographic distribution of the study areas (Usme and Usaquén), with a sample size of 385 participants. **Results:** Compulsive eating behavior in minors was associated with a persistent and dysregulated urge to eat, largely driven by deficient emotional regulation strategies and skills. This behavior contributed to higher BMI levels, particularly in males, who exhibited excessive consumption of sugars and fats, identifying these as risk factors for overweight and obesity. **Conclusions:** Ultra-processed food consumption is a significant risk factor for overweight, obesity, and non-communicable chronic

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children. (Source: DeCS); compulsive eating behavior; food intake; Obesity; ultra-processed foods

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Abstract

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Abstract

Objective: This study analyzes the relationship between the consumption of ultra-processed foods in minors from Bogotá, Colombia, conducted using the Risky Eating Behaviors for Males (REBM) scale, perceived weight, emotional and uncontrolled eating, and consumption. A stratified sampling method was employed in the city of Bogotá (Usme and Usaquén), with a sample size of 385 participants associated with a persistent and dysregulated urge to eat and skills. This behavior contributed to higher BMI and increased consumption of sugars and fats, identifying these as risk factors. Processed food consumption is a significant risk factor for obesity and

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