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LOUISIANA NEWS

Study connects stress with weight gain

Posted on 2/25/2017 6:04:00 PM.



A new study out of London finds stress may be linked to obesity. Dr. Amanda Staiano with LSU's Pennington Biomedical Research Center says chronic stress can promote fat accumulation on the body. She says while it could be a physiological reason, it might also be because people change their behaviors when they're

stressed.

"People tend to eat more when they are stressed and eat more high calorie foods as well, so that might contribute to the obesity," Staiano said.

The 4-year study linked obesity to a stress hormone called cortisol. Participants who were obese through the entire study showed higher levels of stress hormones. Staiano says while some stress is out of our control, there are ways people can try to reduce their stress levels.

"Whatever people can do to try and get adequate sleep, get proper nutrition, physical activity and use stress management techniques, it should be better to their long-term health," Staiano said.

Staiano says over two-thirds of Louisiana adults and half of the children in our state are overweight or obese, so this is an important study for the Bayou State. She hopes to see more research in this area.

"This is a really serious issue for our state and the more research we can do in this area, the better we can help prevent obesity and treat obesity and make our citizens healthier."

[stress](#), [weight loss](#), [LSU Pennington Biomedical research center](#), [Amanda Staiano](#)

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NATIONAL NEWS

- **Trump set to make his 'biggest speech yet' in joint address to Congress**

Few details about the content of the speech have been released.

- **Storylines to watch when President Trump addresses Congress**

The White House is promising an "optimistic vision."
• **Trump invites relatives of people killed by undocumented immigrants to joint address to Congress**

The White House released a list of six guests for the joint address.

- **Trump makes unsupported claim that Obama was 'behind' town hall protests**

The president offered no evidence to support his claim.

Provided by ABC News

