

# Make and break: CSIRO unveils new 'Healthy Habits' tool to shift Aussie scales

A recent CSIRO analysis of nearly



revealed mood significantly influences eating behaviours, with



Positive emotions had the opposite effect, with



eating less when feeling happy.

**Females** were more prone to emotional eating than **males**, with



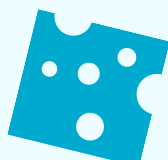
compared to



## The top 3 tempting foods were...



**Chocolate**  
**72%**



**Cheese**  
**61%**



**Bread Rolls**  
**52%**



**Males** were more likely to be tempted by **beer** and **processed meats**



**Females** were more likely to be tempted by **savoury crackers, cakes** and **muffins**



“By becoming more aware of what drives their habits through the Healthy Habits Quiz, Australians can kickstart a positive change to their habits and their health.”

- Dr Naomi Kakoschke



## Survey participants also shared their top 3 strategies for making healthy habits stick:



1  
Tracking and monitoring their food intake



2  
Building and seeking support & accountability from social networks



3  
Monitoring their progress toward goals

## Successful dieters...



were less likely to use eating as a way of coping with negative emotions



were more aware of their eating habits



were more likely to notice when their eating behaviours were getting off track

Conversely, those in the earlier stages of weight loss had stronger eating habits, making them harder to break.



“Lean on tools to set yourself up for success. Get curious about why your eating habits are the way they are and know that any habit can be changed! If I can do it, anyone can!”

- Jayne Shortt lost **21.5 kg** in 8 months

