

Measuring the desire to eat after pandemic

Medición del deseo de comer tras la pandemia

David Rivas-Sucari^{1*}, José L. Rodríguez-Eguizaba², and Henry C. Rivas-Sucari²

¹Faculty of Natural and Formal Sciences, Universidad Nacional de San Agustín, Arequipa; ²Department of Humanities, Universidad Tecnológica del Perú, Lima. Peru

To the Editor,

Obesity worldwide is a relevant public health problem. This disease is the cause of various associated diseases. Data from the Pan American Health Organization indicate that, in 2021, obesity caused 2.8 million deaths from non-communicable diseases in the Americas¹. Furthermore, the report mentions that the figure has tripled in the last 50 years and that 62.5% of our population suffers from this condition¹. Therefore, it is important to know the factors influencing obesity.

One factor that has been the subject of various studies worldwide is intense food cravings, which are understood as the trigger for consequent obesity. In this context, the article "Intense food craving: standardization of the Food Cravings Questionnaire-State in Mexico"² sought to standardize the FCQ-S (measuring the intensity state of the desire to ingest a specific food) with a population of 1059 adults, in the years 2018-2019, in Mexico City (Mexico). Satisfactory results were obtained in terms of validity, reliability, and adaptability to the Mexican adult population.

A note on this valuable research² is that, although the FCQ-S has been applied in various parts of the world, it was always with < 1000 people, which makes

this considerable expansion of the population margin highly valuable.

Based on this article², an interesting line of inquiry could be to measure the FCQ-S again after the pandemic. In Peru, for example, between 2020 and 2021, anxiety had a prevalence of 36.4%, depression of 26.6%, stress of 44.2%, and post-traumatic stress disorder of 5.9%³. Such indicators, without a doubt, have a transversal significance with some components evaluated in this research², such as loss of control and intense craving.

Funding

The authors declare not having received funding for this study.

Conflicts of interests

The authors declare no conflicts of interests.

Ethical considerations

Protection of people and animals. The authors declare that no experiments on human beings or animals were conducted for this research.

*Correspondence:

David Rivas-Sucari
E-mail: davphid@gmail.com

Date of reception: 16-02-2024

Date of acceptance: 23-03-2024

DOI: 10.24875/CIRUE.M24000859

Cir Cir (Eng). 2025;93(3):335-336

Contents available at PubMed

www.cirugiaycirujanos.com

2444-0507/© 2024 Academia Mexicana de Cirugía. Published by Permanyer. This is an open access article under the terms of the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

Confidentiality, informed consent, and ethical approval. The study does not involve personal patient data nor does it require ethical approval. SAGER guidelines do not apply.

Statement on the use of artificial intelligence. The authors declare that they did not use any type of generative artificial intelligence for the writing of this manuscript.

References

1. Organización Panamericana de la Salud, Organización Mundial de la Salud. La OPS insta a hacer frente a la obesidad, principal causa de enfermedades no transmisibles en las Américas. (Consultado el 13-02-2024.) Disponible en: <https://www.paho.org/es/noticias/3-3-2023-ops-insta-hacer-frente-obesidad-principal-causa-enfermedades-no-transmisibles>.
2. Marín-Soto MD, Leija-Alva G, Campuzano-Reyes D, Castillo-Ramírez M, Montufar-Burgos II, Aguilera-Sosa VR. Deseo intenso de comer: estandarización del Food Cravings Questionnaire-State en México. *Cir Cir.* 2023;91:798-803.
3. Mejía-Zambrano H, Ramos-Calsín L. Prevalencia de los principales trastornos mentales durante la pandemia por COVID-19. *Rev Neuropsiquiatr.* 2022;85:72-82.