

# Understanding the Impact of Hyperphagia<sup>1-3</sup>

## Questions for patients/caregivers to differentiate hyperphagia from general hunger and other overeating behaviors

- Do you ever try to convince someone to give you more food, or argue for more to eat?
- Do you eat extremely quickly?
- Do you sneak food, or take food without permission?
- Do you ask for more food right after a meal or snack?
- Do you ever feel hungry after you just ate?
- Do you ever eat food that was dropped or discarded by someone else?
- Do you hide what you are eating, or how much you are eating, from others?

### Hyperphagia can impact different aspects of life

|                                            |                                                                                                                                         |
|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sleep</b>                               | Do you wake up during the night feeling hungry?                                                                                         |
| <b>Mood or Emotions</b>                    | Do you ever feel anxious, depressed, or stressed because of hunger?                                                                     |
| <b>School / Work</b>                       | Do you have a hard time paying attention or completing tasks because of hunger?                                                         |
| <b>Leisure or Recreational Activities</b>  | Do you ever need to stop what you are doing to ask for food?<br>Do you have trouble participating in activities because you are hungry? |
| <b>Relationships with Family / Friends</b> | Have you had uncomfortable or strained interactions with family or friends because of hunger?                                           |

# Characteristics and Behaviors of Hyperphagia<sup>1-4</sup>



**Heightened and prolonged hunger**



**Longer time to reach satiety**



**Shorter duration of satiety**



**Severe preoccupation with food**



**Food-seeking behaviors** (night eating, stealing food, foraging for food in trash)



**Distress and inappropriate response if denied food**

**References:** 1. Heymsfield SB et al. *Obesity (Silver Spring)*. 2014;22(suppl 1):S1-S17. 2. Eneli I et al. *Appl Clin Genet*. 2019;12:87-93. 3. Hampl SE et al. *Pediatrics*. 2023;151(2):e202206064. 4. Sherafat-Kazemzadeh R et al. *Pediatr Obes*. 2013;8(5):e64-e67.