



Recognize a different type of hunger

Learn about the signs of constant, hard-to-control hunger in your child

Hunger is a natural and important feeling, but not all hunger is the same. Constant, hard-to-control hunger that does not go away is called hyperphagia (pronounced hi-per-fay-juh).

Hyperphagia and weight gain from an early age could be signs of a rare condition that affects the brain, not the stomach. It may require a specific diagnosis and tailored treatment.

Typical Hunger

- Feeling hungry in between meals
- Having cravings and increased appetite from time to time
- Eating past fullness at big occasions like Thanksgiving
- Eating to feel happy, when you're bored, or during times of stress (emotional eating)

VS

Constant, Hard-to-Control Hunger (Hyperphagia)

- Tantrums when food is unavailable
- Demanding or negotiating for food
- Waking up at night to find food
- Staying awake because of hunger
- Night eating, sneaking, or hiding food
- Difficulty concentrating at school

While these are not the only symptoms of hyperphagia your child may experience, they are the most common. Consider discussing these symptoms and behaviors with your child's doctor. They may help lead to a specific diagnosis, which is a positive first step to managing it.



If your child has constant, hard-to-control hunger and weight gain from an early age, talk to their doctor about whether genetic testing might be right for them.



Does your child have hyperphagia?

Use the checklist below to identify the signs of hyperphagia in your child.

Does your child:	Yes	No
Constantly argue when food is taken away?	<input type="checkbox"/>	<input type="checkbox"/>
Ask for more food after they have just eaten?	<input type="checkbox"/>	<input type="checkbox"/>
Throw severe tantrums when food is withheld?	<input type="checkbox"/>	<input type="checkbox"/>
Sneak, steal, or hide food?	<input type="checkbox"/>	<input type="checkbox"/>
Wake up asking or searching for food during the night?	<input type="checkbox"/>	<input type="checkbox"/>
Stay awake at night because of hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Seem preoccupied with food or talk about food a lot?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty concentrating at school due to hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Have trouble participating in recreational activities because of hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Find that hunger impacts their relationships with family or friends?	<input type="checkbox"/>	<input type="checkbox"/>
Have a formal diagnosis of obesity?	<input type="checkbox"/>	<input type="checkbox"/>

Bring the completed checklist to your child's next appointment. Ask their doctor about these behaviors and what may be the cause, including whether it could be a rare condition.

To learn more about rare conditions that cause obesity,
visit DifferentObesity.com or scan the QR code to the right.

