The Department of Nutritional Sciences
Spring 2020 Seminar Series

“Use of Behavioral Science to Design Innovative Dietary Interventions”

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Wednesday, February 12, 2020 2:15 PM
Food Science and Nutritional Sciences Building,
65 Dudley Road, Conference Room 120

Given the role of diet in the nation’s health, it is essential to identify effective approaches in order to help people modify their eating behaviors. This seminar will provide an overview of how principles of behavior change can be applied in innovative ways in dietary interventions. Further, given the increasing use of digital tools, it is important to design interventions that can integrate health behavior theories into easily accessible tools such as mobile phones.