

Invited Speaker Abstract

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Title of Presentation

Eating cultures and the meaning of public health - from the perspectives of sociology and psychology

1. Abstract

Approaches to public health are based largely on a scientific orientation of nutrition science, which hardly takes cultural and social factors of food into account. Long-term changes, however, are only possible if routines of everyday life, food culture and behavioral patterns of food are taken into account. Public health therefore needs to benefit from research into taste and enjoyment, food psychology or food literacy. Nutritional interventions also need to be culturally sensitive. Thereby, participation and shared decision making are key factors for sustainable success.

The lecture will explore key theoretical approaches in nutritional sociology and nutritional psychology and how these approaches can be put into practice. For this purpose, practical examples from already implemented nutritional projects are shown.

2. key references

Counihan, Carol and Van Esterik, Penny (ed. 2012) Food and Culture. A reader. Taylor & Francis
Barlösius, Eva (2016) Soziologie des Essens: Eine sozial- und kulturwissenschaftliche Einführung in die Ernährungsforschung. 3.Auflage. Beltz Juventa
Klotter, Christoph (2017) Einführung Ernährungspsychologie. 3.Auflage. UTB

3. key messages

- Key theories from the field of food sociology and food psychology show how food culture, routines and eating behavior are connected.
- Interdisciplinary approaches addressing food culture are needed to make behavioral and social change happen.