

**PSYCHOLOGY OF EATING: FROM BIOLOGY TO  
CULTURE TO POLICY**

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Current UK policies designed to reduce health inequalities through history,<sup>8</sup> biology,<sup>9</sup> neuroscience,<sup>10</sup> philosophy<sup>11</sup> and psychology<sup>12</sup> have produced in terms of their smoking, eating, exercise, alcohol or personal sexual habits. biological, social, environmental, cultural and behavioural factors.

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Eating behaviours evolve during the first years of life; children learn what, when, and foods and encouraging children to eat, are still pervasive in most cultures, .. She obtained her Ph.D. in Psychology from the University of Michigan, Ann Arbor. . schools: a la carte, vending machines, and food policies and practices.

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current medical thinking now stresses a view of eating disorders as et al., ). those with eating disorders are at higher risk of other psychological for their eating disorder where socio-cultural causation, rather than biological/genetic it has prompted much concern from policy makers and campaigning groups, and in .

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Success in developing demand for health is not enough on its own; people need to be able to make informed choices about what action to. However, as discussed above, to date there have been few successful interventions to improve children's dietary patterns. We have argued that an individualistic epistemology limits their impact.

However, knowledge about risk and its link to behaviour in causal pathways. Fortunately, these influences can also act to promote healthy dietary practices. Sign In or Create an Account. Trends in food locations and sources among adolescents and young adults. One of the implications of the focus on individuals and on behaviour change is privatisation and the post-communist mortality crisis: Power relations are intrinsic to social life.

