

1. Record Nr.	UNINA9910814882303321
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Titolo	Eating behavior and obesity : behavioral economics strategies for health professionals // Shahram Heshmat
Pubbl/distr/stampa	New York, : Springer Pub. Co., 2011
ISBN	1-283-13707-0 9786613137074 0-8261-0622-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (257 p.)
Disciplina	616.85/26 616.8526
Soggetti	Eating disorders Decision making - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Behavioral economics and eating decisions -- Explaining eating behavior -- Basic economics : a primer -- An economic perspective on eating behavior -- Socioeconomic disparities in health and obesity -- Decision making over time -- How we make decisions : the role of emotion -- Food addiction and obesity -- Overeating and decision-making deficits -- Why dieters relapse -- Using self-control strategies to promote healthier food choices -- Policy implications and conclusion.
Sommario/riassunto	Obesity is one of the most pressing health issues affecting our country. This unique volume is the first to apply behavioral economics-the integration of psychological and economic knowledge-to the study of eating behavior. The text demonstrates how this discipline can be used to understand why it so difficult for individuals to control their eating habits, and helps readers use this knowledge to create and improve public health nutrition programs and policies. The text examines dietary choices and obesity through a multidisciplinary lens of biological, psychological, and social factors, and d