Behaviour change - from science to implementation (FENS 2015)

09 March 2015

The 12th European Nutrition Conference FENS 2015 (the Federation of European Nutrition Societies) took place on 20-23 October 2015, in Berlin, Germany. The conference communicated up-to-date science to help Europeans keep a healthy lifestyle, centring around five topics: Food and nutrient intake, dietary patterns, dietary guidelines; Advances in dietary studies, methodology and design; Metabolic diversity; Nutrition, public health, and chronic diseases; and Food quality, food safety, sustainability, consumer behaviour, and policy.

EUFIC's symposium: Behaviour change - from science to implementation

Thursday 22nd October, 14h30 - 16h00

Introduction to behaviour change by Chair  Dr Milka Sokolović, Head of Nutrition and Health, European Food Information Council

Eating behaviour – intelligence from the latest science  Dr Katherine Appleton, Associate Professor in Psychology, Bournemouth University, UK

Successful innovative methods of behavioural interventions  Dr Rebecca Beeken, Senior Research Psychologist, University College London, UK

Policies rising from consumer food choices – do we need translators?  Professor Monique Raats, Director of the Food, Consumer Behaviour and Health Research Centre, University Surrey, UK