

## Final Agenda

**Meeting Objectives:** To discuss the state of research in decision making and examine those areas that can potentially be applied to the field of nutrition, especially in the area of sustaining positive behavior change and to stimulating research interest in this area.

### Day 1: Monday, April 14, 2008

8:00 a.m. – 8:30 a.m.     **Registration/Continental Breakfast**

8:30 a.m. – 9:00 a.m.     **Welcome/Introduction**  
*Dr. Van Hubbard and Dr. Wendy Johnson-Taylor*

**Session 1: Understanding Different Routes to a Decision** (*Introduction by Dr. Wendy Johnson-Taylor, Plenary and Panel*)

9:00 a.m. – 9:20 a.m.     **Dr. Alex Rothman (Plenary)**  
*Following the Reasoned and the Reactive Path of (Food) Decision Making: How Innovations in Theory Can Lead to Innovations in Practice*

#### **Panel 1**

9:20 a.m. – 9:40 a.m.     **Dr. Wendy Wood, Duke University**  
*Consumption Habits: Boon and Bane of Self-Regulation*

9:40 a.m. – 10:00 a.m.     **Dr. Paschal Sheeran, The University of Sheffield**  
*"The Road to Hell": Problems Translating Intentions into Action and the Benefits of If-Then Plans*

10:00 a.m. – 10:20 a.m.     **Dr. Janet Metcalfe, Columbia University**  
*A Hot-Cool System Analysis of Goal-Directed Volition: Substituting Self-Control for Stimulus Control*

10:20 a.m. – 10:50 a.m.     **Break**

10:50 a.m. – 11:50 a.m.     **Moderated Question-and-Answer Session**  
*Moderator: Dr. Susan Czajkowski*

11:50 a.m. – 1:05 p.m.     **Lunch (on your own)**

**Day 1: Monday, April 14, 2008 (continued)**

**Session 2: Understanding the Interplay between Physiological Responses to Food and People's Affective/Cognitive Beliefs about Food** (*Introduction by Dr. Deborah Olster, Plenary and Panel*)

1:05 p.m. – 1:25 p.m.     **Dr. Jane Wardle (Plenary)**  
*Appetitive Behaviors Are Heritable Phenotypes Associated with Adiposity*

**Panel 2**

1:25 p.m. – 1:45 p.m.     **Dr. Dana Small, Yale University**  
*Individual Differences in the Neurophysiology of Food Reward*

1:45 p.m. – 2:05 p.m.     **Dr. David Zald, Vanderbilt University**  
*Orbitofrontal Cortex Contributions to Food Selection and Decision Making*

2:05 p.m. – 2:25 p.m.     **Dr. Richard Shepherd, University of Surrey**  
*Social Cognition Models and Food Choices*

2:25 p.m. – 2:55 p.m.     **Break**

2:55 p.m. – 3:55 p.m.     **Moderated Question-and-Answer Session**  
*Moderator: Dr. Wendy Nelson*

3:55 p.m. – 4:10 p.m.     **Day 1 Wrap-Up**  
*Dr. Christine Bachrach*

5:30 p.m.                     **Group Dinner** (own expense)

**Day 2: Tuesday, April 15, 2008**

7:30 a.m. – 8:00 a.m.      **Registration**

8:00 a.m. – 8:15 a.m.      **Introduction to Day 2**  
*Introduction by Dr. Christine Hunter (Plenary and Panel)*

**Session 3: Understanding Decision Making in an Interpersonal and Family Systems Context**

8:15 a.m. – 8:55 a.m.      **Dr. Ardyth Gillespie (Plenary)**  
*Family Food Decision-Making: An Ecosystems Perspective*

**Panel 3**

8:55 a.m. – 9:15 a.m.      **Dr. Elaine Wethington, Cornell University**  
*Contributions of the Life Course Perspective to Research on  
Family Decision-Making: Social Constraints and  
Individual Agency*

9:15 a.m. – 9:35 a.m.      **Dr. Sandra Hofferth, University of Maryland**  
*Decision-Making in Eating Behavior: The Family Context*

9:35 a.m. – 10:05 a.m.      **Break**

10:05 a.m. – 11:05 a.m.      **Moderated Question-and-Answer Session**  
*Moderator: Ms. Rachel Fisher*

11:05 a.m. – 12:20 p.m.      **Lunch (on your own)**

**Session 4: Understanding the Potential Impact of Environmental Factors and Socio-Cultural Factors on Food Decision Making (Food Availability, Advertising, and Time Culture)** *(Introduction by Dr. Andrew Narva, Plenary and Panel)*

12:20 p.m. – 1:00 p.m.      **Dr. Simone French (Plenary)**  
*Spaghetti Junction: Multilevel Environmental Perspective  
on Food Choices*

**Panel 4**

1:00 p.m. – 1:20 p.m.      **Dr. David Just, Cornell University**  
*Food, Behavioral Economics, and Food Policy*

1:20 p.m. – 1:40 p.m.      **Dr. Jeff Sobal, Cornell University**  
*Constructing Food Choices*

1:40 p.m. – 2:00 p.m.      **Break**

**Day 2: Tuesday, April 15, 2008 (continued)**

- 2:00 p.m. – 3:00 p.m.     **Moderated Question-and-Answer Session**  
*Moderator: Dr. Charlotte Pratt*
- 3:00 p.m. – 3:45 p.m.     **Synthesis/Reactant** (*Introduction by Dr. Amy Yaroch*)  
**Dr. Tracy Orleans, Robert Wood Johnson Foundation**  
*Research Insights from a Policy Perspective*
- Dr. Ellen Peters, University of Oregon**  
*Research Insights from a Psychological Perspective*
- Dr. Mary Story, University of Minnesota**  
*Research Insights from a Nutritional Perspective*
- 3:45 p.m. – 4:00 p.m.     **Closing Comments**  
*Dr. Pamela Starke-Reed*
- 4:00 p.m.                     **Adjournment**