Consumer Behaviour & Energy Balance

Understanding consumer choice drivers and eating behaviour to achieve sustainable food and nutrition security

Strategic vision
Efficacious products coupled with clear and effective guidance can help consumers with appetite control and energy balance.

Background
In light of the increasing burden of obesity and chronic diseases on public health, it is important to understand the various factors that impact satiety and energy balance and how and why consumers choose certain foods over others. This will enable to:
- learn how to help consumers move towards healthier diets;
- provide guidance for optimised methodologies to assess the impact of those factors on measures of satiety.

Objectives
- Evaluate the scientific underpinning for routes to achieve better appetite control and improved energy balance.
- Assess most appropriate methods for studying consumer choice and eating behaviour and enable in-depth understanding of consumer behaviour and the factors that affect such factors.
- Bridge the gaps in our current scientific understanding, in order to improve the current guidelines for research and ultimately food formulations.

Achieved Results
The results of the systematic review of the evidence for sustained efficacy of dietary interventions for reducing appetite or energy intake, published in Obesity Reviews (Halford et al., 2018) were presented at the 26th European Congress on Obesity (ECO2019) and the 13th European Congress of Nutrition (FENS2019) where the task force also sponsored a session on the understanding of consumer choice drivers to achieve sustainable food and nutrition security.

Scientific Impact
- The task force regularly publishes systematic reviews in high impact factor journals.
- The work of the task force is regularly disseminated at major international conferences.

UPCOMING

NEW MERGED TASK FORCE
Consumer Behaviour & Energy Balance
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RELEVANT PUBLICATIONS


All publications commissioned by this task force are available on our website: www.ilsi.eu.