The World of Food Policy Research: What to (and not to) eat

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Background:
- Sugar-sweetened beverage (SSB) taxes and front-of-package (FOP) labels indicate what NOT to eat
- Dietary guidelines emphasize what TO eat
- Each are different, but viable ways to improve public health

What I Did in a Nutshell:
1. Orchestrated research identifying how taxes + FOP labels affect SSB purchases in Latino populations… Why?
   - Fill research gap
   - Mock convenience stores?
2. Develop a survey for my thesis… Why?
   - New line of research
   - Health + climate change?
3. Collaborate on a project recuperating sustainable, healthy, and traditional diets in Chile… Why?
   - Inform dietary guidelines
   - "Traditional"?

Other Cool Things I Did:
- Nutrition 2019 in Baltimore, MD
- Nutrition class for Hispanic center in NC
- Food policy seminar in Santiago, Chile
- Meet with those responsible for Chilean Labeling/Advertising Law

... Stay tuned for the results!

Looking ahead:
- Food policy research!!
- Environmental nutrition

Questions + Reflections:
- On the ground research is slow, complicated, and tedious
- Could a law like the one in Chile ever be passed in the U.S.?
- Systematic changes are needed… but could they happen?

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My Objective:
Experience public health nutrition research in two different contexts:
1. UNC Chapel Hill
2. Universidad de Chile

FOP label examples: