Response to “A Comment on Guthrie J ‘Integrating Behavioral Economics Into Nutrition Education Research and Practice’”

I thank the author for her response to my recent article, “Integrating Behavioral Economics into nutrition education research and practice.” The article was a Perspective; such articles are most useful when they provoke further thought and discussion. The insights provided by this letter add to my article and continue the dialog necessary for nutrition education researchers and practitioners to develop and improve evidence-based practice.

Eating Competence is a theoretical framework that research studies have found to be associated with higher diet quality, as the author notes. I found the discussion of the similarities and differences between the constructs of eating competence and behavioral economics to be thought provoking. As mentioned in my article, the National Nutrition Research Roadmap developed by the US Government’s Interagency Committee on Human Nutrition Research called for further investigation of how behavioral economics theories and other social science innovations can be used to improve eating patterns. It is hoped that the dialog fostered by my article and the letter in response will encourage more development and testing of nutrition behavior change strategies that are informed by innovative social science theories, including both Behavioral Economics and Eating Competence.

Sincerely,

Joanne F. Guthrie, PhD, MPH, RD
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REFERENCES
