If you make one change at McDonald’s to make an intervention and policy. “So how can we modify the environment or consumers to buy products.

“We know that the environment influences choices,” says McGuirt, who has a master’s in public health and a PhD in nutrition intervention and policy. “So how can we modify the environment or the way people interact with it, to influence their eating behaviors?”

Dr. Jared McGuirt thinks we should pay more attention to billboards. “Advertisements in our environment have simple messaging; the graphics are very intentional. These companies know what they’re doing,” says the assistant professor of nutrition. “We should take our cues from the business sector.”

His research focuses on our food environment and interventions to nudge people toward healthier choices, like billboards nudge people toward healthier choices, like billboards nudge people toward healthier choices, like billboards nudge people toward healthier choices, like billboards nudge people toward healthier choices, like billboards nudge people toward healthier choices, like billboards nudge people toward healthier choices, like billboards nudge people toward healthier choices.

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“You can never drink soda.” With the food environment nudges, we’ll say, “Why don’t you try a diet soda instead because you’re going to not consume as much sugar? Why don’t you try peas instead of potato chips?”

McGuirt is collaborating on several projects to examine pickup site locations in North Carolina, in the four largest American cities, and elsewhere across the U.S. “It’s about optimization,” McGuirt explains. “We want to account for factors like neighborhood income and food deserts – areas with limited access to healthy foods.”

The results could help inform decisions made by stakeholders like the USDA, school districts, and state policy makers – both during the pandemic and in the future.

“We’re not going to demonize anything, because that’s just going to turn people off. I’m not going to go out there and say “You can never drink soda.” With the food environment nudges, we’ll say, ‘Why don’t you try a diet soda instead because you’re going to not consume as much sugar? Why don’t you try peas instead of potato chips?’”

But are the designated sites accessible for the kids that need them most?

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