Spotlight: David Schlundt, Ph.D.

David G. Schlundt, Ph.D.

Associate Professor of Psychology

Schlundt specializes in the psychology of change, particularly, how racial, ethnic and environmental factors influence lifestyle behaviors affecting eating, exercise and smoking. He is a member of the Vanderbilt Diabetes Research and Training Center, and works with the Vanderbilt Ingram Cancer Center, and the Vanderbilt Institute of Community and Translation Research. His research has examined how community action, public policy, and environmental change can be used to promote healthy eating and exercise.
Talk Title: "Strategies for Studying Person-Environment Transactions: Implication for Understanding and Preventing Obesity"

Must Cutting Calories Lead to Binge Eating?
Cutting calories, skipping meals ... and the binge eater.
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