



McGill

Department of
Epidemiology, Biostatistics
and Occupational Health

Population and Public Health Special Seminar Winter 2019



Julia Wolfson, PhD

Assistant Professor
Department of Health Management and Policy,
University of Michigan, School of Public Health

A recipe for health: Understanding the Role of Cooking for Healthy Eating in the Modern Food System

Friday, March 1, 2019
1:00 p.m. – 2:00 p.m.
Purvis Hall - Room 25

ALL ARE WELCOME

Abstract: In response to high rates of obesity and other diet related diseases, cooking meals at home is increasingly recommended as a strategy to help individuals consume a healthy diet. However, this quotidian, but complex, behavior is not well understood. In this talk, Dr. Wolfson will present some of her qualitative and quantitative research regarding the importance of better understanding the role of home cooking for addressing the some of the pressing public health challenges that result from the modern food system.

Bio: Dr. Wolfson is a mixed-methods health policy researcher whose work lies at the intersection of health policy and health behavior. Her research focuses on health and social policies and programs related to food and beverage choices, diet quality, food insecurity, and obesity and diet related disease prevention. In all her work, Dr. Wolfson's goal is to produce evidence that supports the creation of a health promoting and sustainable food system, and ultimately, improves the public's health, particularly for the most vulnerable members of society.

Dr. Wolfson is currently an Assistant Professor at the University of Michigan, School of Public Health. She received her Ph.D. in Health Policy from the Johns Hopkins Bloomberg School of Public Health, earned her M.P.P. degree from the University of Southern California, Sol Price School of Public Policy, and holds a B.A. from New York University's Gallatin School. Dr. Wolfson also enjoyed a prior career as a professional chef in top rated fine dining restaurants in New York City and Los Angeles.

<http://www.mcgill.ca/epi-biostat-occh/news-events/seminars/special-seminars>