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UNIVERSITÀ CATTOLICA del Sacro Cuore



KEY-WORDS:
CONSUMER BEHAVIOR – CHILDREN –
SUSTAINABILITY – HEALTHY
LIFESTYLE

PROFILE

I am a second-year PhD student in Agricultural and Food Economics. My research interests are in sustainable and healthy food consumption, especially involving children and families.

AFFILIATION

Department of Agricultural and Food Economics. First floor - Economics building. Università Cattolica del Sacro Cuore

LANGUAGES



Mother language



Level C1



Level C1



Level B2

HOW TO REACH ME

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Reference Contact

Prof. E. Castellari

PROJECT TITLE

Exploring sustainable and healthy consumer behavior and food policies

Steps of the research

The project involves the investigation of consumer behavior regarding different behaviors of food consumers categories, starting with children in elementary schools. Also, the impact of multiple food policies to implement sustainable and healthy consumption patterns is being addressed by the research program.

Main Results

Among the main facilitators to the Italian implementation of the *European Fruit and Vegetable Scheme*: the educational mission of the program, teachers' engagement, the quality, alternation and variety of the fruit and vegetables. On the contrary, barriers are mainly represented by the scarce training, lack of accompanying measures and low flexibility in planning the delivery of the products by suppliers.

Research Contribution

Verifying the barriers and facilitators to a sustainable and healthy food consumption in schools and in children's families will allow an evaluation to better adapt and improve current food policies.

Collaborations

CREDA the Center for Agro-Food Economics
Prof. Chema (José M.) Gil Roig

Why should you care?

Over twenty percent of children in Italy is overweight (20.4%), with 9.4% of children considered being obese and 2.4% severely obese. Since unhealthy diets, together with low physical activity, increase the susceptibility to over-weight, obesity and related diseases, exploring how to move towards a healthier and more sustainable consumption is a paramount for improving the population's health, starting by the youngest.