

RWAC 2024-25 IWA Reading List

Ashley-Norman, P. and Bagenal, J. (2023) 'Political complicity in junk food industry tactics', *The Lancet*, 401(10393), pp. 2031-2032. Available at: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)01187-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)01187-X/fulltext) (Accessed: 6 September 2024).

Bragg, M. A., Roberto, C.A., Harris, J.L., Brownell, K.D. and Elbel, B. (2018) 'Marketing Food and Beverages to Youth Through Sports', *Journal of Adolescent Health*, 62(1), pp. 5-13. doi: 10.1016/j.jadohealth.2017.06.016.

Fagerberg P., Langlet, B., Oravsky, A., Sandborg, J., Löf, M. and Ioakimidis, I. (2019) 'Ultra-processed food advertisements dominate the food advertising landscape in two Stockholm areas with low vs high socioeconomic status. Is it time for regulatory action?', *BMC Public Health*, 19, pp.1-10. doi: 10.1186/s12889-019-8090-5.

Gearhardt, A.N., Bueno, N.B., DiFeliceantonio, A.G., Roberto, C.A., Jiménez-Murcia, S. and Fernandez-Aranda, F. (2023) 'Social, clinical, and policy implications of ultra-processed food addiction', *BMJ*, 383. doi: 10.1136/bmj-2023-075354.

Lieberman, D. (2013) *The Story of the Human Body: Evolution, Health and Disease*. New York: Penguin. [See Note 1](#)

Lustig, R. (2021) *Metabological: The Truth About Processed Food and How it Poisons People and the Planet*. London: Yellow Kite. [See Note 2](#)

Moodie, R., Bennett, E., Kwong, E.J.L., Santos, T.M., Pratiwi, L., Williams, J. and Baker, P. (2021) 'Ultra-Processed Profits: The Political Economy of Countering the Global Spread of Ultra-Processed Foods – A Synthesis Review on the Market and Political Practices of Transnational Food Corporations and Strategic Public Health Responses', *International Journal of Health Policy Management*, 10(12), pp. 968–982. doi: 10.34172/ijhpm.2021.45.

O'Connor, A. and Steckelberg, A. (2023) 'Melted, pounded, extruded: Why many ultra-processed foods are unhealthy', *The Washington Post*, 27 June.

Rahkovsky, I., Jo, Y. and Carlson, A. (2018) *Consumers Balance Time and Money in Purchasing Convenience Foods*. Available at: <https://ers.usda.gov/webdocs/publications/89344/err-251.pdf?v=6757.1> (Accessed: 4 September 2024).

Santana, M.O., Guimarães, J.S., Leite, F.H.M., Mais, L.A., Horta, P.M., Bortoletto Martins, A.P. and Claro, R.M. (2020) 'Analysing persuasive marketing of ultra-processed foods on Brazilian television', *International Journal of Public Health*, 65, pp. 1067–1077. doi: 10.1007/s00038-020-01456-6.

Shim, J.S., Shim, S.Y., Cha, H.J., Kim, J. and Kim, H.C. (2021) 'Socioeconomic Characteristics and Trends in the Consumption of Ultra-Processed Foods in Korea from 2010 to 2018', *Nutrients*, 13(4), p.1120. doi: 10.3390/nu13041120.

Vignola, E.F., Nazmi, A. and Freudenberg, N. (2021) 'What Makes Ultra-Processed Food Appealing? A critical scan and conceptual model', *World Nutrition*, 12(4), pp. 136-175. doi: 10.26596/wn.202112483-135.

Note 1: While students should provide the above as the reference list entry for Lieberman (2013), they **must** confine their use of this source only to information located in pp. 219-224.

Note 2: While students should provide the above as the reference list entry for Lustig (2021), they **must** confine their use of this source only to information located in Chapter 21 pp. 277-283 and Chapter 23 pp. 299-307.