

Introduction Glossary

Food Environment: For the purpose of these learning modules, the food environment refers to the physical, social, and person-centered environments that play a role in what people choose to eat.

Individual Dietary Behavior: For the purpose of these learning modules, dietary behavior is conceptualized primarily as dietary intake, though related dietary behaviors and attitudes (e.g., frequency of snacking) that may be relevant to the study of childhood obesity are also addressed. Generally speaking, dietary intake refers to the foods, beverages and, potentially, supplements consumed by individuals and populations.

Individual Physical Activity Behavior: For the purpose of these learning modules, individual physical activity is behavior that involves human movement, resulting in physiological attributes including increased energy expenditure and improved physical fitness.

Physical Activity Environment: For the purpose of these learning modules, the physical activity environment refers to the physical (built and natural) and social environment features that can support or inhibit physical activity.