

Jeffery Sobal

Web Bio

Information

Biography

Biographical Statement

I am a sociologist who incorporates substantive, theoretical, and methodological work from many different social science disciplines and fields into my teaching and research about social aspects of food, eating, and nutrition. Substantively, my research focuses on the social causes and consequences of obesity, especially marriage and body weight; food choice processes; eating partners; family meals; and food systems. Theoretically, I teach and use a variety of perspectives, and my theoretical work focuses on conceptualizing social relationship trajectories, social selection and social causation, and how physical factors are related with social factors. Methodologically, I use diverse quantitative and qualitative techniques, and my methodological work focuses upon assessing qualitative sample extensiveness, developing category content elicitation methods, and constructing ways to assess eating partners.

Professional

Current Professional Activities

American Sociological Association (ASA)
Association for the Study of Food and Society (ASFS)

Cornell Graduate Field Memberships: Nutrition; Development Sociology;
Demography; Epidemiology

Research

Current Research Activities

Marriage and Body Weight, Food Choice Processes, Commensality and Family Meals, Food Systems

Extension

Education

Education

- BA 1972 - Bucknell University (Biology)

- MA 1974 - University of Pennsylvania (Sociology)
- MPH 1983 - Johns Hopkins University (Behavioral Science, Nutrition, and Epidemiology)
- PhD 1978 - University of Pennsylvania (Sociology)

Courses

Courses Taught

[NS 2450](#) - Social Science Perspectives on Food and Nutrition

[NS 6400](#) - Social Science Theories in Nutrition

NS 7030 - Seminar in Nutritional Sciences

Websites

Related Websites

[DNS Home Page](#)

Administration

Publications

Selected Publications

Sobal, J., Khan, L.K., Bisogni, C.A. A conceptual model of the food and nutrition system. *Social Science and Medicine* 1998;47(7):853-63.

Bove, C.F., Sobal, J., Rauschenbach, B.S. Food choices among newly married couples: Convergence, conflict, individualism, and projects. *Appetite* 2003;40:25-41.

Bove, C.F., Sobal, J. Weight relationships in early marriage: Weight salience, weight comparisons, and weight talk. *Appetite* 2011;57:729-742.

Sobal, J., Rauschenbach, B., Frongillo, E.A. Marital status changes and body weight changes: A U.S. longitudinal analysis. *Social Science and Medicine* 2003;56(7):1543-1555.

Sobal, J., Nelson, M.K. Commensal eating patterns: A community study. *Appetite* 2003;41:181-190.

Sobal, J., Bisogni, C.A., Devine, C.M., and Jastran, M. A conceptual model of the food choice process over the life course. In: Shepherd, R. and Raats, M. (eds). *The psychology of food choice*. Cambridge MA: CABI Publishing. 2006. pp 1-18.

- Osman, J.L., Sobal, J. Chocolate cravings in American and Spanish individuals: Biological and Cultural Influences. *Appetite* 2006;47:290-301.
- Sobal, J., Wansink, B. Kitchenscapes, tablesapes, platescapes, and foodscapes: Influences of micro-level built environments on food intake. *Environment and Behavior* 2007;39(1):124-142.
- Sobal, J. Bisogni, C.A. Constructing food choice decisions. *Annals of Behavioral Medicine* 2009;38(Supplement 1):S37-S46.
- Sobal, J., Hanson, K., Frongillo, E.A. Gender, ethnicity, marital status, and body weight in the U.S. *Obesity* 2009;17:2223-2231.
- Griffin, J., Sobal, J., Lyson, T.A. An analysis of a community food waste stream. *Agriculture and Human Values* 2009;26(1):67-81.
- Sobal, J. Hanson, K.. Family meals and body weight in U.S. adults. *Public Health Nutrition* 2011. 14(9):1555-1562.
- Chan, J., Sobal, J. Family meals and body weight: Analysis of multiple family members in family units. *Appetite* 2011;57:517-524.
- Sobal, J., Hanson, K. Marital status, marital history, body weight, and obesity. *Marriage and Family Review* 2011;47(7):474-504.
- Maurer, D. and Sobal, J. (eds). *Eating Agendas: Food and Nutrition as Social Problems*. Piscataway NJ: Aldine Transaction. 1995.
- Sobal, J. and Maurer, D. (eds). *Weighty Issues: Fatness and Thinness as Social Problems*. Piscataway, NJ: Aldine Transaction. 1999.
- Sobal, J. and Maurer, D. (eds). *Interpreting Weight: Social Management of Fatness and Thinness*. Piscataway, NJ: Aldine Transaction. 1999.