



Dear ARPH members,

It is our pleasure to invite you to the first ARPH symposium on health and sustainability. Individual and planetary health are closely related: poor planetary health such as air pollution and heat waves increase the risk of diseases, and climate change makes the occurrence of pandemics more likely. A healthy environment, on the other hand, can also contribute to our personal health, just think of how taking a walk in nature can enhance our mental well-being. Our behaviour can play an important role in changing both individual and planetary health. Certain behaviours directly influence both, such as a sustainable healthy diet and active transport that can kill two birds with one stone – or in a more animal-friendly version, free two birds with one key. Theoretical models we know from health psychology on changing health behaviour appear applicable to also change pro-environmental behaviour.

At ARPH, we therefore want to especially highlight the research that investigates the connection between the natural environment, climate, and sustainability with health. We have brought together several members who will speak on diverse topics in environmental health psychology for this online symposium, which will be held on Thursday 17<sup>th</sup> February 2022.

- 13u30 **Welcome** – *Catharine Evers, Utrecht University; Ann DeSmet, Université libre de Bruxelles*
- 13u45 **Behavioural aftereffects of initial food consumption decisions: a conceptual review and experimental design** - *Suzanne Op 't Landt, Wageningen University*
- 14u10 **Understanding what experts associate with healthy *and* sustainable diets – A first step in order to SWITCH the dietary behaviour of adolescents** - *Sanne Raghoebar and Anouk Mesch, Wageningen University*
- 14u35 **One's meat another's poison? Different social and personal norm perceptions across meat consumers** – *Sofie Wolfswinkel, Wageningen University*
- 15u00 Short break
- 15u15 **The potential of virtual reality to stimulate healthy and environmentally friendly food consumption** – *Eline Smit, University of Amsterdam*
- 15u40 **Understanding Perceptions of the Protein Shift: Mapping Consumers' Mental Models** – *Lieke Van den Boom, Utrecht University*
- 16u05 **Positive and negative transfer effects within and between health-promoting and pro-environmental behaviours** – *Ann DeSmet, Université libre de Bruxelles*
- 16u30 **Discussion** – *Marieke Adriaanse, Leiden University*

Attendance is free, but registration is required. Please send a mail to Janet Hurtado, [j.hurtado@uu.nl](mailto:j.hurtado@uu.nl), before 10<sup>th</sup> February 2022, to register for this symposium. You will receive login details upon registration.

We hope to see you all there!

ARPH

Symposium Organising committee: Ann DeSmet, Catharine Evers, Janet Hurtado, Maya Schroevers, Ellen Smets