

# PIONEERS IN BIOMEDICAL RESEARCH SEMINAR

Presented by the Fralin Biomedical Research Institute and co-sponsored by the research institute's Addiction Recovery Research Center and the Center for Transformative Research on Health Behaviors



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## Can Food Be Addictive?

Our food environment has changed drastically in the last 50 years. Highly processed (HP) foods that strongly activate reward and motivation systems have become cheap, easily accessible, and heavily marketed. Rising levels of overeating and difficulties controlling food intake have accompanied these changes to our food system. There is growing evidence from animal models and biobehavioral research in humans that HP foods may be capable of triggering neurobiological and psychological responses that parallel those associated with drugs of abuse. This has led to a growing interest in the role of addictive processes in certain types of eating pathology. In Dr. Gearhardt's talk, the evidence that addictive processes may be playing a role in certain types of pathological eating will be evaluated and treatment and policy implications adolescents will be discussed.

FRIDAY, SEPT. 4 at 11 a.m.

This seminar will be webcast live at [fbri.vtc.vt.edu/events/live-webcast](http://fbri.vtc.vt.edu/events/live-webcast). In addition, students, faculty, and staff at Virginia Tech and Carilion Clinic who are invited to attend this lecture will receive Zoom access via email.



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