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Education

B.A. Bucknell University, 1972, Biology

M.A. University of Pennsylvania, 1974, Sociology

Ph.D. University of Pennsylvania, 1978, Sociology

Postdoctoral Fellow in Medical Sociology, University of Pennsylvania, 1979-1980

M.P.H. Johns Hopkins University, 1983, Public Health

Research interests

Social Science Analysis of Food and Nutrition, Sociology of Obesity, Food Choice,
Food Systems, Commensality

Employment

1989-present. Cornell University, Professor,
Division of Nutritional Sciences. Graduate Fields of Nutrition,
Development Sociology, Demography, Epidemiology.
Conducting social science research about food, eating, and nutrition.
Teaching social science, community, and public health nutrition to
undergraduate students, graduate students, and postdoctoral students.

1981-1989. University of Maryland School of Medicine.
Associate Professor, Associate Director of Research,
Department of Family Medicine. Adjunct in Psychiatry, Epidemiology and Sociology.
Teaching research methodology, medical sociology, bioethics, and nutrition to
medical students, medical residents, and medical fellows.

1977-1981. Gettysburg College, Assistant Professor,
Department of Sociology and Anthropology.
Teaching research methods and statistics, medical sociology, population,
urban sociology, community sociology, and sociology of food and nutrition.

1976-1977. University of Pennsylvania, Instructor,
Department of Sociology. Teaching urban sociology.

Publications

Books

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.

Book Chapters

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- Sobal, J. The Medicalization and Demedicalization of Obesity. In: Maurer, D. and Sobal, J. (eds). Eating Agendas: Food and Nutrition as Social Problems. Hawthorne, NY: Aldine de Gruyter, 1995. Pp 79-90.
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- Sobal, J., Bove, C., and Rauschenbach, B. Weight and Weddings: Constructing Beautiful Brides. In: Sobal, J. and Maurer, D. (eds). Interpreting Weight: Social Management of Fatness and Thinness. Hawthorne, NY: Aldine de Gruyter. 1999. Pp 113-135.
- Sobal, J. The Size Acceptance Movement and the Social Construction of Body Weight. In: Sobal, J. and Maurer, D. (eds). Weighty Issues: Fatness and Thinness as Social Problems. Hawthorne, NY: Aldine de Gruyter. 1999. Pp 227-45.
- Sobal, J. Food System Globalization, Eating Transformations and Nutrition Transitions. In: Grew R. (ed) Food in Global History. Boulder, CO: Westview Press. 1999. Pp 171-193.
- Sobal, J. Sociability and the Meal: Facilitation, Commensality, and Interaction. In: Meiselman, H. (ed). Dimensions of the Meal: The Science, Culture, Business, and Art of Eating. Gaithersburg, MD: ASPEN Publishers. 2000. Pp 119-133.
- Sobal, J. Social and Cultural Influences on Obesity. In: Bjorntorp, P. (ed). International Textbook of Obesity. London: John Wiley and Sons. 2001. Pp 305-322.
- McIntosh, W.A., and Sobal, J. Rural food, eating, diet, nutrition, and body weight. In: Critical Issues in Rural Health. Glasgow, N., Morton, L.W., and Johnson, N. (eds). Ames, IA: Blackwell Publishing. 2004. Pp 113-124.
- Sobal, J. Social consequences of weight bias by partners, friends, and strangers. In: Brownell K.D., Puhl, R.M., Schwartz, M.B., and Rudd, L. (eds). Weight bias: Nature, consequences, and remedies. New York: Guilford. 2005. Pp 150-164.
- 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.
- Sobal, J. Using a model of the food and nutrition system for examining whole grain foods from agriculture to health. In: Marquart, L., Jacobs, D.R., McIntosh, G.H., Poutanen, K., Reichs, M. (eds). Whole grains and health. Ames IA: Blackwell. 2007. Pp 17-25.
- Sobal, J., and Wansink, B. Built Environments and obesity. Chapter 9 In: Blass, E. (ed). Obesity: Causes, Mechanisms, Prevention, and Treatment. Sunderland, MA: Sinauer Associates. 2008. Pp 281-299.
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- Sobal, J. The Sociology of Obesity. In: Cawley, J. (ed). Handbook of the Social Science of Obesity. New York: Oxford University Press. 2011. Pp 105-119.
- Bisogni, C., Bostic, S. and Sobal, J. Food Literacy and Food Choice: A Constructionist Perspective. In: Vidgen, H. (ed). Food Literacy: Key Concepts for Health and Education. New York: Routledge. 2016. Pp 102-117.
- Sobal J. Men's Foodwork in Food Systems: Social Representations of Masculinities and Cooking at Home. In: Szabo M, Koch S. (eds). Food, Masculinities, and Home: Interdisciplinary Perspectives. Chapter 6. New York: Bloomsbury Publishers. 2016. Pp 125-143
- Sobal, J. Sociological Analysis of the Stigmatisation of Obesity. In: Germov, J. and Williams, L. (eds). A Sociology of Food and Nutrition: The Social Appetite. Melbourne: Oxford University Press. 4rd ed. 2017. Pp 259-274.
- Sobal J. Food System Channels, Health, and Illness. In: Shostak S. (ed). Food Systems and Health: Advances in Medical Sociology. Bingley, UK: Emerald Publishing. 2017. Pp 3-25.

Journal Articles

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- Sobal, J., Jackson-Beeck, M. Newspaper Nonreaders: A National Profile. *Journalism Quarterly* 1981, 58(1):9-13.
- Sobal, J., Hinrichs, D., Emmons, C., Hook, W. Experiential Learning in Introductory Sociology: A Course Description and Evaluation. *Teaching Sociology* 1981, 8(4):401-22.
- Sobal, J. Teaching with Secondary Data. *Teaching Sociology* 1981, 8(2):149-70.
- Emmons, C., Sobal, J. Paranormal Beliefs: Testing the Marginality Hypothesis. *Sociological Focus* 1981, 14(1):49-56.
- Emmons, C., Sobal, J. Paranormal Beliefs: A Functional Alternative to Mainstream Religion? Review of Religious Research 1981, 22(4):301-12.
- Sobal, J., Emmons, C. Patterns of Belief in Religious, Psychic and Other Unexplained Phenomena. *Zetetic Scholar* 1982, 9:7-19.
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- Guyther, J., Sobal, J. Patient Expectations and Acceptance of a Nurse Practitioner. *Family Practice Research Journal* 1983, 2(2):125-31.
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- King, D., Sobal, J., DeForge, B. Family Practice Patients' Experiences and Beliefs in Faith Healing. *Journal of Family Practice* 1988, 27(5):505-08.
- Sobal, J., Muncie, H.L. Vitamin/mineral supplement use among adolescents. *Journal of Nutrition Education* 1988;20(6):314-18.
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- White-O'Connor, B., Sobal, J., Muncie, H.L. Dietary habits, weight history, and vitamin use in elderly osteoarthritis patients. *Journal of the American Dietetic Association* 1989, 89(3):378-82.
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- DeForge, B.R., Sobal, J. Intolerance of Ambiguity in Students Entering Medical School. *Social Science and Medicine* 1989, 28(8):869-74.
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- Muncie, H.L., Sobal, J., DeForge B. NAPCRG Abstracts 1977-1987: Analysis of Research Designs and Methods. *Family Medicine* 1990, 22(2):125-29.
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- Daly, M. and Sobal, J. Vitamin/mineral Supplement use by Geriatric Outpatients in the United Kingdom. *Journal of Nutrition for the Elderly* 1990, 10(1):55-64.
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- Ferentz, K.S. and Sobal, J. A Survey of Resident Orientation in Family Practice Residency Programs. *Family Medicine* 1991, 23(2):154-5.
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Other Publications

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Manuscript reviewer for the following journals:

American Sociological Review, American Journal of Sociology, Social Psychology Quarterly, Demography, Sociology of Education, British Journal of Sociology, Sociological Perspectives, Journal of Health and Social Behavior, Social Problems, Teaching Sociology, Sociological Forum, Sociological Inquiry, Symbolic Interaction, Health Sociology Review, Rural Sociology, Current Sociology, Gender & Society, Men and Masculinities, Sex Roles, Women and Health, Review of Religious Research, Mental Health Religion & Culture, Research on Aging, Journal of Social and Clinical Psychology, Psychological Bulletin, Journal of Health Psychology, Journal of Nervous and Mental Disease, Environment Development and Sustainability, Social Currents, Journal of Gerontology, Social Science and Medicine, Social History of Medicine, Journal of Comparative Family Studies, New England Journal of Medicine, Pediatrics, Annals of Medicine, Medical Anthropology, Journal of Family Practice, Family Practice Research Journal, Family Medicine, American Journal of Public Health, Journal of Epidemiology and Community Health, Health and Place, International Journal of Epidemiology, Journal of Official Statistics, Preventive Medicine, American Journal of Preventive Medicine, International Journal of Obesity, Obesity, Journal of Obesity, Journal of Nutrition Education, Ecology of Food and Nutrition, Body Image, Journal of Nutrition, British Journal of Nutrition, Journal of the American College of Nutrition, Appetite, American Journal of Clinical Nutrition, European Journal of Clinical Nutrition, Public Health Nutrition, Journal of the American Dietetic Association, Food Quality and Preference, Food and Foodways, Food Culture and Society, Agriculture and Human Values, Gastronomica, Progress in Nutrition

Awards Co-Winner, B.C. Decker Award for the best article in Journal of Nutrition Education in 2001

Professional Memberships

American Sociological Association
Eastern Sociological Society
Association for the Study of Food and Society

Professional Activities

Board of Directors, Association for the Study of Food and Society, 1986-2010,
Vice President 1989-91, Conference Organizer, 1990
Board of Directors, North American Primary Care Research Group, 1985-87, Organizer 1986
Associate Editor, Rural Sociology, 1995-98
Board of Editors, Journal of Nutrition Education, 1989-95
Editorial Advisory Board, Food, Culture and Society, 2003 to 2013
Editorial Committee, Food and Foodways, 1993 to 2001
Advisory Editor, Appetite, 2000 to 2010

Courses Taught at Cornell University

NS2450 Social Science Perspectives on Food and Nutrition
NS6400 Social Science Theories in Nutrition
NS7030 Seminar in Nutritional Sciences