



Drawing Links between Happiness, Health, and Self-regulation

Friday, December 9, 2016

09:45-18:40, Schönberggasse 1, room G21

How, in the modern world, can our countries' citizens become healthier and more successful? This symposium is centered around the topics of self-regulation, happiness, healthy behaviors and their potential interactions. It will bring together an interdisciplinary group of distinguished scientists with backgrounds in biology, economics, neuroscience, psychology, and food science. The symposium will take place at the Department of Economics, University of Zurich, on 9 December 2016.

Each invited speaker will give a brief (10 minutes) presentation of their latest ideas and current knowledge in the field, and these presentations will be grouped into blocks of 3-4. The majority of the time (40 minutes between each presentation block) will be reserved for interactive discussions between each set of four presenters, speakers in other blocks, and the general audience. **Note that the 10-minute rule will be strictly enforced to ensure fairness across speakers.**

Past experience has shown that this format is the most effective way to stimulate dialogue across disciplines. That genuine interdisciplinary aim is a key objective of the workshop. All speakers and audience members will have the rare and exciting opportunity to engage with one another and discuss material that may be slightly out of their own individual comfort zones.

The discussions will hopefully unfold in unexpected and interesting ways that ultimately foster greater interdisciplinary understanding and breakthrough ideas. In order to seed these discussions with stimulating material, our speakers will give overviews of recent work on:

- The links between education, health, happiness and self-regulatory skills.
- Conceptualizing and modeling happiness and the means by which people make choices and possibly (fail to) maximize it.
- The influence of food on both physiological health and subjective well-being.
- Contextual and biological factors driving healthy choices.

Each grouping of speakers is intended to mix researchers approaching related topics through the lens of different scientific disciplines and at different levels of analysis. The exact schedule for the symposium and titles for each speakers' 10 minute presentations are listed on the following page.



Time	Speaker/Event	Presentation Title
9:45	Andrew Oswald & Todd Hare	Introduction
9:50	Ori Heffetz	Happiness? Health? Sense of purpose? Being in control? What do survey respondents say they want?
10:00	Tali Sharot	How the human brain generates positive beliefs
10:10	Hannes Schwandt	Do People Seek To Maximize Their Subjective Well-Being –and Fail?
10:20	Michael Norton	Money, Inequality, and Happiness
10:30	<i>Discussion</i>	
11:10	Coffee Break (15 mins)	
11:25	Andrew Steptoe	Behavioural and biological pathways linking happiness and health
11:35	Redzo Mujcic & Andrew Oswald	Happiness and Food: A Longitudinal Study
11:45	Britta Renner	The bright side of eating behavior
11:55	<i>Discussion</i>	
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12:30	<i>Lunch</i> (60 mins; sandwiches provided on-site)	
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13:30	Pietro Biroli	Modelling gene-environment interaction in human capital formation
13:40	Jeff Brunstrom	Deconstructing food choice to understand unhealthy dietary decisions
13:50	Hilke Plassmann	The role of baseline leptin in dietary self-regulation
14:00	Chahan Yeretzian	The health effects of coffee
14.10	<i>Discussion</i>	



14:50 Coffee Break (15 mins)

15:05 Dan Benjamin Predicting Mid-Life Capital Formation with Life-Course Measures of Self-Regulation

15:15 Nick Powdthavee The welfare implications to addictive substances: a longitudinal study of life satisfaction of drug users

15:25 Christine Brombach Eating Together Is Healthy: Why Eating Meals in Company Contributes To Our Well-Being

15:35 Todd Hare Neural and behavioral aspects of self-regulation during food choice.

15:45 *Discussion*

16:25 Coffee Break (15 mins)

16:40 Michele Belot Mind, Behaviour and Health: A Randomised Experiment

16:50 Armin Falk Image and morality

17:00 Robb Rutledge A computational and neural model of momentary subjective well-being

17:10 Alois Stutzer How good are people in predicting their subjective well-being?

17:20 *Discussion*

18:00 *Summary Discussion and final wrap-up*

18:30 Farewell