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**Self-Control and Vulnerability to Food Insecurity:  
Exploring Impacts and Pathways**

by Stefan Meyer and Paulo Santos

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# Self-control and Vulnerability to Food Insecurity

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## Abstract

We show that self-control, the mental process that allows us to block distractions and override impulsive urges, shapes vulnerability to food insecurity. This effect is plausibly causal, robust to the inclusion of a wide set of control variables (including measures of wealth and of present bias) and to reasonable assumptions about the importance of unobserved heterogeneity. Self-control seems to operate via productivity, with other mechanisms such as savings and the consumption of temptation goods being much less important.

Keywords: vulnerability, self-control, temptation goods, productivity

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