

MEDICAL & NUTRITIONAL ANTHROPOLOGY

2001-2002

Third Year, BA Anthropology

CURRICULUM MATERIALS:

MODULE OUTLINE & READING LIST

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Term 1

INTRODUCTION (Lecture 1)

The module covers two areas: Nutritional Anthropology and Medical Anthropology. The outline for Nutritional Anthropology is detailed below.

I. COURSE AIMS

Nutritional Anthropology:

Teaching will illustrate anthropological approaches to the field of nutrition and address current theoretical and practical issues. Topics include the importance of socio-culturally determined food preferences, issues regarding biological requirements for sustaining growth, nutritional status and physical activity, concerns regarding famine and uncertainty in food supply, the impact of seasonal and unequal food distribution, and determinants of successful reproduction.

II. COURSE STRUCTURE

Nutritional Anthropology:

There are up to five 2 hr lectures, two 1 hr seminars, and one 2 hr revision class.

III. COURSE ASSESSMENT

You are required to submit one essay for Nutritional Anthropology and one essay for Medical Anthropology. **Together** these essays contribute 15% toward your total mark for the module. The maximum word length for one essay is 2500 words, including references. The remaining 85% of your assessment will come from a two-and-a-half hour examination in May/June (in which you answer 3 questions).

IV. LECTURES

Lectures are scheduled Monday 2.15-4.15 pm for the first five weeks of term: they are bunched up to ensure that course material is covered before the preparation of seminars and essay. I will

distribute lecture notes, in more or less detailed form, and will verbally elaborate the key issues of the lecture.

V. SEMINARS

You will be divided into 4 groups. Attendance is compulsory.

You will be asked to make a five minute oral presentation to start off the seminar and generate a lively discussion of topics! You will also have an opportunity to discuss your choice of essay topics during the seminars. You have a choice of topics for the seminar session.

Seminar 1: Health Indicators

Topic 1: The growth of children is regarded as an excellent indicator of their level of health and well-being. Discuss the factors which influence growth, and measures of growth retardation.

Topic 2: How does one estimate nutritional status in adults? What are the requirements for survival and subsistence?

Seminar 2: Synergism and Adaptability

Topic 1: Discuss the inter-relationships between energetic factors (e.g. nutritional status, energy balance) and reproduction, morbidity and/or work capacity. Document with evidence.

VI. REVISION CLASSES

To be agreed. I normally schedule these in the third term, just before the exams.

VII. ESSAY

Title 1: How do men/women and/or children cope with energetic constraints in their environment? Discuss with reference to specific examples and discuss both biological and social responses.

Title 2: Why is body size a good indicator of nutritional health? [Actual exam question 2000]

Title 3: Women's ability to reproduce responds to many ecological, behavioural and constitutional factors. Discuss these variables and the importance of flexibility in human reproductive function [based on an exam question]

Title 4: "Uncertainty in food supply is part of human experience". Discuss the mechanisms developed to deal with this phenomenon on a biological and cultural level.

Title 5: "Discuss the impact of poverty on children's health in either: developing countries or: industrialised countries, and the role of government and/or aid agencies.

The essay word limit is 2500 words, including references (please do not forget that complete references must include page numbers!).

The deadline for submission is Wednesday 05/12/01, before 4.30 pm. It must be put into my pigeon hole, or under my door, in the Courtyard Building. I collect all essays that afternoon.

NO EXTENSION of the deadline is allowed - unless approved by the General Office (you are required to fill in a form, i.e. I am not allowed to grant an extension without such form). Medical problems are readily accepted (supported by medical evidence), but problems with computers and printers are not. Essays that are not submitted on time get a mark of ZERO.

IX OVERALL SCHEDULE

Michaelmas Term (Nutritional Anthropology) **Lecture room ER 145**

Week 1 / Lectures 1 & 2: Mon 8 Oct

Course introduction

Growth Studies

Week 2 / Lectures 3 & 4: Mon 15 Oct

Nutritional status and energy stores

Video: "The Fat Trap"

Week 3 / Lectures 5 & 6: Mon 22 Oct

Intra-household food allocation

Intra-household food allocation (continued)

Week 4 / Lecture 7: Mon 29 Oct

Coping with Famine

3.15: Tutorial gr 1

Week 5 / Seminar 1: Mon 5 Nov

1.15: Group 2

2.15: Group 3

3.15: Group 4

Week 6 / Lectures 8 & 9: Mon 12 Nov

Energy requirements of pregnancy and lactation

Reproductive ecology

Week 7 / Seminar 2: Mon 19 Nov

2.15: Group 1

3.15: Group 2

Week 8 / Seminar 2: Mon 26 Nov

2.15: Group 3

3.15: Group 4

Week 9 / Essay deadline on Wed 5 Dec, 4.30 pm

Revision Class: To be arranged (third term)

VI. GENERAL READING &

This list is intended as a general guide to further reading. It is deliberately wide-ranging to enable each person to cover different grounds (for originality) and explore issues that might strike one's particular interest (in depth). A reading list specific to the topics covered during the course is also given at each lecture.

I have indicated on this list the shelfmark location of books in the University library.

I will add some of my own research articles where appropriate.

Blaxter Sir K and Waterlow JC (eds) 1985. Nutritional adaptation in man. London: John Libbey.

UNIV/RES SHORT 613.2 NUT

Bogin B (1999). Patterns of human growth. Cambridge:Cambridge University Press (Ch.4 and Ch.5) [1st edition, 1988 and 2nd edition, 1999]

UNIV/MAIN, RESERVE SHORT 612.65 BOG

Chapman M and Macbeth. H. (Eds.) (1990). Food for Humanity: Cross-Disciplinary Readings. Oxford: Centre for the Sciences of Food and Nutrition, Oxford Polytechnic.

UNIV/RES SHORT 641 FOO

Chambers R, Longhurst R, Pacey A (eds) (1981). Seasonal dimensions to rural poverty. Francis Pinter.

UNIV/MAIN LONG +053.389 BRI/D (142)

Collins KJ and Roberts DF (eds.) (1988). Capacity for Work in the Tropics. Cambridge: Cambridge University Press.

UNIV/MAIN LONG 572.5 SOC (26)

Dettwyler KA (1994). Dancing Skeletons - Life and Death in West Africa. Prospect Height, Illinois: Waveland Press.

UNIV/MAIN, RESERVE SHORT 572.0 (66) DET

UCS OWL 362.1042 DET

Dyson Hudson R (1983). Rethinking human adaptation.

UNIV/MAIN LONG 572.5 DYS

Frisancho AR (1993). Human Adaptation and Accommodation (enlarged edition). Ann Arbor: The University of Michigan.

UNIV/MAIN LONG 572.5 FRI

de Garine I and Harrison GA (1988). Coping with Uncertainty in Food Supply. Oxford Science Publications, Clarendon Press, Oxford.

UNIV/MAIN LONG 572.613.2

Gray R, Leridon H and Spira A (Eds) (1993), Biomedical and Demographic Determinants of Reproduction. Oxford: Clarendon Press.

UNIV/MAIN Long 612.6 BIO

Goodman AH, Dufour DL and Peltó GH (Ed.s) (2000). Nutritional Anthropology: Biocultural perspectives on food and nutrition. Mountain View, California: Mayfield Publishing Company.

UNIV/MAIN 572.613.2 3 copies

Harris M (1986). Good to Eat: Riddles of Food and Culture. London: Allen & Unwin.

UNIV/MAIN LONG 641.3

Harrison GA, Tanner JM, Pilbeam DR and Baker PT (1988) Human Biology. 3rd edition, Oxford University Press.

UNIV/RES SHORT 572.5

Harrison GA (ed.) 1988. Famine Oxford: Oxford University Press (see ch. 1, ch.2 and ch.4)

UNIV/RES SHORT 338.19 HAR

Harrison GA and Waterlow JC (Eds.) (1990). Diet and disease. Cambridge: Cambridge University Press.

Landers J and Reynolds V (1990). Fertility and Resources. Cambridge: Cambridge University Press.

UNIV 572.5 SOC (31)

Lasker GW and Mascie-Taylor CGN (1993). Research strategies in human biology - Field and survey studies. Cambridge University Press.

UNIV/RES SHORT 572.5 RES

Little M and Haas JD (1989). Human Population Biology: a Transdisciplinary Science. New York: Oxford University Press. UNIV/MAIN LONG 575.174:572.5 HUM

MacClancy J (1992). Consuming Cultures. London: Chapman.

UNIV/LONG 641 MAC

Mascie-Taylor CGN and Lasker GW (1988). Biological Aspects of Human Migration. Cambridge University Press.

UNIV/RES SHORT 325 B10

Mascie-Taylor CGN and Lasker GW (Eds.) (1991) Applications of Biological Anthropology to Human Affairs. Cambridge: Cambridge University Press.

UNIV/RES SHORT 572.5 APP

Norgan N. (Ed.). Physical Activity and Health. Cambridge: Cambridge University Press.

UNIV 572.5 SOC

Panther-Brick C (Ed.) (1998) Biosocial Perspectives on Children. Cambridge: Cambridge University Press. Chapter on Health and well-being.

UNIV MAIN 3 DAYS & RESERVE SHORT 301.427 BIO

Panther-Brick and Worthman CM (1999) Hormones, Health, and Behavior: A Socio-ecological and Lifespan Perspective. Cambridge: Cambridge University Press.

UNIV MAIN LONG 159..91 HOR (2 copies)

chapter 5 on 'Work and hormonal variation in subsistence contexts.

Pelto GH and Pelto PJ (1989). Small but healthy? An anthropological perspective. Human Organization 48: 11-15.

UNIV MAIN 572(05) HUM

Pottier J (1999) Anthropology of Food – The Social Dynamics of Food Security. Oxford: Polity Press.

UNIV MAIN LONG 338.19 POT 3 copies chapt 7 on Famine Relief and Prevention

Prentice A and Prentice A (1988). Reproduction against the odds -women in the Gambia. New Scientist 118: 42-46.

UNIV MAIN 5(05) NEW

Schell L, Smith M and Bilsborough A (1993). Urban Ecology and Health in the Third World. Cambridge University Press.

UNIV/RES SHORT 572.5 SOC (32)

Scrimshaw NS and Young VR (1989). Adaptation to low protein and energy intakes. Human Organization 48: 20-30.

UNIV MAIN 572(05) HUM

Standen V and Foley RA (Eds.) (1989). Comparative Socioecology, Blackwell Scientific Publications.

UNIV/MAIN LONG 591.55:599.8 STA

Tanner JM and Preece MA (1989). The physiology of human growth. Cambridge: Cambridge University Press.

UNIV 572.5 SOC (29)

Ulijaszek SJ and Strickland SS (1993). *Nutritional Anthropology - Prospects and Perspectives*.
Smith-Gordon and Nishimura.

UNIV/SHORT 572.613.2 ULI

Ulijaszek SJ and Strickland SS (1993). *Seasonality and Human Ecology*. Cambridge:
Cambridge University Press.

UNIV 572.5 SOC (35)

SJ Ulijaszek, FE Johnston and MA Preece (Eds) (1998) *The Cambridge Encyclopedia of Human
Growth and Development*. Cambridge: Cambridge University Press

de Waal A (1989) Famine that kills: Darfur, Sudan, 1984-1985.

Oxford: Clarendon Press.

UNIV/MAIN LONG PK1569.6 DE

Waterlow JC (1985) What do we mean by adaptation? In Nutritional Adaptation in Man (K.
Blaxter and J.C. Waterlow, eds.). John Libbey: London & Paris, pp.1-11.

UNIV/ RES SHORT 613.2 NUT

Wiessner P & Schiefenhovel W (Eds.) *Food and the Status Quest – An Interdisciplinary
Perspective*. Oxford: Berghahn Books.

UNIV LONG 572.33 FOO

RECOMMENDED JOURNALS

I strongly recommend browsing through recent issues.

American Journal of Human Biology

UNIV MAIN 572(05) AME

American Journal of Physical Anthropology

UNIV MAIN 572(05) AME

Annals of Human Biology Human Ecology

**UNIV MAIN 59(05) ANN
UNIV/MAIN 91(05) HUM**

Journal of Biosocial Science

UNIC MAIN 572(05) JOU

Social Science and Medicine

UNIV/MAIN 61(05)

WEBSITES

The following are very useful for browsing:

<http://www.unicef.org>