

**ANTH 174: ANTHROPOLOGY OF FOOD & HEALTH**  
**Spring Quarter 2007**  
**4 Credit Hours**

**Class Times:** TTh 10:00-11:20am  
**Class Location:** McKenzie 129

**Instructor:** Dr. Josh Snodgrass

Office: 354 Condon Hall  
Office Hours: Tuesdays & Thursdays 1:00-2:00 & by appointment  
Phone: 346-4823  
E-mail: jjosh@uoregon.edu

**Graduate Teaching Fellows (GTFs):**

Aaron Blackwell (ablackwe@uoregon.edu) & Quent Winterhoff (ewinterh@uoregon.edu)

**Course Description:** Overview of the evolution of human diet and health patterns. Adaptations to food availability, nutrients, and disease in different populations.

**Course Content:** This course provides an introduction to medical anthropology, in which we examine a variety of issues related to health from various perspectives outside the Western biomedical framework. We will follow four main threads in the class: 1) Evolutionary (or Darwinian) medicine, a relatively new field that recognizes that evolutionary processes and human evolutionary history shape health among contemporary human populations; 2) Biocultural perspectives on health, which focuses on variation in health and attempts to understand the underlying factors related to this health variation through a framework that considers biological and cultural factors; 3) Diet and health, in which we examine the evolution of the human diet and contemporary issues related to overconsumption; and 4) Cross-cultural understandings of health and illness.

**Format:** The course will consist of lectures and associated laboratory/discussion sections.

**Required Readings:**

1. McElroy A, Townsend PK. 2004. Medical Anthropology in Ecological Perspective (4<sup>th</sup> Edition). Cambridge: Westview Press. (Available at the UO Bookstore) (Listed as M&T on schedule)
2. Fadiman A. 1997. The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures. New York: Farrar, Straus and Giroux. (Available at the UO Bookstore)
3. Course packet with readings (Available on Blackboard)

**Evaluation Criteria:** Your grade in the course will reflect performance on midterm and final exams, attendance and participation in lab/discussion sections, and 4 short (~1 page) lab write-ups.

Midterm Exam (5/8)	30%
Final Exam (6/11)	30%
Lab/Discussion Section Attendance	10%
Lab/Discussion Section Participation	10%
Lab Write-Ups (4 @ 5% each)	20%

The midterm and final exams will cover lectures, readings, videos, and lab/discussion section material; exams will be comprised of multiple choice, matching, and short answer (2-3 sentences) sections. The final exam will be cumulative but will primarily focus on the material from the second half of the class. Exams and assignments must be taken/turned in at the scheduled time—**under no circumstances will make-up exams or assignment extensions be given without a documented excuse** (e.g., signed note from your doctor). If you will not be able to take an exam or turn in an assignment, you **must** notify me in advance (preferably by e-mail).

**SCHEDULE:**

<b>Week</b>	<b>Dates</b>	<b>Topics</b>	<b>Reading Assignment</b>
1	4/3 & 4/5	Course Introduction; Introduction to Anthropology; Evolutionary Theory  <b>Lab 1: Evolutionary Theory</b>	Futuyma 1982 Mayr 2001 Balter 2005
2	4/10 & 4/12	Human Evolutionary History; Human Adaptation & Adaptability; Evolutionary Medicine; Infectious Disease  <b>Lab 2: Human Evolutionary History &amp; Modern Human Variation (Lab 1 DUE)</b>	Goldsmith & Zimmerman 2001 M&T Ch. 3 Nesse & Williams 1998
3	4/17 & 4/19	Evolution of Human Life Histories; Reproductive Ecology; Epidemiological Transitions; Evolution of Hominid Diets  <b>Lab 3: Food Production &amp; Health; Paleopathology (Lab 2 DUE)</b>	Rosenberg & Trevathan 2001 Leonard 2002 M&T Ch. 4
4	4/24 & 4/26	The Nutrition Transition; Economic Development and Health; Physical Activity; Obesity <i>Video: Supersize Me</i>  <b>Lab 4: Activity, Diet &amp; Body Comp. (Lab 3 DUE)</b>	Cordain et al. 2005 Popkin 2002 Nesse & Williams 1994 (Ch. 10)
5	5/1 & 5/3	Chronic Diseases cont'd (Cardiovascular Disease; Diabetes; Cancers; Allergies); Evolutionary Perspective on Mental Health  <b>Lab 5: Review for Midterm Exam (Lab 4 DUE)</b>	Nesse & Williams 1994 (Ch. 11, 12 & 14)
6	5/8  5/10	<b>Midterm Exam</b>  Biocultural Perspectives on Health; Medical Ecology; Political Economy; World Systems  <b>Lab 6: Video--Rx for Survival</b>	M&T Ch. 1 & 2 ( <i>Not</i> covered on midterm exam)
7	5/15 & 5/17	Global Health & Health Disparities; Ethics; Politics & Economics of Food & Health  <b>Lab 7: Ethics in Medicine (Discussion)</b>	M&T Ch. 5 Farmer 2005 (*Start Fadiman 1997)
8	5/22 & 5/24	Public Health & Individual Rights; Vaccination <i>Video: Typhoid Mary</i> Stress; Prenatal Stress; Culture Change; Poverty  <b>Lab 8: Public Health; Vaccination (Discussion)</b>	M&T Ch. 7 Sapolsky 2005 (*Continue Fadiman 1997)
9	5/29 & 5/31	Social Construction of Health & Illness; Disability; Healers in Cross-Cultural Perspective; Ethnomedicine & Ethnopediatrics <i>Video: Between Two Worlds</i>  <b>Lab 9: The Spirit Catches You... (Discussion)</b>	Fadiman 1997
10	6/5 & 6/7	Biomedicine & the US Health Care System; Anthropology & Violence (Forensic Anthropology & Human Rights)  <b>Lab 10: Review for Final Exam</b>	M&T Ch. 8 Gawande 2002 M&T Ch. 10 (p 404-408)
	6/11	<b>Final Exam (Monday, June 11 @ 8:00am)</b>	

**ANTH 174: Anthropology of Food & Health**  
***Required Readings***

**Week 1**

- Futuyma DJ. 1982. Scientific knowledge (Ch. 9). In: Science on Trial: The Case for Evolution. Sunderland: Sinauer. p. 161-174.
- Mayr E. 2001. What is the evidence for evolution on Earth? (Ch. 2). In: What Evolution Is. New York: Basic Books. p. 12-39.
- Balter M. 1995. Are humans still evolving? *Science* 309: 234-237.

**Week 2**

- Goldsmith TH, Zimmerman WF. 2001. The physical record of human origins (Ch. 12). In: Biology, Evolution, and Human Nature. New York: Wiley. p. 275-291.
- McElroy A, Townsend PK. 2004. Genes, culture, and adaptation (Ch. 3). In: Medical Anthropology in Ecological Perspective (4<sup>th</sup> edition). Boulder: Westview Press. p. 79-126.
- Nesse RM, Williams GC. 1998. Evolution and the origins of disease. *Scientific American* (Nov.): 86-93.

**Week 3**

- Rosenberg KR, Trevathan WR. 2001. The evolution of human birth. *Scientific American* (Nov.): 80-85.
- Leonard WR. 2001. Food for thought: Dietary change was a driving force in human evolution. *Scientific American* (Dec.): 74-83.
- McElroy A, Townsend PK. 2004. Changing patterns of disease and death (Ch. 4). In: Medical Anthropology in Ecological Perspective (4<sup>th</sup> edition). Boulder: Westview Press. p. 127-172.

**Week 4**

- Cordain L, Eaton SB, Sebastian A, Mann N, Lindeberg S, Watkins BA, O'Keefe JH, Brand-Miller J. 2005. Origins and evolution of the Western diet: Health implications for the 21st century. *American Journal of Clinical Nutrition* 81: 341-354.
- Popkin BM. 2001. The dynamics of the dietary transition in the developing world (Ch. 6). In: Caballero B, Popkin BM (eds.), The Nutrition Transition: Diet and Disease in the Developing World. Amsterdam: Academic Press. p. 111-128.
- Nesse RM, Williams GC. 1994. Diseases of civilization (Ch. 10). In: Why We Get Sick: The New Science of Darwinian Medicine. New York: Times Books. p. 143-157.

**Week 5**

- Nesse RM, Williams GC. 1994. Allergy (Ch. 11). In: Why We Get Sick: The New Science of Darwinian Medicine. New York: Times Books. p. 158-170.

Nesse RM, Williams GC. 1994. Cancer (Ch. 12). In: Why We Get Sick: The New Science of Darwinian Medicine. New York: Times Books. p. 171-181.

Nesse RM, Williams GC. 1994. Are mental disorders diseases? In: Why We Get Sick: The New Science of Darwinian Medicine. New York: Times Books. p. 207-233.

### **Week 6**

McElroy A, Townsend PK. 2004. The ecology of health and disease (Ch. 1). In: Medical Anthropology in Ecological Perspective (4<sup>th</sup> edition). Boulder: Westview Press. p. 1-32.

McElroy A, Townsend PK. 2004. Interdisciplinary research in health problems (Ch. 2). In: Medical Anthropology in Ecological Perspective (4<sup>th</sup> edition). Boulder: Westview Press. p. 33-78.

### **Week 7**

McElroy A, Townsend PK. 2004. The ecology and economics of nutrition (Ch. 5). In: Medical Anthropology in Ecological Perspective (4<sup>th</sup> edition). Boulder: Westview Press. p. 173-218.

Farmer P. 2005. Health, healing, and social justice: Insights from liberation theology (Ch. 5). In: Pathologies of Power: Health, Human Rights, and the New War on the Poor. Berkeley: University of California Press. p. 139-159.

### **Week 8**

McElroy A, Townsend PK. 2004. Stress, illness, and healing (Ch. 5). In: Medical Anthropology in Ecological Perspective (4<sup>th</sup> edition). Boulder: Westview Press. p. 263-308.

Sapolsky R. 2005. Sick of poverty. *Scientific American* (Dec.): 93-99.

### **Week 9**

Fadiman A. 1997. The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures. New York: Farrar, Straus and Giroux.

### **Week 10**

McElroy A, Townsend PK. 2004. Health resources in changing cultures (Ch. 8). In: Medical Anthropology in Ecological Perspective (4<sup>th</sup> edition). Boulder: Westview Press. p. 309-356.

Gawande A. 2002. The learning curve. *The New Yorker* (Jan. 28): 52-61.

McElroy A, Townsend PK. 2004. Medical anthropologists at work: Meeting the challenges of the twenty-first century (Ch. 10). In: Medical Anthropology in Ecological Perspective (4<sup>th</sup> edition). Boulder: Westview Press. p. 404-408.