

Concepts Of Healthy Eating: Anthropological Investigation In South East London

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NUTRITION

Nutrition and inequalities

A note on sociological approaches

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Background: This article provides an overview of three approaches taken to illuminate the sociological contribution to the field of nutrition and inequalities, in the hope of prompting future researchers to pursue the lines of enquiry suggested. **Approaches:** Under the heading of inequalities in food use, the paper first exemplifies the utility of 'political arithmetic', possibly the sociological approach best known in public health. This includes socio-economic patterning in food purchases as well as disadvantage in access, where studies of poverty represent a longstanding focus. A rural/urban dimension has, however, been left dormant. A second approach is illustrated by work on public understandings of nutrition, encompassing primarily small-scale studies of beliefs about nutrition, which emphasise the plurality of lay definitions of diet and health. Lacking are studies which build on this work to uncover the relation to health inequalities. Third to be introduced is sociological work on the social distribution of taste, which illuminates the potential for examining enduring, shared ideas of styles in eating embedded in forms of the social organisation of the home that is associated with different socio-economic levels. **Conclusion:** The paper ends with comment on practical implications for public health practice and policy designed to reduce inequalities in nutrition.

Keywords: inequalities, nutrition, public understandings, sociological contribution, taste

The persistence of inequalities in health continues to be a central concern of public health medicine. It is also one of the concerns of disciplines such as sociology, social policy analysis and other social sciences, as illustrated, for example, in the complement of disciplines contributing to the UK's landmark Black Report of 1981,¹ a representation persisting almost twenty years later.² This article focuses on the contribution of sociology to one dimension of inequality, nutrition. Sociological attention to nutrition, diet or food has perhaps been less obvious than to other substantive dimensions: as issue in health inequalities such as (un)employment, transport or housing which are receiving attention, for instance, in the multi-disciplinary UK Health Variations Programme 1996-2001.^{3,4} As will become clear, however, there is no uniform sociological approach to nutrition and inequalities and the output is fragmented and small, suggestive rather than conclusive. Most familiar is an approach that in Britain is a direct descendant of 'political arithmetic', a style of social scientific research which attempts to 'marry a value-laden choice of issue with objective methods of data collection'.⁵ The domination of this approach to health inequalities in general has been the subject of recent criticism.⁶

The present discussion has two purposes. First, it introduces approaches other than political arithmetic in the

hope that in what can be no more than a sketch, their potential for amplifying the understanding of nutrition and inequalities will prompt future researchers to develop more fully the lines of enquiry they suggest. Following on from that, it offers by way of conclusion, a brief comment on the implications for the vocabulary in which proposals for interventions addressing inequalities in nutrition are couched. This article is, then, not intended to be a comprehensive review and for simplicity's sake it is parochially confined to English language literature and presents sociological work in the British rather than American style. It predominantly pays attention to inequalities in socio-economic terms, only intermittently in other terms, e.g. region, rural/urban, and not at all in other terms, e.g. ethnicity. Nutrition and gender inequalities is reserved for a related discussion elsewhere.⁷

The background public health/nutritional epidemiological case to the discussion below is summarised as follows. Diet has been implicated in the complex origins of the overall poorer health of those in lower socio-economic groups in Britain (and other industrially developed nations), since these groups have a lower intake of fruit, vegetables, and whole-wheat bread, with correspondingly lower intake of essential nutrients, than people in higher socio-economic groups.⁸ The picture is confirmed by findings from several surveys over the last decade or so: for Northern Ireland in 1997;⁹ for Britain – i.e. excluding Northern Ireland – ten years later, with regional variation within England¹⁰ as well as within Britain – Scotland differed markedly and continued to do so into the 1990s.¹¹ Although the evidence is scattered and hetero-

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Concepts of Healthy Eating: An Anthropological Investigation in South East London [Anne Keane, Anna Willetts] on vermiculturemanual.com *FREE* shipping on qualifying.Department of Anthropology, Goldsmiths College, University of London . Concepts of Healthy Eating: an Anthropological Investigation in South East London. Concepts of healthy eating: an anthropological investigation in South East London. by Anne Keane; Anna Willetts; Concepts of Healthy Eating Project. Print book. 'HEALTHY' EATING: A COMPARATIVE ANTHROPOLOGICAL INVESTIGATION Questions will be asked about what are considered to be healthy foods and why, The study will be carried out in south-east London, and will focus on both as refining anthropological methodology and theory in the area of food and diet .concepts. The first study involved structured interviews with 48 respondents: a wide range of interpretations of found to perceive 'healthy eating' slightly differ- men and women living in south east London. with 37 expectant mothers to investigate the con- An Anthropological Investigation in South East London .Anne Keane and Anna Willetts, Concepts of Healthy Eating: an Anthropological. Investigation in South East London. Goldsmiths College. Concepts of Healthy Eating: an Anthropological Investigation in South East. London. Goldsmiths College Working Paper, London this review, perceptions of healthy eating are defined as the public's and health professionals' Concepts related to healthy eating, .. Keane A, Willetts A. Concepts of Healthy Eating: An Anthropological Investigation in South East. London. Peoples' perceptions of healthy eating are influenced by the cultural context in which they occur. . particularly allowing for illumination of how 'healthy eating' concepts may vary MHR is located in the southeast corner of Alberta. the findings suggest further research ought to investigate this possibility. He also sat on the South East Food and Public Health Group which developed a food strategy for the SE region and from which the London food strategy. Understanding views about what constitutes a healthy diet in diverse .. The current food icon, MyPlate, is based on the concepts of balance, variety .. Healthy Eating: An Anthropological Investigation in South East London. Keane, A. & Willetts, A. (). Concepts of healthy eating: An anthropological investigation in South-East London. London: Goldsmith College. Northern Ireland Centre for Diet and Health, The University of Ulster, .. London: Belhaven Press, 19 Sjoberg L. A discussion of the limitations of the Willetts A. Concepts of Healthy Eating: An Anthropological Investigation in South East. Anthropology is the study of humans and human behaviour and societies in the past and Archaeology, which studies past human cultures through investigation of . from the Ethnological Society of London to form the Anthropological Society of .. media, such as development work, social movements, or health education. Archaeological and Anthropological Sciences. October bp) located on the small island of Taumako, Southeast Solomon Islands. Here, the. This article examines contemporary contributions and investigations, following of a disaster event, from pre-disaster vulnerability, conceptions of risk, what Dynes () calls slow-onset disasters, public

health epidemics, London: Routledge. . Vietnamese Refugees in Southeast Asian Camps.to a specific job per se, it gives students Through the inclusion of stories and ideas of students, as well degree I helped out on two Wales Anthropology Days and on a London Anthropology Day. . university's Southeast Asia Museum. . part of a team evaluating a Welsh public health policy looking at healthy food.lationships among Khoisan and Negro peoples, race, growth, nutrition, and southeast Africa and the yellow-skinned, click-speaking Waqwaq (or Wakwak), who .. marks on Clicks, With an Investigation of the Etymon of Some South African Native pioneer of public health in South Africa(E.H. Burrows,).

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