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Nutritional anthropology is a field of medical anthropology that dedicates its research to international health and the complex interrelationships between human reproduction, nutrition, history, ethnography, and evolutionary medicine. Nutritional anthropology further focuses on the consumption of food and food sciences as a fundamental abstraction of human existence. I chose to interpret nutritional science because the problems of global hunger are arguably more complex, as we witness the highly documented mass starvation and strategic famine imposed on the citizens of Gaza, Palestine, by the occupying Israeli state.

According to Al-Jazeera, using spatial analysis and open-source research, Forensic Architecture unpacks the architecture of Israel's deliberate strategy of imposing starvation that has pushed Gaza towards famine. The report details how Israel has weaponized aid, forcing Palestinians to travel long distances to reach military-run distribution centers in the south of the Strip, while opening fire on those same civilians as they seek aid. The IDF has also obstructed agricultural and food infrastructure through the systematic use of bulldozers and heavy machinery to destroy fields in North Gaza and damage potential fresh harvest and fruits/dates in Deir El Balah- known for its oranges, dates, and olives.



Modern Western Diet & Malnutrition

The nutritional characteristics of a diet have a profound influence on the development and health of individuals. Cultural notions of family, community, sharing, and morality are all explored and expressed through the acquisition, preparation, and consumption of food. Diseases such as Diabetes and Heart Disease risk vary with increased urbanization and economic affluence. It was in this article that urban males were at higher risk for type II diabetes than their rural counterparts. This difference in diabetes risk was attributed to a more frequent use of meats and a less frequent use of olive oil and foods rich in complex carbohydrates.

There has been a history of biological research in nutritional anthropology with clinical correlates. Long-chain polyunsaturated fatty acids, such as omega-3s, are critical for sustaining the very rapid expansion of the cerebral cortex since the beginning of time. Anthropological and archaeological research indicate a shift in the resource base toward higher-quality foods throughout recorded history.

There is evidence for both meat and fish scavenging, even though sophisticated tools and organized hunting may not have been developed or available. The earliest evidence of *Homo sapiens* and sophisticated tool technology is associated with aquatic resource bases. Tropical freshwater fish and shellfish have long-chain polyunsaturated lipid ratios more like those of the human brain. Regions and groups that allowed the availability of fish and shellfish likely sustained cerebral cortex growth.

Protein-energy malnutrition, vitamin A deficiency, iodine deficiency disorders, and nutritional anemias — mainly resulting from iron deficiency or iron losses — are the most common serious dietary problems in almost all countries of Asia, Africa, Latin America, and the Near East, according to the World Health Organization. Health statistics from the WHO suggest that one in every five people in the developing world is chronically undernourished, 192 million children suffer from protein-energy malnutrition, and millions experience micronutrient deficiencies. In addition, diet-related diseases such as obesity, cardiovascular disease, stroke, diabetes, and some forms of cancer exist or are emerging as public health problems in many developing countries.

The combination of severe acute malnutrition and infectious disease is particularly deadly. Malnutrition compromises the immune system, leaving the victims more vulnerable to infections and more likely to die from them. Problems of global hunger are arguably more severe and complex. Diseases such as diabetes and heart disease risk vary with increased urbanization and economic affluence. Diabetes and heart disease risk vary with increased urbanization and economic affluence. Diabetes and heart disease risk are due to more frequent consumption of meats and frequent use of cooking oil in food, as well as overconsumption of rich and complex carbohydrates, which are commonly consumed in modern society. Global public health problems, such as protein and fiber malnutrition, vitamin A deficiency, iodine deficiency disorders, and nutritional anemias, are the most common issues that can impact the quality of epigenetic survival in future populations, particularly in younger generations who are highly susceptible to these deficiencies.

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