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Corporal Image, between Biology and Culture. Food, Nutrition and Health Anthropology

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Susanne, Charles (Univ. Libre de Bruxelles. Lab. Anthropologie (CP 192). 50 Av. F. Roosevelt. B-1050 Bruxelles): **L'influence de la nutrition sur les populations actuelles, en particulier dans le cas de l'évolution séculaire** (Influence of nutrition on current populations, particularly in the case of secular evolution) (Orig. fr)

In: *Zainak*. 27, 11-30

Abstract: Anthropology usually uses epidemiological and statistic methods, usually relates its observations with mesologic observations, allows us to cover such diverse topics as obesity, nutritional shortages, illnesses or genetic syndromes, and socio-economic differences. Secular changes in Europe, which correspond to an average increase in height and weight and an earlier age in which sexual maturity is reached, go together with nutritional changes and changes in nutritional habits.

Key Words: Nutrition. Secular evolution. Growth.

Contreras Hernández, Jesús (Univ. de Barcelona. Dpto. de Antropología Social. Baldiri Reixac, 10-12. 08028 Barcelona): **La obesidad: una perspectiva sociocultural** (Obesity: a socio-cultural perspective) (Orig. es)

In: *Zainak*. 27, 31-52

Abstract: Nowadays, obesity is an important health problem. It is a complex matter, the triggers of which have to do with economic and cultural factors. There is a conflict of values between being fat and being thin as a consequence of the changes that have taken place in our society. To analyse this, a comparative perspective may spotlight the contradictions of our society in terms of obesity.

Key Words: Obesity. Nourishment. Health. Thinness. Society.

Arroyo Izaga, Marta; Rocandio Pablo, Ana; Ansótegui Alday, Laura (UPV / EHU. Fac. de Farmacia. Dpto. de Nutrición y Bromatología. Pº de la Universidad, 7. 01006 Vitoria / Gasteiz); **Herrera, Héctor; Salces Beti, Itziar; Rebato Ochoa, Esther M.** (UPV / EHU. Fac. de Ciencia y Tecnología. Dpto. de Genética, Antropología Física y Fisiología Animal. Sarriena, s/n. 48940 Leioa): **Percepción de la imagen corporal en estudiantes de la Universidad del País Vasco** (Perception of body image in students from the University of the Basque Country) (Orig. es)

In: *Zainak*. 27, 55-63

Abstract: There is currently an increasing concern amongst young people about their physical aspect. This is why we have decided to evaluate the perception of body image amongst university students. Women chose significantly slimmer figures than men, and expressed a higher dissatisfaction with their image. Such results may be influenced by social pressure on women's image.

Key words: Body image. University students.

Rocandio Pablo, Ana; Arroyo Izaga, Marta; Ansótegui Alday, Laura (UPV / EHU. Fac. de Farmacia. Dpto. de Nutrición y Bromatología. Pº de la Universidad, 7. 01006 Vitoria / Gasteiz); **Herrera, Héctor; Salces Beti, Itziar; Rebato Ochoa, Esther M.** (UPV / EHU. Fac. de Ciencia y Tecnología. Dpto. de Genética, Antropología Física y Fisiología Animal. Sarriena, s/n. 48940 Leioa): **Actitudes frente al peso corporal de estudiantes de la Universidad del País Vasco** (Attitudes on body weight of students from the University of the Basque Country) (Orig. es)

In: *Zainak*. 27, 65-70

Abstract: The pressure that society exerts on its members has brought about an excessive concern over weight and physical appearance. 526 students' attitudes to weight (158 men and 368 women) were studied. They reflect a desire to be slimmer than they are even though they consider their weight is below what a healthy weight should be.

Key Words: Declared weight. Real weight. University students.

González Aramendi, José Manuel (Centro Sanitario Virgen del Pilar. Pº Zarategi, 10. 20013 Donostia / San Sebastián): **Ejercicio físico, alimentación y salud en las sociedades hipérricas** (Physical exercise, nutrition and health in hyper rich societies) (Orig. es)

In: *Zainak*. 27, 71-81

Abstract: Concern about body image is to be focussed on care for the body that supports our life, placing ourselves in conditions to serve others and delaying as much as possible the time when we shall need others. Physical exercise, more than anything else, can help us in this task of self-care and solidarity.

Key Words: Physical exercise. Physical Activity. Health. Body. Life. Obesity. Slimness. Anabolic.

Montero López, Pilar (Univ. Autónoma de Madrid. Fac. de CC. Dpto. de Biología. Campus Cantoblanco. Ctra. de Colmenar, km. 15. 28049 Madrid): **Valoración nutricional de niños, adolescentes y jóvenes discapacitados visuales** (Nutritional evaluation of children, handicapped teenagers and young visual handicapped people) (Orig. es)

In: *Zainak*. 27, 83-97

Abstract: The knowledge of the nutritional state during childhood and adolescence is very important, especially in vulnerable populations, as is the case with the blind and nearly blind. In this contribution, food and nutrition of a sampling of 291 blind and nearly blind men and women, aged between 6 and 23 years old.

Key Words: Food. Nutrients. Food balance. Anthropometrics. Blind and nearly blind.

Irazusta Astiazaran, Amaia (UPV / EHU. Escuela de Enfermería. Dpto. de Enfermería I. Sarriena, s/n. 48940 Leioa); **Ruiz Litago, Fátima; Gil Orozco, Susana; Gil Goikouria, Fco. Javier; Irazusta Astiazaran, Jon** (UPV / EHU. Fac. de Medicina y Odontología. Dpto. de Fisiología. Sarriena, s/n. 48940 Leioa): **Hábitos de vida de los estudiantes de enfermería** (Habits of life in nursing students) (Orig. es)

In: *Zainak*. 27, 99-107

Abstract: "Looking after" our body is a healthy practice, but lately it is also becoming a hazardous practice, especially during the adolescence. The objective of this study is to know the nutrition and physical activity habits of a group of nursing students, since one of the functions of such professionals is to teach healthy habits of living.

Key Words: Students. Life habits. Nutrition. Physical activity.

Gorrotxategi Gorrotxategi, Pedro; Iburguren Agirre, Oihana (Centro de Salud Beraun. Avda. de Galtzaborda, 67. 20100 Errenteria): **Conocimientos sobre las consecuencias de los trastornos del comportamiento alimentario en los adolescentes de Errenteria** (Knowledge on the consequences of the disorders of nutritional behaviour in adolescents in Errenteria) (Orig. es)

In: *Zainak*. 27, 109-121

Abstract: The objective of this work is to ascertain the knowledge of adolescents in the municipality of Errenteria on nutritional behaviour problems with a view to elaborate a health promotion program for this age group. The knowledge on bulimia and anorexia is scarce in both boys and girls, and knowledge on important aspects like osteoporosis and cardiac alterations is non-existent.

Key Words: Adolescence. Disorders in nutritional behaviour. Anorexia. Bulimia.

Espeitx Bernat, Elena (OPCA (Observatori Permanent dels Comportaments Alimentaris). Pl. Ramón Berenguer el Gran, 1 - 1r, 1ªB. 08002 Barcelona): **La alimentación como instrumento: restricciones alimentarias severas, consumos desmesurados y “dietas adelgazantes”** (Nutrition as an instrument: severe nutritional restrictions, huge consumption and “slimming diets”) (Orig. es)

In: *Zainak*. 27, 123-140

Abstract: In this article, the different cultural reasons for fasting and the sense acquired by food, and its avoidance as a means of marking a difference and social control. The emergence and dissemination of the body ideal based on thinness is analysed together with the way in which, for women, corporal experiences canalise and express individual and social identities.

Key Words: Body image. Nutrition. Nutritional restrictions. Compulsive eating. Abundance of food. “desire to be slim”. Lipophobia.

Díez Hernández, Itziar (Hospital Donostia. Serv. de cuidados intensivos pediátricos. Apdo. de correos, 477. 20080 Donostia / San Sebastián): **La anorexia nerviosa y su entorno socio-familiar** (Nervous anorexia and its socio-family environment) (Orig. es)

In: *Zainak*. 27, 141-147

Abstract: The continuum health-illness is present throughout an individual's life. Illness may be expressed in various manners and without pretending to, the human being adapts the expression thereof, as from its conditions and circumstances in the social, cultural and family atmosphere. Nervous anorexia is a particular form of being ill, specific of our times and society.

Key Words: Anorexia. Nervous anorexia. Body image. Adolescence. Family. Nutrition. Thinness.

Gracia Arnaiz, Mª Isabel (Univ. Rovira i Virgili. Area Universidad-Empesa. Pl. Imperial Tarraco, 1. 43005 Tarragona): **Cuerpo, alimentación y salud: razones para no comer** (Body, food and health: reasons for not eating) (Orig. es)

In: *Zainak*. 27, 149-164

Abstract: This communication covers nutrition as a mechanism of control of the human being over his own body, an “inside” control but also a control mechanism of the social aspect through the individual, control of the “outside” by means of the “inside”, using one's own body as the instrument. We shall see how this can trigger complex processes.

Key Words: Nervous anorexia. Body. Women. Self-fasting. Ethnic disorder. Social construction.

Cáceres Nevot, Juan José (Ramon Berenger el Gran, 1 - 1ªB - 1ª. 08002 Barcelona): **La incidencia de la preocupación por la imagen corporal en las elecciones alimentarias de los jóvenes** (The incidence of concern for one's own body image in young people's choice of food) (Orig. es)

In: *Zainak*. 27, 165-177

Abstract: There has been a recent upsurge in interest for the study of young people's nutritional habits. This observation has stimulated our interest for the analysis of the logic behind young people's nutritional consumption. In this contribution we are going to deal with the incidence of attitudes towards or concern for body image in nutritional choices.

Key Words: Nutrition. Young people. Independence. Attitudes. Behaviours. Perceptions.

Bullen, Margaret L.; Pecharromás Ferrer, Begoña (FARAPI. Antropología Aplikatua. Bic Gipuzkoa Berrilan. Parque Tecn. Miramón. Pº Mikeletegi, 56. 20009 Donostia / San Sebastián): **Una perspectiva socio-cultural de los trastornos alimentarios** (A socio-cultural perspective of nutritional disorders) (Orig. es)

In: *Zainak*. 27, 179-186

Abstract: The objective of this work is to ascertain the knowledge of adolescents in the municipality of Errenteria on nutritional behaviour problems with a view to elaborate a health promotion program for this age group. The knowledge on bulimia and anorexia is scarce in both boys and girls, and knowledge on important aspects like osteoporosis and cardiac alterations is non-existent.

Key Words: Applied anthropology. Nutritional disorders. Gender. Body image. Consumer society.

Imaz Martínez, Elixabete (Eusko Ikaskuntza. María Díaz de Haro, 11 - 1. 48013 Bilbao): **Réflexion sur quelques images pour penser le corps de la femme enceinte** (Reflexions on certain images to conceptualise a pregnant woman's body) (Orig. fr)

In: *Zainak*. 27, 187-191

Abstract: In this communication I am going to present three images or metaphors that are very much used to represent a pregnant woman's body: a) pregnancy as fusion; b) pregnancy as invasion; c) pregnancy as a divided body. These metaphors coexist and evoke the social ways in which maternity and the mother-child relationship are understood.

Key Words: Maternity. Body. Pregnancy. Metaphors. Anthropology.

Leizaola Calvo, Fermín (Sdad. de CC. Aranzadi. Dpto. de Etnografía. Alto de Zorroaga. 20014 Donostia / San Sebastián): **Los pastores no hacen aerobio, evolución en sus hábitos alimentarios** (Sheperds do not practice aerobic, evolution of their nutritional habits) (Orig. es)

In: *Zainak*. 27, 193-206

Abstract: This text analyses the nutritional habits and types of food made by mountain shepherds over the last fifty years. To carry this analysis out a study has been made of the contents of some rubbish heaps near the shepherds' huts and sheep sheds and of the information from polls carried out with the shepherds themselves.

Key Words: Shepherds. Huts. Sheep sheds. Rubbish heaps. Food. Nutrition.

Goicoetxea Marcaida, Ángel (Eusko Ikaskuntza. María Díaz de Haro, 11 - 1. 48013 Bilbo): **La imagen corporal en el arte y en el cancionero vasco** (Body image in Basque art and songs) (Orig. es)

In: *Zainak*. 27, 207-220

Abstract: The idea is to explain and value the presence of the body image in two concrete aspects of culture. On one hand we analyse the most popular forms of expression, concretely the Basque songbook. On the other hand, we examine painting, a more academic artistic expression, concentrating on the work by Basque painters. In both cases we try to emphasise the cultural phenomenon and social components that characterise body image, in particular in the present day.

Key Words: Body image. Songbook. Painting.

Fernández de Labastida Medina, Ixone (UPV / EHU. Dpto. Antropología Social. Formación de Investigadores del Gobierno Vasco. Tolosa Hiribidea, 70. 20019 Donostia / San Sebastián): **Imagen corporal, salud y alimentación: confluencias en un estilo de vida "ecológico"** (Body image, health and nutrition: confluences in an "ecological lifestyle") (Orig. es)

In: *Zainak*. 27, 221-238

Abstract: Social analysis of the body, health and nutrition reveals important information on people's lifestyle. This article starts with the theoretical analysis of these three concepts. Finally, as a conclusion, it will analyse the confluence of such elements in the 'ecological' or 'alternative' lifestyle.

Key Words: Nutritional quality. Health. Body image. Lifestyle. Ecological.

Apodaka Osatikoetxea, Eduardo (UPV / EHU. Gizarte eta Komunikazio Zientzien Fak. Gizarte Psikología Saila. Sarriena, z/g. 48940 Leioa): **Gorputza, gogoaren eduki** (The body, content of the soul) (Orig. eu)

In: *Zainak*. 27, 239-249

Abstract: In the occidental world, the body has been represented as a container and support for the spirit. Nowadays, in these times of feeble identities, when in Social Psychology they speak of the rupture of the ego, the corporal figure is used to maintain the ego united. Here we pretend to demonstrate how, in the chaos of personal identities (that is, societies and cultures), the spirit contributes the body, in a model that leaves dialectics aside from the body and the spirit, and considers both as an integrated aspect of subjectivisation.

Key Words: Body. Plural ego. Disintegration of the subject. Subjectivisation. Phenomenology of the psycho-somatic ego.

Macías, Olga (UPV / EHU. Fac. CC. Sociales y de la Información. Dpto. Historia Contemporánea. Apdo. 644. 48080 Bilbao): **Alimentación e ideología obrera en Bilbao durante la transición del siglo XIX al siglo XX** (Nutrition and workers' ideology in Bilbao during the transition from the 19th to the 20th centuries) (Orig. es)

In: *Zainak*. 27, 251-268

Abstract: In the transition from the 19th to the 20th century a new society was crystallising in Bilbao. In it, the workers' organisations were looking for the way to agglutinate the increasing amount of workers in the town and in its area of influence. For such organisations, nutrition was a key element for workers' class awareness.

Key Words: Nutrition. Workers' ideology. Social transformations. Basque Country. Bilbao.

Urbón Ladrero, Eva (Universidad de Zaragoza, Pedro Cerbuna, 12. 50006 Zaragoza): **En torno al vestido y al cuerpo: moda y aceptación social. Años noventa y años dos mil** (On dress and body image: fashion and social acceptance. The nineties and the early two thousands) (Orig. es)

In: *Zainak*. 27, 269-278

Abstract: The causes of nutritional conduct disorders can be both individual and social or cultural. Fashion and the universe that turns around it make us chase behind an ideal body image that is unattainable and that provokes disorders. As from the nineteen-nineties fashion transfers dress to a second place and preserves its distinction to the body.

Key Words: Nutritional conduct disorders. Cult to the body. Social and cultural causes. Fashion.

Rebato Ochoa, Esther M.; Salces Beti, Itziar; Muñoz Cachón, M^a Jesús; Fernández Orth, Juncal; Herrera, Héctor (UPV / EHU. Fac. De Ciencia y Tecnología. Dpto. de Genética, Antropología Física y Fisiología Animal. Sarriena, s/n. 48940 Leioa); **Arroyo Izaga, Marta; Rocandio Pablo, Ana; Ansótegui Alday, Laura** (UPV / EHU. Fac. de Farmacia. Dpto de Nutrición y CC. de la Alimentación. P^o de la Universidad, 7. 01006 Vitoria / Gasteiz): **Diferencias sexuales en la cantidad y distribución de grasa corporal en universitarios de la Comunidad Autónoma Vasca** (Sexual differences in body fat quantity and distribution in university students in the Basque Autonomous Community) (Orig. es)

In: *Zainak*. 27, 279-288

Abstract: A study has been carried out of the relation between the amount of body fat and its pattern of distribution in 159 men and 390 women university students, living in the Basque Autonomous Community. In the central subjects, particularly in the case of women, increases in the average readings of the body mass index are observed, and also in the waist-hip ratio and in the total adiposity index, with respect to peripheral subjects.

Key Words: Adiposity. Anthropometrics. Body Mass Index (BMI). Waist-hip ratio (WHR). Fat distribution pattern. Central fat. Sexual dimorphism. Principal Components Analysis (ACP or PCA).

Salces Beti, Itziar; Rebato Ochoa, Esther M.; Herrera, Héctor (UPV / EHU. Fac. de Ciencia y Tecnología. Dpto. de Genética, Antropología Física y Fisiología Animal. Sarriena, s/n. 48940 Leioa); **Susanne, Charles** (Free Univ. of Brussels. Pleinlaan, 12. B-1050 Brussels): **Fuentes genéticas y ambientales de la transmisión familiar del patrón de adiposidad en una muestra de la Comarca del Gran Bilbao** (Genetic and enviromental sources of family transmission of the adiposity pattern in a sampling from the Greater Bilbao area) (Orig. es)

In: *Zainak*. 27, 289-306

Abstract: The transmissible and non-transmissible components of family similitude have been studied as refers to various body adiposity indicators using an analysis path, on a transversal sample of 104 nuclear families living in Greater Bilbao. The estimates of the total component of the variability (t^2) obtained are within the range of variability of the readings established in medical literature.

Key Words: Subcutaneous fat. CFR. Family transmission. Path analysis. Bizkaia.

Restrepo Calle, M^a Teresa; Rosique Gracia, Javier; Rebato Ochoa, Esther M. (UPV / EHU. Fac. de Ciencia y Tecnología. Dpto. de Genética, Antropología Física y Fisiología Animal. Sarriena, s/n. 48940 Leioa): **Variación de la morfología corporal según el nivel socioeconómico en una muestra de población suramericana** (Variation of bodily morphology according to the socio-economic level in a sampling of the South American population) (Orig. es)

In: *Zainak*. 27, 307-318

Abstract: 17 anthropometrical dimensions have been studied in a sampling of 336 teen-age Colombians, aged 14 to 16. To check a possible association between the social and economic level and corporal morphology, an Analysis of Principal Components (ACP or PCA) was carried out. When correcting anthropometrical variables in mass and puberal state, the social en economic level was associated in the ACP or PCA to waist fat and the lineal qualities of the chest.

Key Words: Anthropometrics. Waist. Hip. Body morphology.

Gutiérrez de Aguas, Ricardo; Yaber Goenaga, Iván Antonio (Univ. del Norte. Dpto. de Química y Biología; Km. 5, Vía Puerto. Barranquilla. Colombia); **Núñez de Murga, Manuel; Sancho Navarro, María; Núñez de Murga, Javier; Soler Vázquez, Carles** (Univ. de Valencia. Dpto. de Biología Funcional i Antropología Física. 46100 Burjassot); **Álvarez González, Juan** (Centro de Infertilidad Masculina ANDROGEN. Fernando Macías, 8 - 1.C. 15004 A Coruña): **El atractivo facial masculino como predictor de la calidad seminal** (Male facial attractiveness as a predictor of seminal quality) (Orig. es)

In: *Zainak*. 27, 319-330

Abstract: Feminine and masculine populations in Spain and Colombia valued masculine face appeal in the pictures of 59 Caucasoid individuals. Women identified as most appealing those men with a better seminal quality. Men also showed their capacity to recognise possible competitors. In conclusion, masculine facial appeal provides information on seminal quality independently of race, cultural background and gender.

Key Words: Facial appeal. Seminal quality. Sexual selection. Human evolution. Physical Anthropology.