<table>
<thead>
<tr>
<th>項目</th>
<th>内容</th>
</tr>
</thead>
<tbody>
<tr>
<td>タイトル</td>
<td>持続可能性へのアプローチ：村の住民の健康状態についての研究</td>
</tr>
</tbody>
</table>
Background

Zambia

Heavy rain damages crops
Food provision is decreased
Villager’s nutritional and health condition is changed
Because they are depending on farming

Objective

✓ To reveal what are important factors for rural villagers to keep their nutritional and health condition

We can understand how people who are living in rugged environment maintain their health condition!!

Dietary Survey

✓ Weighing all foods a villager ate in a day (photo 1,2)
✓ Their staple food ‘nshima’ made from maize (photo 3)
✓ ‘Kapenta’ is important as source of protein in villages (photo 4)
✓ Women and children generally eat together from pots after household head eats (photo 5)
✓ Using own plate specially for weighing their share (photo 6,7)

Physical Activities & Behavioral Survey

✓ ‘Accelerometer’ counts their steps and automatically calculates the total energy expenditure (photo 1,2)
✓ ‘Pocket GPS’ records location where they are, distance they move, and velocity during moving (photo 1, 2)
✓ Explaining research to villagers through a local assistant (photo 3)
✓ Drawing water is women’s work (photo 4, 5)
✓ Making bricks to build a school (photo 6)
✓ Women have league match of ‘netball’ (photo 7)

Further Analysis & Next Challenge

✓ Comparing energy balance & nutritional intake among three sites, between sexes
✓ Relation with socio-economic status of each household
✓ Conducting same research in rainy season to reveal the important factors related to seasonal variation of nutritional status

This study was conducted as a part of the project E-04 of the Research Institute for Humanity and Nature.

Sayuri Kon, e-mail: sayukon@hs.hokudai.ac.jp