

DEPT OF ANTHROPOLOGY  
DEAN'S DISTINGUISHED LECTURE SERIES



Dr. Herman Pontzer  
Duke University

Tue, 2/6/24 at 3:00pm  
Alampi Room, Marine Science  
Building

## Healthy as a Hunter-Gatherer: Evolutionary Insights from Small-Scale Societies

Industrialization has radically and rapidly changed the way we eat and use our bodies. How do these changes impact our risk for heart disease, obesity, and other "diseases of civilization"? We'll draw on fieldwork with hunter-gatherer and farming communities around the world to understand how modernization changed our diet and metabolism. Insights from these populations can help guide public health strategies to extend longevity and improve our health.

For more information please contact Maydelle Romero  
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