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Hidden Hunger-Aya Hirata Kimura 2013-02-19 For decades, NGOs targeting world hunger focused on ensuring that adequate quantities of food were being sent to those in need. In the 1990s, the international food policy community turned its focus to the "hidden hunger" of micronutrient deficiencies, a problem that resulted in two scientific solutions: fortification, the addition of nutrients to processed foods, and biofortification, the modification of crops to produce more nutritious yields. This hidden hunger was presented as a scientific problem to be solved by "experts" and scientifically engineered smart foods rather than through local knowledge, which was deemed unscientific and, hence, irrelevant. In Hidden Hunger, Aya Hirata Kimura explores this recent emphasis on micronutrients and smart foods within the international development community and, in particular, how the voices of women were silenced despite their expertise in food purchasing and preparation. Kimura grounds her analysis in case studies of attempts to enrich and market three basic foods—rice, wheat flour, and baby food—in Indonesia. She shows the power of nutritionism and how its technical focus enhanced the power of corporations as a government partner while restricting public participation in the making of policy for public health and food. She also analyzes the role of advertising to promote fortified foodstuffs and traces the history of Golden Rice, a crop genetically engineered to alleviate vitamin A deficiencies. Situating the recent turn to smart food in Indonesia and elsewhere as part of a long history of technical attempts to solve the Third World food problem, Kimura deftly analyzes the intersection of scientific expertise, market forces, and gendered knowledge to illuminate how hidden hunger ultimately defined women as victims rather than as active agents. 2014 Global Hunger Index-Saltzman, Amy 2014-10-13 With one more year before the 2015 deadline for achieving the Millennium Development Goals, the 2014 Global Hunger Index report offers a multifaceted overview of global hunger that brings new insights to the global debate on where to focus efforts in the fight against hunger and malnutrition. The state of hunger in developing countries as a group has improved since 1990, falling by 39 percent, according to the 2014 GHI. Despite progress made, the level of hunger in the world is still [serious,] with 805 million people continuing to go hungry, according to estimates by the Food and Agriculture Organization of the United Nations. The global average obscures dramatic differences across regions and countries. Regionally, the highest GHI scores[and therefore the highest hunger levels]are in Africa south of the Sahara and South Asia, which have also experienced the greatest absolute improvements since 2005. South Asia saw the steepest absolute decline in GHI scores since 1990. Progress in addressing child underweight was the main factor behind the improved GHI score for the region since 1990.

Hidden Hunger-Hans Konrad Biesalski 2013-01-18 Hidden Hunger is an increasing problem even in developed countries, whose potential negative consequences on long-term health are often overlooked and underestimated. Chronic malnutrition is at the core of the global hunger challenge facing science, politics, and economics. In plain language and with moving examples, Hans K. Biesalski describes how hidden hunger affects human health long before malnutrition becomes obvious. Worldwide, over one third of deaths among children under 5 years of age is associated with malnutrition. As poverty is the main reason for hidden hunger, addressing this dire challenge requires long-term policies. Land grabbing and climate change seriously counteract a lot of efforts to overcome hidden hunger. This book is a highly impressive call to action. Investment in agriculture and in particular in small-scale farmers to improve subsistence farming are among the approaches suggested to reach a sustainable solution. The author is head of the department of biochemistry and nutrition and managing director of the Food Security Center at the University of Hohenheim, Germany. He is a member of numerous advisory and expert groups for the World Health Organization (WHO), the Food and Agriculture Organization (FAO) and the Global Forum on Food Security and Nutrition.

Hidden Hunger and the Transformation of Food Systems-H.K. Biesalski 2020-10-06 Hidden hunger is not about providing enough calories, it is about a lack of micronutrients, which has life-long consequences for the children who are mostly affected. This begins with physical and cognitive developmental disorders and continues with an increased risk of non-communicable diseases and the occurrence of obesity. The book compiles the contributions of the Fourth Congress on Hidden Hunger 2019 as original articles. The focus of the congress was the problem of malnutrition and overweight, which can coexist and is termed a “double burden”. Part of the book deals with the causes of malnutrition and the challenge of achieving an agricultural system that is more focused on food quality. Another part discusses the causes and intervention approaches to tackling childhood obesity, especially in connection with malnutrition. All in all, this publication is a summary of important work by highly renowned authors on the topic of the congress: “Hidden Hunger and the Transformation of Food Systems: How to Combat the Double Burden of Malnutrition?” Like its two predecessors, the book fills an important gap by summarizing the essential aspects for science, applied research, and politics at a high level.

Hidden Hunger and the Transformation of Food Systems-H.K. Biesalski 2020-10-06 Hidden hunger is not about providing enough calories, it is about a lack of micronutrients, which has life-long consequences for the children who are mostly affected. This begins with physical and cognitive developmental disorders and continues with an increased risk of non-communicable diseases and the occurrence of obesity. The book compiles the contributions of the Fourth Congress on Hidden Hunger 2019 as original articles. The focus of the congress was the problem of malnutrition and overweight, which can coexist and is termed a “double burden”. Part of the book deals with the causes of malnutrition and the challenge of achieving an agricultural system that is more focused on food quality. Another part discusses the causes and intervention approaches to tackling childhood obesity, especially in connection with malnutrition. All in all, this publication is a summary of important work by highly renowned authors on the topic of the congress: “Hidden Hunger and the Transformation of Food Systems: How to Combat the Double Burden of Malnutrition?” Like its two predecessors, the book fills an important gap by summarizing the essential aspects for science, applied research, and politics at a high level.

Radiation Brain Moms and Citizen Scientists-Aya Hirata Kimura 2016-08-05 Following the Fukushima Daiichi Nuclear Power Plant disaster in 2011 many concerned citizens—particularly mothers—were unconvinced by the Japanese government’s assurances that the country’s food supply was safe. They took matters into their own hands, collecting their own scientific data that revealed radiation-contaminated food. In Radiation Brain Moms and Citizen Scientists Aya Hirata Kimura shows how, instead of being praised for their concern about their communities’ health and safety, they faced stiff social sanctions, which dismissed their results by attributing them to the work of irrational and rumor-spreading women who lacked scientific knowledge. These citizen scientists were unsuccessful at gaining political traction, as they were constrained by neoliberal and traditional gender ideologies that dictated how private citizens—especially women—should act. By highlighting the challenges these citizen scientists faced, Kimura provides insights into the complicated relationship between science, foodways, gender, and politics in post-Fukushima Japan and beyond.

Hidden Hunger: Strategies to Improve Nutrition Quality-H.K. Biesalski 2018-04-17 Hidden hunger has long been an overlooked problem. Vitamin and mineral deficiencies have to be remedied and the availability of calories needs to be increased. As a matter of fact, the number of people who do not have access to a balanced diet has multiplied in rich and poor countries, with lasting consequences for health and well-being. Hidden hunger not only affects childhood growth and cognitive development, but also reduces productivity and well-being later in life, thus keeping the affected population trapped in a circle of poverty and malnutrition. This book illustrates the global fight against hunger by national governments and international organizations. Presented at the Third Hidden Hunger Conference held at the University of Hohenheim in Stuttgart, Germany, it presents a range of strategies being implemented in various regions of the world to improve nutrition quality and combat this international crisis.

Hidden Hunger-H.K. Biesalski 2016-05-24 Malnutrition caused by deficiencies of vitamins and minerals - also called hidden hunger - impairs both the intellectual and physical development of a child. Due to the absence of clinical symptoms and assessments, no intervention can be staged. The tragedy is that this, in turn, decreases the child’s chance to escape from poverty. This book looks at malnutrition in high-income countries, the nutrition transition and nutritional deficiencies in low-income countries, consequences of hidden hunger, and interventions to improve nutrition security. Written by leading experts in the field, it clearly stresses that national governments and international organizations must make malnutrition one of their top priorities in order to provide children with optimal conditions for a healthy future.

Hidden Hunger: Strategies to Improve Nutrition Quality-H.K. Biesalski 2018-04-17 Hidden hunger has long been an overlooked problem. Vitamin and mineral deficiencies have to be remedied and the availability of calories needs to be increased. As a matter of fact, the number of people who do not have access to a balanced diet has multiplied in rich and poor countries, with lasting consequences for health and well-being. Hidden hunger not only affects childhood growth and cognitive development, but also reduces productivity and well-being later in life, thus keeping the affected population trapped in a circle of poverty and malnutrition. This book illustrates the global fight against hunger by national governments and international organizations. Presented at the Third Hidden Hunger Conference held at the University of Hohenheim in Stuttgart, Germany, it presents a range of strategies being implemented in various regions of the world to improve nutrition quality and combat this international crisis.

Invisible Labor-Marion Crain 2016-06-28 "Demographic and technological trends have yielded new forms of work that are increasingly more precarious, globalized, and brand centered. Some of these shifts have led to a marked decrease in the visibility of work or workers. This edited collection examines situations in which technology and employment practices hide labor within the formal paid labor market, with implications for workplace activism, social policy, and law. In some cases, technological platforms, space, and temporality hide workers and sometimes obscure their tasks as well. In other situations, workers may be highly visible--indeed, the employer may rely upon the workers' aesthetics to market the branded product--but their aesthetic labor is not seen as work. In still other cases, the work occurs within a social interaction and appears as leisure--a voluntary or chosen activity--rather than as work. Alternatively, the workers themselves may be conceptualized as consumers rather than as workers. Crossing the occupational hierarchy and spectrum from high- to low-waged work, from professional to manual labor, and from production to service labor, the authors argue for a broader understanding of labor in the contemporary era. This book adopts an interdisciplinary approach that integrates perspectives from law, sociology, and industrial/labor relations"--Provided by publisher.

Experience and Expression-Elizabeth R. Baer 2003-02-01 The many powerful accounts of the Holocaust have given rise to women’s voices, and yet few researchers have analyzed these perspectives to learn what the horrifying events meant for women in particular and how they related to them. In Experience and Expression, the authors take on this challenge, providing the first book-length gendered analysis of women and the Holocaust, a topic that is emerging as a new field of inquiry in its own right. Accessible to readers on many levels, the essays portray the experiences of women of various religious and ethnic backgrounds, and draw from the fields of English, religion, nursing, history, law, comparative literature, philosophy, French, and German. The collection explores an array of fascinating topics: rescue and resistance, the treatment of Roma and Sinti women, the fate of female forced laborers, Holocaust politics, nurses at so-called euthanasia centers, women’s experiences of food and hunger in the camps, the uses and abuses of Anne Frank, and the representations of the Holocaust in art, film, and literature in the postwar era. The introduction provides a thorough overview of the current status of research in the field, and each essay seeks to push the theoretical boundaries that shape our understanding of women’s experience and agency during the Holocaust and of the ways in which they have expressed their memories.

Everyday Life in Asia-Devorah Kalekin-Fishman 2016-04-15 Everyday Life in Asia offers a range of detailed case studies which present social perspectives on sensory experiences in Asia. Thematically organized around the notions of the experience of space and place, tradition and the senses, cross-border sensory experiences, and habitus and the senses - its rich empirical content reveals people's commitment to place, and the manner in which its sensory experience provides the key to penetrating the meanings abound in everyday life. Offering the first close analysis of various facets of sensory experience in places that share a geographical location or cultural orientation in Asia, this collection links the conception of place with understandings of 'how the senses work'. With contributions from an international team of experts, Everyday Life in Asia will be of interest to anthropologists, geographers and sociologists with interests in culture, everyday life, and their relation to the senses of place and space.

Reshaping Agriculture for Nutrition and Health-Shenggen Fan 2012 The fundamental purpose of agriculture is not just to produce food and raw materials, but also to grow healthy, well-nourished people. One of the sector’s most important tasks then is to provide food of sufficient quantity and quality to feed and nourish the world’s population sustainably so that all people can lead healthy, productive lives. Achieving this goal will require closer collaboration across the sectors of agriculture, nutrition, and health, which have long operated in separate spheres with little recognition of how their actions affect each other. It is time for agriculture, nutrition, and health to join forces in pursuit of the common goal of improving human well-being. In Reshaping Agriculture for Nutrition and Health, leading experts, practitioners, and policymakers explore the links among agriculture, nutrition, and health and identify ways to strengthen related policies and programs. The chapters in this book were originally commissioned as background papers or policy briefs for the conference “Leveraging Agriculture for Improving Nutrition and Health,” facilitated by the International Food Policy Research Institute’s 2020 Vision Initiative in New Delhi, India, in February 2011.

Case Studies in Food Policy for Developing Countries: Policies for health, nutrition, food consumption, and poverty-Per Pinstrup-Andersen 2009 The first volume of case studies designed to complement the textbook "Food Policy for Developing Countries" by Per Pinstrup-Andersen and Derrill D. Watson II.

Hunger and Shame-Mary Theresa Howard 1997 In discussing the moral and practical dilemmas posed by the malnourished children in Mount Kilimanjaro, the authors explore the shame associated with child hunger in relation to social organization, colonial history and global economy.

The Unending Hunger-Megan A. Carney 2015-01-23 Based on ethnographic fieldwork from Santa Barbara, California, this book sheds light on the ways that food insecurity prevails in women’s experiences of migration from Mexico and Central America to the United States. As women grapple with the pervasive conditions of poverty that hinder efforts at getting enough to eat, they find few options for alleviating the various forms of suffering that accompany food insecurity. Examining how constraints on eating and feeding translate to the uneven distribution of life chances across borders and how “food security” comes to dominate national policy in the United States, this book argues for understanding women’s relations to these processes as inherently biopolitical.

The Road to Good Nutrition-M. Eggersdorfer 2013-09-11 This is a work of advocacy, whose prime objective is to inform people about the relationship between nutrition security and public health. It draws on the thinking and experience of a selected number of experts in the field of nutrition and public health. Collating up-to-the-minute information in a clear and accessible way, the book forms a ‘one-stop information source’, and paves the way for further, science-led publications in this field. ‘The Road to Good Nutrition’ puts the topic of nutrition security on the agenda of policy-makers, academics, private sector organizations and civil society, as well as of organizations dedicated to the nutrition space. It is also of interest to the educated lay reader who is generally well informed in matters of health, nutrition and sustainability.

Beginning to End Hunger-M. Jahi Chappell 2018-01-23 Beginning to End Hunger presents the story of Belo Horizonte, home to 2.5 million people and the site of one of the world’s most successful city-run food security programs. Since its Municipal Secretariat of Food and Nutritional Security was founded in 1993, Belo Horizonte has sharply reduced malnutrition, leading it to serve as an inspiration for Brazil’s renowned Zero Hunger programs. The secretariat’s work with local family farmers shows how food security, rural livelihoods, and healthy ecosystems can be supported together. While inevitably imperfect, Belo Horizonte offers a vision of a path away from food system dysfunction, unsustainability, and hunger. In this convincing case study, M. Jahi Chappell establishes the importance of holistic approaches to food security, suggests how to design successful policies to end hunger, and lays out strategies for enacting policy change. With these tools, we can take the next steps toward achieving similar reductions in hunger and food insecurity elsewhere in the developed and developing worlds.

Science by the People-Aya H. Kimura 2019-09-13 Citizen science—research involving nonprofessionals in the research process—has attracted both strong enthusiasts and detractors. Many environmental professionals, activists, and scholars consider citizen science part of their toolkit for addressing environmental challenges. Critics, however, contend that it represents a corporate takeover of scientific priorities. In this timely book, two sociologists move beyond this binary debate by analyzing the tensions and dilemmas that citizen science projects commonly face. Key lessons are drawn from case studies where citizen scientists have investigated the impact of shale oil and gas, nuclear power, and genetically engineered crops. These studies show that diverse citizen science projects face shared dilemmas relating to austerity pressures, presumed boundaries between science and activism, and difficulties moving between scales of environmental problems. By unpacking the politics of citizen science, this book aims to help people negotiate a complex political landscape and choose paths moving toward social change and environmental sustainability.

The Impact of Climate Change and Bioenergy on Nutrition-Brian Thompson 2012-04-23 Climate changes will affect food production in a number of ways. Crop yields, aquatic populations and forest productivity will decline, invasive insect and plant species will proliferate and desertification, soil salinization and water stress will increase. Each of these impacts will decrease food and nutrition security, primarily by reducing access to and availability of food, and also by increasing the risk of infectious disease. Although increased biofuel demand has the potential to increase incomes among producers, it can also negatively affect food and nutrition security. Land used for cultivating food crops may be diverted to biofuel production, creating food shortages and raising prices. Accelerations in unregulated or poorly regulated foreign direct investment, deforestation and unsustainable use of chemical fertilizers may also result. Biofuel production may reduce women’s control of resources, which may in turn reduce the quality of household diets. Each of these effects increases risk of poor food and nutrition security, either through decreased physical availability of food, decreased purchasing power, or increased risk of disease. The Impact of Climate Change and Bioenergy on Nutrition articulates the links between current environmental issues and food and nutrition security. It provides a unique collection of nutrition statistics, climate change projections, biofuel scenarios and food security information under one cover which will be of interest to policymakers, academia, agronomists, food and nutrition security planners,

programme implementers, health workers and all those concerned about the current challenges of climate change, energy production, hunger and malnutrition.

Hunger and Markets-World Food Programme 2009 This volume analyzes the workings of markets in order to identify the sources of market failures in addressing hunger and malnutrition, and to highlight the ways in which they can be improved. It sets out the ways in which programme design and policy formulation can build on the strength of markets to prevent negative effects.

Transforming Food Systems for a Rising India-Andaleeb Rahman 2020-10-09 This open access book examines the interactions between India's economic development, agricultural production, and nutrition through the lens of a "Food Systems Approach (FSA)." The Indian growth story is a paradoxical one. Despite economic progress over the past two decades, regional inequality, food insecurity and malnutrition problems persist. Simultaneously, recent trends in obesity along with micro-nutrient deficiency portend to a future public health crisis. This book explores various challenges and opportunities to achieve a nutrition-secure future through diversified production systems, improved health and hygiene environment and greater individual capability to access a balanced diet contributing to an increase in overall productivity. The authors bring together the latest data and scientific evidence from the country to map out the current state of food systems and nutrition outcomes. They place India within the context of other developing country experiences and highlight India's status as an outlier in terms of the persistence of high levels of stunting while following global trends in obesity. This book discusses the policy and institutional interventions needed for promoting a nutrition-sensitive food system and the multi-sectoral strategies needed for simultaneously addressing the triple burden of malnutrition in India. This work was published by Saint Philip Street Press pursuant to a Creative Commons license permitting commercial use. All rights not granted by the work's license are retained by the author or authors.

The Hungry Steppe-Sarah Cameron 2018-11-15 The Hungry Steppe examines one of the most heinous crimes of the Stalinist regime, the Kazakh famine of 1930-33. More than 1.5 million people perished in this famine, a quarter of Kazakhstan's population, and the crisis transformed a territory the size of continental Europe. Yet the story of this famine has remained mostly hidden from view. Drawing upon state and Communist party documents, as well as oral history and memoir accounts in Russian and in Kazakh, Sarah Cameron reveals this brutal story and its devastating consequences for Kazakh society. Through the most violent of means the Kazakh famine created Soviet Kazakhstan, a stable territory with clearly delineated boundaries that was an integral part of the Soviet economic system; and it forged a new Kazakh national identity. But this state-driven modernization project was uneven. Ultimately, Cameron finds, neither Kazakhstan nor Kazakhs themselves were integrated into the Soviet system in precisely the ways that Moscow had originally hoped. The experience of the famine scarred the republic for the remainder of the Soviet era and shaped its transformation into an independent nation in 1991. Cameron uses her history of the Kazakh famine to overturn several assumptions about violence, modernization, and nation-making under Stalin, highlighting, in particular, the creation of a new Kazakh national identity, and how environmental factors shaped Soviet development. Ultimately, The Hungry Steppe depicts the Soviet regime and its disastrous policies in a new and unusual light.

Satisfying Hidden Hunger-Asian Development Bank 2010-06-01 Disease caused by major micronutrient deficiencies posed a growing and urgent problem for the newly emerging countries of Central Asia in the 1990s. The Asian Development Bank responded with a regional food fortification initiative--the first major initiative using public-private partnerships to address public health problems in the region. This report details how the initiative helped the participating countries move toward universal salt iodization and establish sustainable wheat flour fortification, and how the initiative successfully addressed three unknown development issues in mainly newly emerging market economies: the use of public-private partnerships; collaboration between the government and industry; and the formation of industry associations.

2016 Global hunger index-von Grebmer, Klaus 2016-10-11 The 2016 Global Hunger Index (GHI) presents a multidimensional measure of national, regional, and global hunger, focusing on how the world can get to Zero Hunger by 2030. The developing world has made substantial progress in reducing hunger since 2000. The 2016 GHI shows that the level of hunger in developing countries as a group has fallen by 29 percent. Yet this progress has been uneven, and great disparities in hunger continue to exist at the regional, national, and subnational levels. Levels of hunger are still serious or alarming in 50 countries. The highest hunger levels are still found in Africa south of the Sahara and South Asia. Although GHI scores for these two regions have declined over time, the current levels remain close to the alarming category. Africa south of the Sahara has achieved the largest absolute improvement since 2000 and South Asia has also seen a sizable reduction—but the decline in hunger must accelerate in these regions if the world is to achieve Zero Hunger by 2030. The 2016 report, with an essay from United Nations Special Adviser David Nabarro, hails the new paradigm of international development proposed in the United Nations' 2030 Agenda for Sustainable Development, which envisages Zero Hunger by 2030, as one goal among 17, in a holistic, integrated, and transformative plan for the world. To get to Zero Hunger while leaving no one behind, the 2016 GHI highlights the importance of identifying the regions, countries, and populations that are most vulnerable to hunger and undernutrition so progress can be accelerated there.

Synopsis: 2014 Global Hunger Index-von Grebmer, Klaus 2014-10-13 The 2014 Global Hunger Index (GHI) report [the ninth in an annual series] presents a multidimensional measure of national, regional, and global hunger. It shows that the world has made progress in reducing hunger since 1990, but still has far to go, with levels of hunger remaining [alarming] or [extremely alarming] in 16 countries. This year's report focuses on a critical aspect of hunger that is often overlooked: hidden hunger. Also known as micronutrient deficiency, hidden hunger affects more than an estimated 2 billion people globally. The repercussions of these vitamin and mineral deficiencies are both serious and long-lasting. Where hidden hunger has taken root, it not only prevents people from surviving and thriving as productive members of society, it also holds countries back in a cycle of poor nutrition, poor health, lost productivity, persistent poverty, and reduced economic growth.

The Feminine Mystique-Betty Friedan 2001-09-17 Released for the first time in paperback, this landmark social and political volume on feminism is credited with being responsible for raising awareness, liberating both sexes, and triggering major advances in the feminist movement. Reprint.

Biofortification of Food Crops-Umed Singh 2016-01-22 The chapters presented in this book 'Biofortification of Food Crops' depict how agricultural technological interventions have true role in alleviating malnutrition. This book highlights the role of multidisciplinary approaches to cope up with the challenges of micronutrient malnutrition or hidden hunger which is an alarming public health issue in most parts of the world including India. In this endeavour, different biofortification approaches such as agronomic (or ferti-fortification), breeding, biotechnological, physiological, microbial etc. has fulfilled their different mandates of nutrient enrichment of food crops including cereals and pulses. The contents of the book proves that biofortified plants have adequate potential to nourish nutrient depleted soils, help increase crop productivity and provide nutritional benefits to plants, humans and livestock. The content and quality of information presented in this book will definitely provide multiple novel ideas of advance techniques and will stimulate innovative thoughts and directions amongst researchers and policy makers in the field of biofortification. In addition, the contributions presented in the book will be a good source of background knowledge and technical know-how to educate the readers about biofortification. The authors hope that the book entitled "Biofortification of Food Crops" would provide a suitable platform in our collective efforts for an appropriate dialogue among the scientists, researchers, entrepreneurs, policy makers and farmers in reducing the budding issues of malnutrition through novel approaches and means.

The State of the World's Children, 2003-Carol Bellamy 2002-12 The focus of the 2003 UNICEF report, The State of the World's Children, is child participation, which is intended to remind adults of their obligation to elicit & consider the views of children & young people when decisions are being made that affect their lives. Chapters: Children Must Be Heard; Why Participation. Why Now?; Engaging Life; Active Learning; The Sharpest Edge; Listening to Children; Spaces for Participation; At the U.N. Special Session on Children; & Moving Forward. Panels: What children see, they show; Child participation: myth & reality; A child's 'Right' to participate; Girls win big!; Building nations; We asked them to speak; Children & the Media; & We are the world's children. Maps, photos, charts, tables & graphs.

Struggling in the Land of Plenty-Anne R. Roschelle 2019-09-10 Struggling in the Land of Plenty examines how gendered and racialized poverty, social structural inequality, intimate partner violence, and welfare reform have contributed to the rise in family homelessness, exposing the devastating consequences for women and their children.

Hunger-Roxane Gay 2017-06-13 From the New York Times bestselling author of Bad Feminist: a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself. "I ate and ate and ate in the hopes that if I made myself big, my body would be safe. I buried the girl I was because she ran into all kinds of trouble. I tried to erase every memory of her, but she is still there, somewhere. . . . I was trapped in my body, one that I barely recognized or understood, but at least I was safe." In her phenomenally popular essays and long-running Tumblr blog, Roxane Gay has written with intimacy and sensitivity about food and body, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as "wildly undisciplined," Roxane understands the tension between desire and denial, between self-comfort and self-care. In Hunger, she explores her past—including the devastating act of violence that acted as a turning point in her young life—and brings readers along on her journey to understand and ultimately save herself. With the bracing candor, vulnerability, and power that have made her one of the most admired writers of her generation, Roxane explores what it means to learn to take care of yourself: how to feed your hungers for delicious and satisfying food, a smaller and safer body, and a body that can love and be loved—in a time when the bigger you are, the smaller your world becomes.

The Psychosocial Implications of Disney Movies-Lauren Dundes 2019-07-11 In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

Sweet Charity?-Janet Poppendieck 1999-08-01 In this era of eroding commitment to government sponsored welfare programs, voluntarism and private charity have become the popular, optimistic solutions to poverty and hunger. The resurgence of charity has to be a good thing, doesn't it? No, says sociologist Janet Poppendieck, not when stopgap charitable efforts replace consistent public policy, and poverty continues to grow. In Sweet Charity?, Poppendieck travels the country to work in soup kitchens and "gleaning" centers, reporting from the frontlines of America's hunger relief programs to assess the effectiveness of these homegrown efforts. We hear from the "clients" who receive meals too small to feed their families; from the enthusiastic volunteers; and from the directors, who wonder if their "successful" programs are in some way perpetuating the problem they are struggling to solve. Hailed as the most significant book on hunger to appear in decades, Sweet Charity? shows how the drive to end poverty has taken a wrong turn with thousands of well-meaning volunteers on board.

The State of Food Security and Nutrition in the World 2019-Food and Agriculture Organization of the United Nations 2019-07-15 This year's report presents evidence that the absolute number of people who suffer from hunger continues to slowly increase. The report also highlights that food insecurity is more than just hunger. For the first time, the report provides evidence that many people in the world, even if not hungry, experience moderate food insecurity as they face uncertainties about their ability to obtain food and are forced to compromise on the quality and/or quantity of the food they consume. This phenomenon is observed globally, not only in low- and middle-income countries but also in high income countries. The report also shows that the world is not on track to meet global nutrition targets, including those on low birthweight and on reducing stunting among children under five years. Moreover, overweight and obesity continue to increase in all regions, particularly among school-age children and adults. The report stresses that no region is exempt from the epidemic of overweight and obesity, underscoring the necessity of multifaceted, multisectoral approaches to halt and reverse these worrying trends. In light of the fragile state of the world economy, the report presents new evidence confirming that hunger has been on the rise for many countries where the economy has slowed down or contracted. Unpacking the links between economic slowdowns and downturns and food insecurity and malnutrition, the report contends that the effects of the former on the latter can only be offset by addressing the root causes of hunger and malnutrition: poverty, inequality and marginalization.

Doing Harm-Maya Dusenbery 2018-03-06 In this shocking, hard-hitting expose in the tradition of Naomi Klein and Barbara Ehrenreich, the editorial director of Feministing.com, reveals how inadequate, inappropriate, and even dangerous treatment threatens women's lives and well-being. Editor of the award-winning site Feministing.com, Maya Dusenbery brings together scientific and sociological research, interviews with experts within and outside the medical establishment, and personal stories from women across the country to provide the first comprehensive, accessible look at how sexism in medicine harms women today. Dusenbery reveals how conditions that disproportionately affect women, such as autoimmune diseases, chronic pain conditions, and Alzheimer's disease, are neglected and woefully under-researched. "Contested" diseases, such as fibromyalgia and chronic fatigue syndrome, that are 70 to 80 percent female-dominated are so poorly understood that they have not yet been fully accepted as "real" conditions by the whole of the profession. Meanwhile, despite a wealth of evidence showing the impact of biological difference between the sexes in everything from drug responses to symptoms to risk factors for various diseases—even the symptoms of a heart attack!—medicine continues to take a one-size-fits-all approach: that of a 70 kilogram white man. In addition, women are negatively impacted by the biases and stereotypes that dismiss them as "chronic complainers," leading to long delays—often years long—to get diagnosed. The consequences are catastrophic. Offering a clear-eyed explanation of the root causes of this insidious and entrenched bias and laying out its effects, Doing Harm will change the way we look at healthcare for women.

Gender in the Therapy Hour-Holly Barlow Sweet 2012-08-21 There is no shortage of literature about working with men in counseling and psychotherapy, but almost none of it addresses the unique issues that a female clinician can face with a male client. These women do not have a basis for a complete understanding of the impact our society's ideas about gender can have on a man, his masculinity, and his feelings toward talk therapy, in part because they are not men themselves. The contributors to this book, all female clinicians who have worked extensively with men, have set out to provide their female peers with a guide for therapeutically engaging and helping men. Chapters explore how each author became involved in men's issues, case studies and examples from her own practice that illustrate her approach, and her own assessment of what works best with male clients. Topics considered include core treatment issues, such as transference and counter-transference, beginning and ending therapy with men, and ethical dilemmas; working in different therapy modalities; and doing therapy with diverse populations of men. The book concludes with an edited transcript of a discussion amongst the authors about their personal experiences working with male clients. This will be an important book for all female therapists who work with male clients and are looking for ways to better understand and tailor their approaches to meet the needs of men in therapy.

Food and Power in Hawai'i-Aya Hirata Kimura 2016-09-30 In Food and Power in Hawai'i, island scholars and writers from backgrounds in academia, farming, and community organizations discuss new ways of looking at food policy and practices in terms of social justice and sustainability. Each of the nine essays describes Hawai'i's foodscapes and collectively makes the case that food is a focal point for public policy making, social activism, and cultural mobilization. With its rich case studies, the volume aims to further debate on the agrofood system and extends the discussion of food problems in Hawai'i. Given the island geography, high dependency on imported food has often been portrayed as the primary challenge in Hawai'i, and the traditional response has been localized food production. The book argues, however, that aspects such as differentiated access, the history of colonization, and the neoliberalized nature of the economy also need to be considered for the right transformation of our food system. The essays point out the diversity of food challenges that Hawai'i faces. They include controversies over land use policies, a gendered and racialized farming population, benefits and costs of biotechnology, stratified access to nutritious foods, as well as ensuring the economic viability of farms. Defying the reductive approach that looks only at calories or tonnage of food produced and consumed as indicators of a sound food system, Food and Power in Hawai'i shows how food problems are necessarily layered with other sociocultural and economic problems, and uses food democracy as the guiding framework. By linking the debate on food explicitly to the issues of power and democracy, each contributor seeks to reframe a discourse, previously focused on increasing the volume of locally grown food or protecting farms, into the broader objectives of social justice, ecological sustainability, and economic viability.

The Beauty Myth-Naomi Wolf 2009-03-17 The bestselling classic that redefined our view of the relationship between beauty and female identity. In today's world, women have more power, legal recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of "the flawless beauty."

Gender in Agriculture-Agnes R. Quisumbing 2014-04-29 The Food and Agriculture Organization of the United Nations (FAO) produced a 2011 report on women in agriculture with a clear and urgent message: agriculture underperforms because half of all farmers—women—lack equal access to the resources and opportunities they need to be more productive. This book builds on the report's conclusions by providing, for a non-specialist audience, a compendium of what we know now about gender gaps in agriculture.

Improving Diets and Nutrition-Brian Thompson 2014-04-28 Nutrition-sensitive, food-based approaches towards hunger and malnutrition are effective, sustainable and long-term solutions. This book discusses the policy, strategic, methodological, technical and programmatic issues associated with such approaches, proposes "best practices" for the design, targeting, implementation and evaluation of specific nutrition-sensitive, food-based interventions and for improved methodologies for evaluating their efficacy and cost-effectiveness, and provides practical lessons for advancing nutrition-sensitive food-based approaches for improving nutrition at policy and programme level.

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