

## **Peculiarities and disparities of the rural population in anthropometric perspective**

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### **The net nutritional status in Sierra Suroeste: a dehesas' region full of contrasts**

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Based on the thesis that adult height is a good indicator of net nutritional status, our communication proposal explores the existing anthropometric differences between the young men who were carved and recruited between 1861 and 2000 in six towns in the southwest of the province of Badajoz (Spain), an area historically dominated by dehesa's system. Born between 1840 and 1979, these recruits collectively showed spectacular physical growth throughout the 19th and 20th centuries, especially since the 1880s, but not all of them grew longitudinally at the same rate. Among the nearly 28,000 young men of enlistment age for whom we have specific height data, we find persistent anthropometric differences based on place of residence, family income, educational level, social status, state of health, and even the degree of geographical mobility. What we intend in the communication that we propose is to know if these disparities are statistically significant and, if so, to try to explain the reasons for such differences.

height; anthropometric inequality; net nutritional status; dehesa; Sierra Suroeste

### **Singularities of a border economy: the biological well-being in the Spanish-Portuguese "Raya"**

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From a historical perspective and with an anthropometric approach, the analysis that we propose aims to analyze the evolution of the biological standard of living of the populations located on the border between Spain and Portugal, more specifically on the border between Extremadura and Alentejo. Our objective is to expand the lines of anthropometric research already open in Extremadura, incorporating into the analysis the cross-border reality that the westernmost part of the region presents, located precisely in "La Raya", that is, the imaginary line that separates (and unites) Spain and Portugal. We understand, and thus we establish it as a starting hypothesis, that the frontier condition must have served the municipalities of this institutional border to achieve, through smuggling and other similar practices fostered by the cross-border relationship, better access to resources in general and food in particular in times of scarcity. This would have presumably translated into a better anthropometric performance of the population of these towns compared to those in the interior of the region or further east, where such access must have been more difficult due to the distance from the Portuguese frontier.

anthropometric history; frontier economy; adult height; La Raya; smuggling

## **Escapando de la malnutrición. Explorando nuevas dimensiones de la desigualdad nutricional en la España rural mediterránea, 1840-1965**

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Estudios recientes han revelado diferencias nutricionales entre zonas agrarias de distinta especialización productiva en la España mediterránea. Entre mediados del siglo XIX y finales del siglo XX, las zonas de regadío exhibían mayores promedios de estatura y una menor desigualdad nutricional frente a las áreas de secano. La mayor productividad agraria, una dieta más variada y rica en vitaminas, proteínas y calorías, y la menor disparidad en la distribución de la renta fueron factores determinantes de la ventaja biológica en las huertas. Con datos de estatura de 146.041 quintos nacidos entre 1840 y 1965 en diez municipios del Levante español, cinco de regadío (N=72.557) y cinco de secano (N=73.514), este trabajo explora nuevas dimensiones de la desigualdad nutricional no solo según tipo de agricultura, sino también según estatus socioeconómico, por grupos sociales, en el largo plazo. Se estiman promedios de estatura según categorías socioprofesionales y nivel educativo, perímetro torácico, índice de masa corporal (IMC), coeficiente de variación y percentiles del IMC e IMC según cualificación profesional. Finalmente, y para el análisis de la malnutrición, utilizamos la metodología recomendada por la Organización Mundial de la Salud (OMS) que se basa en las puntuaciones z (z-scores en inglés).

Desigualdad de la estatura; Índice de masa corporal; Estatus socioeconómico; Puntuaciones z; España rural mediterránea

## **Height inequality in rural and urban settlements: the case of late-nineteenth-century Catalonia**

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Inequality has become a central topic in social sciences. First, it has essential consequences in society, including, among others, economic growth, social unrest and political change. Second, it has also been considered a "major future economic challenge" (Blanchard & Tirole 2021). We approach this important topic by using height inequality as a proxy for nutrition and health inequality. Whereas height inequality has received attention from scholars using different perspectives and methodologies (e.g. Blum 2016), historical approaches to within-local height inequality are very scarce. This paper focuses on this issue by comparing rural and urban settlements in late-nineteenth-century Catalonia. Our analysis is based on and departs from individual height data that we obtained from military records for almost all young Catalan males called for the conscription year of 1911 (born in 1890). Therefore, our dataset can also cover almost all the current municipalities in Catalonia. Then, we estimate within-local inequality by considering the most common measures of biological inequality in the international literature (e.g. Moradi & Baten 2005, Blum 2016, Carson 2021). Finally, we test for the potential rural-urban differences in within-local inequality by applying an OLS multivariate linear regression.

biological living standards; inequality; urban-rural divide; Catalonia