

# The health consequences of 'modernization'

## Evidence from circumpolar peoples

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# Resumo de The Health Consequences of 'Modernisation': Evidence from Circumpolar Peoples

What are the health consequences of switching from an active 'hunter-gatherer' lifestyle to that of sedentary modern living? Here, the impact of 'modernisation' in circumpolar peoples is assessed. The hazards to humans of living in polar regions, and the effect of changes in habitual activity, diet, and general lifestyle due to more urban living patterns are investigated.

This work has far-reaching implications for the survival of indigenous communities around the world, and for all of us living an increasingly sedentary, urban lifestyle.

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