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研究課題名(和文) When Food is Risky: Food Allergies in Japan and the UK

研究課題名(英文) When Food is Risky: Food Allergies in Japan and the UK

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研究成果の概要(和文)：この研究について、英国と日本の食物アレルギーとの経験に関する比較研究プロジェクトを行いました。この条件は異なる社会的な設定での友人、家族、パートナー、知人との社会的関係にどのような影響を与えるか場合に特に興味を持っていました(例えば仕事、家庭生活、旅行など)。また、個人が医療機関と相互作用し、どのように食物アレルギーは異なる文化的文脈で説明し、理解されているかに興味を持っていました。

研究成果の学術的意義や社会的意義

This research is socially significant because it shows that policies that relate to food allergy need to be understood within their cultural context. This research is academically significant because it explored the complex interplay between socio-cultural ideas of food, health and disease.

研究成果の概要(英文)：In this research I explored the social experiences of individuals with food allergies in Japan and the UK. Although people with food allergies often experience similar things, for example, a lack of understanding about food allergy from friends, family and the wider community food allergy, there are also differences due to different cultural ideas about food and the body mean that people with food allergies in Japan and the UK have some different social issues and different ways to try and solve them. In Japan, for example, parents of children with food allergy typically discuss food allergies as a disease. In the UK, however, parents are more likely to talk about food allergies as a condition to be managed. Whilst individuals with food allergies may share many similar experiences, socio-cultural ideas of food, bodies and health mitigate and mediate social experiences of food allergies in different countries.

研究分野：medical anthropology

キーワード：food allergy medical anthropology affect and emotion embodiment

様式 C - 19、F - 19 - 1、Z - 19、CK - 19 (共通)

1 . 研究開始当初の背景

Food allergies have shown a steady increase around the world in recent years. In Japan such allergies have more than doubled since 2004 (MEXT 2014), and social awareness has grown exponentially in line with the increase in sufferers. However, responses to such allergies – individually, socially, politically and medically – vary in different cultural contexts. This project sought to ethnographically explore the social, individual, and medical aspects of managing potentially life-threatening food allergies in different cultural contexts, looking specifically at Japan and the UK.

2 . 研究の目的

Taking as its premise that food allergies are not only individual but are also fundamentally social, this research sought to explore how the individual and social intersect, interact, and are embodied within individual bodies. The project consequently had three primary areas of investigation. The first related to individual experiences of food allergies in the context of physical and emotional responses to food allergens. How do individuals experience a food allergy reaction? How are senses, emotions and physical reactions interlinked in food allergy reactions? How do individuals feel about having allergies and after a reaction? What is their relationship to food and how does that affect their daily lives? This aspect of the project draws on and contributes to, anthropological theorising of the body, embodiment, and risk management. The second related to social experiences of food allergies, exploring how people manage a variety of social arenas, for example, at work, with extended family and travelling to name just three, and how they are perceived by others as they manage their food allergies. How do individuals manage their allergies in social settings? How is potential stigma experienced, achieved and managed (cf. Goffman 1963)? The third area of investigation explored interactions with institutions such as schools, workplaces, and with respective medical communities in relation to diagnoses, management, and treatment of food allergies. These aspects were to be explored in both the Japanese and British contexts to examine what affect different cultural conceptions of food, food sharing, health, illness and the body have on experiences of food allergies.

3 . 研究の方法

In the past three years I have conducted research in both Japan and the UK on the social experiences of food allergy. In Japan my research has been primarily participant-observation at events and informal interviews. In the UK most of the research has been interview-based. Over the course of the research I have formally interviewed 49 individuals dealing with food allergy (theirs or their children's) in the UK. In Japan I have interviewed both formally and informally 42 individuals who are dealing with food allergy (theirs or their children's), as well as interacted with and discussed food allergies with the heads of patient advocacy organizations in over twenty countries, and with allergists and immunologists in Japan and the UK. By attending the International Food Allergy and Anaphylaxis Alliance with the Japanese representative for the past three years I have also been able to begin to study the global flow of knowledge, activism and medical research centered on food allergies.

4 . 研究成果

In this research I explored the social experiences of individuals with food allergies in Japan and the UK. Food is central to sociality and to the ways that individuals build and maintain relationships with others.

Cultural ideals of food are embedded in this. For people with food allergies the ways that they experience, respond to, and manage their food allergies is significantly mediated by socio-cultural ideas of food and sociality.

Although people with food allergies in different countries often experience similar things, for example, a lack of understanding about food allergy from friends, family and the wider community food allergy, there are also differences due to different cultural ideas about food and the body mean that people with food allergies in Japan and the UK have some different social issues and different ways to try and solve them. In Japan, for example, parents of children with food allergy typically discuss food allergies as a disease. They seek to manage allergies in schools as areas for co-operation and spend a lot of time and energy trying to accommodate the demands of school lunch. They also spend a lot of time and energy trying to make others realise that their children are not difficult or fussy and trying to advocate for increased awareness that it's okay to eat different foods from others. In the UK, meanwhile, parents are more likely to talk about food allergies as a condition to be managed or as a disability that needs to be accommodated for. There was less stigma about children eating packed lunches instead of hot school lunches as well as an emphasis that eating different foods is normal. Whilst individuals with food allergies may share many similar experiences, socio-cultural ideas of food, bodies and health mitigate and mediate social experiences of food allergies in different countries.

For people with food allergies, one of the main areas of concern is eating out. In an article published in 2017 I argued that food allergy risk perception entails both embodied feelings as well as reasoning processes to 'assess' risk. I argue that managing risks "emerges in spaces between bodies as well as within bodies. Responses to eating out, to food allergies, to risk, emerge out of a 'meshwork' of particular 'domains of entanglement' (Ingold 2011) and through somatic modes of attention (Csordas 1993) that happen through a process of affective practice and co-ordination (Dumouchel 2008) between embodied (and inter-embodied) subjects, involving emotions, senses, memory, affect, materiality, and environment" (Cook 2017: 129).

I have also begun exploring the ways in which people in Japan and the UK use different strategies to try and cope with their allergies, in the hopes that they could find a cure (Cook 2018, 2019). One of the ways that people in Japan (and some people in the UK) have been doing this is through the use of microbes. In Japan there is a focus on 'traditional Japanese foods' like *natto* and *tsukemono* to attempt to create gut microbiomes that are protective in the hopes that it will reduce allergic reactions. In the UK meanwhile, people turn to supplements rather than foodstuffs. In particular I have argued that in Japan we can see a microbiocultural approach being used to try and manage food allergies in the long term, with ideas of 'traditional' Japanese foods at the heart of these ideas (Cook 2019).

To disseminate this research thus far, I have presented papers at 14 conferences (7 international, 7 domestic), and been invited to give two guest lectures (1 internationally at the University of Michigan) and 1 domestically at the NPO for the community). In addition, I have published 3 articles on food allergy and have three articles currently in preparation. I am also currently drafting a book proposal that I plan to send to the University of Minnesota Press by September 2019.

5. 主な発表論文等

〔雑誌論文〕(計 5 件)

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4. Cook, Emma E. 2018 "Human-Microbe Entanglement: Food Allergies in Japan". Association of Asian Studies, Washington.
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8. Cook, Emma E. 2017 "One Pot, One Family": Food Sharing and Affective Entanglements in Japan. Anthropology of Japan in Japan (AJJ) Spring Conference. Osaka Gakuin University.
9. Cook, Emma E. 2017 日本とイギリスにおけるジェンダーと食物アレルギー (Gender and Food Allergies in Japan and the UK). Talk at the NPO 法人アトピッズ地球の子ネットワーク「馬場ゼミ / 考えるための道しるべ」(NPO Children of the Earth Network: Takadanobaba Seminar Series)
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11. Cook, Emma E. 2016 Food Allergies & the Rituals of School Lunch in Contemporary Japan. European Association of Japanese Studies. Kobe University
12. Cook, Emma E. 2016 Food Allergies & the Production of Personhood in Japan. Joint East Asian Studies Conference, SOAS, London
13. Cook, Emma E. 2016 Risky Eating: Navigating Food Allergies in Japan. Ghent University, Belgium. Hokkaido University-Ghent University Joint Symposium
14. Cook, Emma E. 2016 Feelings, Senses and Risk in Food Allergy Experiences in the UK. Ritsumeikan University interdisciplinary workshop titled: "The Skill of Feeling with the World"

〔図書〕(計 0 件)

〔産業財産権〕

出願状況 (計 0 件)

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権利者：
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取得状況（計 0 件）

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種類：
番号：
取得年：
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〔その他〕
ホームページ等

6. 研究組織

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