

Douglas Stuart London

Ellensburg, WA
Email: londond@cwu.edu

EDUCATION

Arizona State University **Medical Anthropology** **PhD**

Dissertation: Diet as a Double-Edged Sword: The Pharmaceutical Properties of Food Among the Waorani Hunter-gatherers of Amazonian Ecuador

Columbia University **International Nutrition** **MA**

Johns Hopkins University **Public Health** **BA**

Northern Arizona University **Nursing** **BSN**

RESEARCH INTERESTS

Medical Anthropology, Nutritional Anthropology, Ethnography, Health Disparities, Global Food Security, Public Health, Dietary-Related Disease, Indigenous People of Latin America.

PROFESSIONAL APPOINTMENTS

Faculty, Anthropology & Museum Studies, Central Washington University, Ellensburg, Washington 2018-Present

Intermountain Medical Center, Salt Lake City, Utah and Northern Arizona University, School of Nursing, Flagstaff, AZ (2015-2018)

- Clinical medical practice in a teaching hospital setting.

Assistant Professor, Anthropology, Adelphi University, New York (2011-2014)

- Established my own ethnographic research site in Amazon rain forest to study the relationship between diet and health with one of last isolated fulltime hunter-gathering groups left in Ecuador.
- General research focuses on strategies to improve health and food systems in modern societies where technology has changed diet by comparing agriculture and foraging.
- Specific major intensive focus of research on culture's impact on food systems and the role of phytochemicals in chronic and infectious diseases.
- Study results contribute to public health nutritional intake recommendations for prevention of dietary related disease.
- Designed and taught university courses.

Fulbright Foundation Scholar, US Department of State, Ecuador (2011-2012)

- Year of fieldwork with Waorani hunter-gathering group in my Amazon rain forest field site.
- Finished dissertation research.

Researcher and Lecturer, Latin American Health, Arizona State University/Ecuador (2008-2011)

- Wenner-Gren Fellow, FLASC Language Fellow.
- Conducted 4 years of ethnographic fieldwork and health research with isolated hunter-gatherers in Ecuadorian Amazon rainforest and supervised team of researchers.
- Evaluated the relationship between culture, food systems and health across two South American Amazonian indigenous groups, one agrarian and the other foraging.
- Results contribute to implementing dietary-related disease programs in modern food systems.
- Completed doctoral program in global health and medical anthropology.
- Instructor of university classes for four years.

Appointment to Faculty of Medicine, McLean Hospital, Harvard Medical School. Served as a Research Associate and Director, International Anxiety Clinic, Antigua, Guatemala. (2003-2007)

- Conducted clinical research into culturally appropriate nutritional approaches for mental health interventions for low-income populations.
- Director of pilot mental health clinic in Guatemala.
- Supervised medical doctors and managed clinic.
- Developed mental health coverage program for orphanages.
- Conducted psychopharmacological training for medical doctors at major hospitals.
- Initiated programs to develop a system of rural mental health promoters in Central America.
- Developed clinical protocols for double-blind placebo-controlled trials.

Professional Grant Writer, Medical Missions for Children, New Jersey (2002-2003)

- Wrote successful government and foundation grants for health research.

Research Associate, Centers for Disease Control/ROW, Diabetes Program, Rockville, Maryland (2001-2002)

- Researched behavioral approaches for prevention of diabetes.

Latin American Director, America's Development Foundation, Washington, DC (1999-2001)

- Managed and implemented \$1.2 million USAID grant in Guatemala and Nicaragua to promote peace and stability after civil wars through training local NGO sector leaders.
- Administered one-week workshops for 507 NGOs and their 1535 leaders. Provided follow up technical support. Hired, trained, and supervised trainers and consultants for all workshops and post workshop training.

Public Health Program Director, International Eye Foundation, Central America (1996-1999)

- Directed health and nutrition program for Guatemalan Kekchi Maya indigenous group doubling participation from 7,503 to 15,137 Maya.
- Hired, trained, and directed a 75-member program team.

- Conducted health research, such as KAP surveys and census maps of twenty remote Mayan villages to understand the dynamics between cultural practices and health status of the Kekchi Maya.

Hospital Director, United Nations-International Medical Corps, Angola, Africa (1993-1996)

- Directed United Nations international team of doctors and nurses, and Angolan counterparts in reconstruction of Angolan Ministry of Health services in the Kuando Kubango State during Civil War.
- Served as chief administrator of the hospital and established thirty-one rural health centers, a district-wide immunization program and a regional training school for Angolan medical personnel.

PUBLICATIONS

Published Journal Articles (peer reviewed)

- London D, Beezhold B. (2015) A phytochemical rich diet may explain the absence of age related decline in visual acuity of Amazonian hunter-gathers of Ecuador. *Nutrition Research* 35; 201-17. DOI: 10.1016/j.nutres.2014.12.007.
- London D, Hruschka D. (2014) Helminths and human ancestral immune ecology: What is the evidence for high helminth loads among foragers? *American Journal of Human Biology* 26; 2: 124-129.
- London D. (2014) Melding data collection methodology with community assistance: benefits to both researchers and the indigenous groups they study. *Journal of Ecological Anthropology* 17; 1: 9-19. DOI: <http://dx.doi.org/10.5038/2162-4593.17.1.9>.
- London D, Stoll A, Manning B. (2006) Psychiatric Agriculture: Systemic Nutritional Modification and Mental Health. *Medical Hypotheses* 66:1234-39.

Books

- London D, London A. (2007) *We Were Taught to Plant Corn Not to Kill: Secret of the Silence of the Mayan People*. New Haven: Back Up Books International Human Rights Press.

Journal Articles (in process)

- London D. (2018) Are non-fruiting vegetables a major part of human dietary evolution or a recent addition? Comparison of food species consumed by Amazonian hunter-gatherers versus neighboring agrarians.

TEACHING EXPERIENCE

Director/Professor/Instructor, Adelphi University (2014 Spring Semester onward)

- ANT 390 – *Ethnographic Field School, Guatemala and Ecuador*. Set up a field school for students emphasizing international experience in ethnography of indigenous cultures. Designed and taught course. Director of field school

Professor/Instructor, Adelphi University (2014 Spring Semester onward)

- ANT 265: *The Developing World: Culture, Conflict and Changes*.

Designed and taught course.

Professor/Instructor, Adelphi University (2014 Fall Semester onward)

- ANT 390: *Global Medicine*. Designed and taught course.

Professor/Instructor, Adelphi University (2013 Fall Semester onward)

- GEN- 0952-110-020: *Medicinal Plants: Search for the Worlds Most Effective Cures*. Designed and taught course.

Professor/Instructor, Adelphi University (2012 Fall Semester onward)

- ANT 111: *Cultural Anthropology*. Designed and taught course.

Professor/Instructor, Adelphi University (2012 Fall Semester onward)

- ANT 248: *Nutritional Anthropology*. Designed and taught course.

Professor/Instructor, Adelphi University (2013 Fall Semester onward)

- ANT 648 *Culture, Health and Human Behavior*. Designed and taught course.

Professor/Instructor, Adelphi University (2012 Fall Semester onward)

- ANT 280: *Ethnomedicine and Health of Non-Western Cultures*. Designed and taught course.

Teaching Assistant, Arizona State University (2011 Fall Semester)

- ASB 462: *Medical Anthropology*.

Head Teaching Assistant, Arizona State University (2010 Fall Semester)

- ASB 102: *Introduction to Socio-Cultural Anthropology*.

Teaching Excellence Award Nomination, Arizona State University (2009 Fall Semester)

- Undergraduate teaching for ASB 102: *Introduction to Sociocultural Anthropology*.

Head Teaching Assistant, Arizona State University (2009 Fall Semester)

- ASB 102: *Introduction to Socio-Cultural Anthropology*.

Teaching Assistant, Arizona State University, (2009 Spring Semester)

- ASB 222: *Buried Civilizations and Lost Tribes*.

Teaching Assistant, Arizona State University (2008 Fall Semester)

- ASB 102: *Introduction to Socio-Cultural Anthropology*.

Adjunct Professor and Instructor, Universidad de San Carlos, Guatemala (1997-1998 Fall and Spring Semesters)

- *Adapting US Mental Health Practices for use by Guatemalan Physicians*. Designed training courses for medical doctors entering the Guatemalan Ministry of Health.

GRANTS, FELLOWSHIPS AND AWARDS

Wenner-Gren Fellowship (2013)

- \$5,000 to study hunter-gatherer food systems in Amazonian Ecuador.

Faculty Development Fellowship, Adelphi University (2013)

- \$5,000 to study hunter-gatherer food systems in Amazonian Ecuador.

Dean's Fellowship for Doctoral Studies (2012)

- \$7000 to study hunter-gather food systems in Amazonian Ecuador.

Fulbright Fellowship for a year study in Ecuador (2011-2012)

- \$21,000 to study hunter-gather food systems in Amazonian Ecuador.

Wenner-Gren Doctoral Dissertation Fellowship (2009-2010)

- \$15,000 to study hunter-gatherer food systems in Amazonian Ecuador.

Osmundson Fellowship (2009-2010)

- \$5000 to study hunter-gatherer food systems in Amazonian Ecuador.

Who's Who in America, National Award, Marquis 63rd edition (2009)

- Outstanding academic and career achievement (non-monetary).

Foreign Language and Area Studies Fellowship, US Department of Education (2008)

- \$6000 to study indigenous culture and language in Amazonian Ecuador.

Doctoral fellowship, SHESC, Anthropology, Arizona State University (2007 – 2011)

- Full tuition plus \$80,000 stipend over four years, requires serving as teaching associate after first year.

Thrasher Foundation, McLean Hospital, Harvard Medical School (2006)

- Solo authored successful \$365,000 grant for a double-blind placebo controlled omega-3 fatty acid nutritional clinical trial in Central America.

Executive Director for International Clinic for Anxiety in Guatemala (2000-2006)

- Raised \$18,000 a year from private funders for six years to conduct research into culturally appropriate mental health treatments for Latin American developing regions.

Nutrition and Health Program, Peace Corps Guatemala (1986-1989)

- Grant writing - \$11,500 from US Agency for International Development and \$5000 from CARE for (1) Health promotor training for twenty-four Mayan villages, (2) town gravity flow water system, and (3) a rural nutrition center covering fifteen Guatemalan villages.

Experimental Agricultural Program, Peace Corps Guatemala (1986-1989)

- Grant writing - \$19,700, from US Agency for International Development, Rotary International and ANACAFE. For sustainable firewood program, agricultural cooperative, rural electrification project, village school construction, pottery making cooperative for Pocomam Maya indigenous group.

GRANT MANAGEMENT**America's Development Foundation, Washington DC (1996-1997)**

- Administered two 1.2 million dollar, US Agency for International Development grants to train non-governmental agency leaders from Guatemala and Nicaragua.

International Eye Foundation, Central America (1994-1995)

- Administered a 1.1 million dollar US Agency for International Development grant for nutritional programs for 15,000 Kekchi Indians.

PROFESSIONAL LEADERSHIP AND SERVICE

- Founder and Executive Director, BrainRights for the Americas (2005-Present). A 501 (c) 3 non-profit organization promoting research and international support for mental health programs in Latin America.
- Graduate Student Representative, Associated Anthropology Graduate Student Committee, SHESC, Arizona State University (2009-2010).
- Peer review board for aquaculture journal articles focusing on omega-3 fatty acids (2007-2008).
- Member, Sacatepéquez Committee on Domestic Violence, Antigua, Guatemala. (1999-2006).
- Member, Committee on Domestic Violence, Guatemalan Attorney General's Office, Guatemala City, Guatemala (1999-2006).
- Member, Committee for Mental Health Services for Catholic Orphanages, Hospital Hermano Pedro, Antigua, Guatemala (1999-2006).
- Committee Chair, United Nations National Decentralization Program for Government Health Programs, Guatemala (1994-1995).
- Committee Chair, US Agency for International Development, Maternal and Child Health Programs, Guatemala (1994-1995).
- Committee Chair of Cultural Programs for Graduate Students, International House, New York City (1991-1992).
- Peace Corps Volunteer, Ministry of Public Health and Social Assistance, San Luis Jilotepeque, Jalapa, Guatemala (1986-1989).

CONFERENCE AND INVITED PRESENTATIONS

- London, D (2014) "The Pharmaceutical Properties of Food" December 8, 2014, Anthropology Department, Northern Arizona University, Flagstaff, AZ.
- London, D (2014) "Absence of Myopia in Amazonian Kawymeno Waorani Hunter-gatherers: A Dietary Phytochemical Explanation" March 2014, Society for Applied Anthropology, Albuquerque, NM - Session Chair/organizer.
- London, D (2013) "Comparing Phytochemical Intake and Health Outcome Across Food Systems: Fieldwork with Waorani Hunter-gatherers and Kichwa Subsistence

Farmers from the Amazon Rainforest”, November 2013, American Anthropological Society, Chicago IL. Session Chair/organizer.

- London, D (2013) “Is the Food Pyramid a Good Guide to a Healthy Diet: A Look at Ingredients Beyond Standard Nutrients in Food”, 40th Annual History Conference, April 22, 2013, Adelphi University, Garden City, NY.
- London, D (2013) “The Influence of Phytochemicals on Human Evolution”, March 2013, School of Natural Resources and the Environment, University of Michigan, Ann Arbor MI.
- London D (2013) “Poison Eating, Blowgun Hunting and Health: Diet as a Double-edged Sword” Annual Keynote Anthropology Lecture, November 2012, Adelphi University, Garden City, NY.
- London, D (2011) “Research Methodology: Working with Indigenous Communities”, March 2011, Society for Applied Anthropology, Seattle, WA.
- London, D (2008) “How the Mayan Genocide has Impacted Mayan Culture and Immigration Patterns”, Global to Local Conference, Arizona State University, Tempe, AZ.
- London, D (2007) “Cultural Awareness: Mayan History and US Immigration” Department of Social Sciences, Gateway College, Phoenix, AZ.

Published Interviews (interviewed as expert)

- Barkley L. (2007) Omega-3 Fatty Acids Combat Depression. *Life Extension*, nutrition research, 13:10:65-071.
- Shumway C. (2013) Eat Your Phytochemicals: Lessons Learned from the Waorani. *Innovation Magazine*. 30-31.
- Mikell V. (2013) Are We What We Eat? *The Catalyst*. 14-18

LANGUAGES

English: Native language
 Spanish: Native speaker level
 French: 7 years of instruction