

GUT-BRAIN AXIS

UO-CHC 441H/431H: Microbes + Social Equity

Lecture 7

Dr. Sue Ishaq Pellegrini

Learning objectives

- With guest speaker Britt Gratrek (skype in), presenting on gut diversity and health in the homeless
- **Discussion:** Do we need to remove the distinction between physical health and mental health?

DISCUSSION AND HOMEWORK

Discussion

- Building off of previous discussion on food availability, public policy, and public health
 - *How can we use public policy to meet social equity challenges of food access/good microbes access?*
- Do we need to remove the distinction between physical health and mental health?

Homework

- Reading (pick 1):

- *Liang_2018_gut brain rethinking psychology*
- *Valles-Colomer_2019_neuroactive potential of gut microbiota*
- *Zheng_2019_gut microbes and schizophrenia*

- No class tomorrow, but be sure to listed to the lecture on “The loss of microbial diversity”

- ***Reading (pick 1):***
- *Clayton_2016_captivity primate microbiome*
- *Moeller_2014_human gut microbiome*
- *Scudellari_ 2017_cleaning up hygiene hypothesis*
- ***Assignment (12 pts):*** Write a minimum 1-page, single-spaced essay on the importance of microbes and gut health and why this is a public health/social equity issue. Due 7/8. Include > 3 citations, and line numbers. You may choose any relevant, credible scientific article, review, or reference