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People become acclimatized to their surroundings surprisingly fast. In high altitude areas children develop a greater chest size than lower altitude children before they become adults as a way to cope with lower levels of oxygen in the higher altitudes. After a few weeks a person will be able to stand hotter or colder climates just by exposing themselves to it. These are examples of “functional adaptation”, where an individual’s fitness is increased because of their environment, not because of their genes.

Classifying humans by their race is a bit naïve. It undermines and over simplifies the reasons why people have certain features. As you take a more gradual look you will notice a gradual change in people as you move geographically. There is no leap from one race to another until you remove people from the environments they are fittest in.

When a population is under nourished it’s people will be shorter and have a myriad of health problems. In the later 1900s many governments pushed for more increased agriculture production across the world to try and help people that are malnourished. It has helped somewhat, but it has also made food cheaper. In countries that have more money there is a major obesity problem that is causing a different but just as deadly amount of health problems.