

# Then and Now: How Virtue and Belief Shape Understanding and Treatment of Illness

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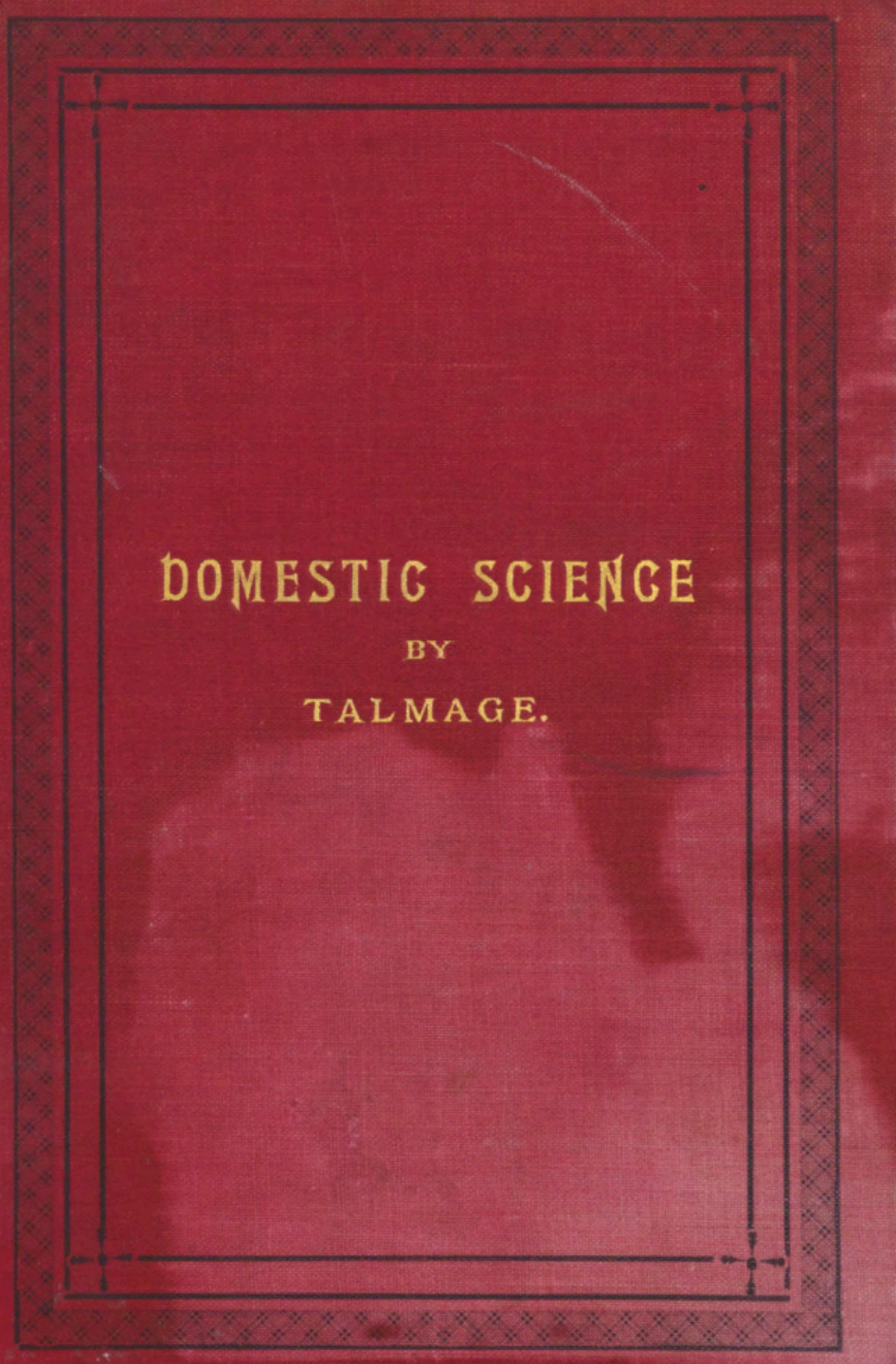


# About Me

- Junior
- Nutrition, Dietetics, and Food Sciences Department
- Undergraduate Research Fellow
- Hometown/Connection to Utah: Richland, WA, family from Salt Lake
- Post-grad plans: Masters in Genetic Counseling

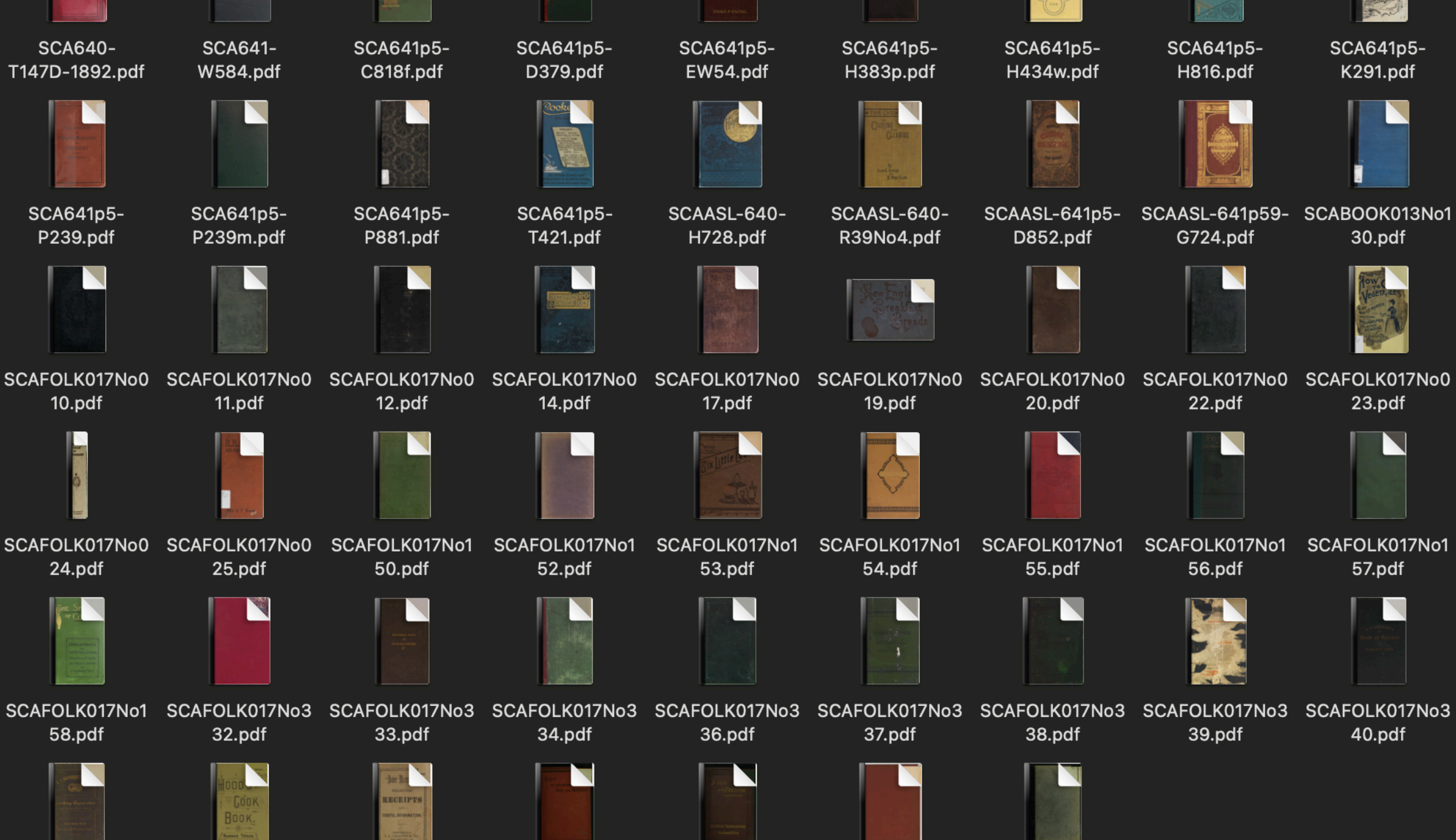
# How I Got Started

- Began doing research through science fair projects in middle and high school, eventually presenting at ISEF, an international science fair, so finding a university that would allow me to do independent research as an undergrad was really important to me.
- Found manuals while working at Utah State University library, wondered how the common knowledge found in these manuals compared to today.



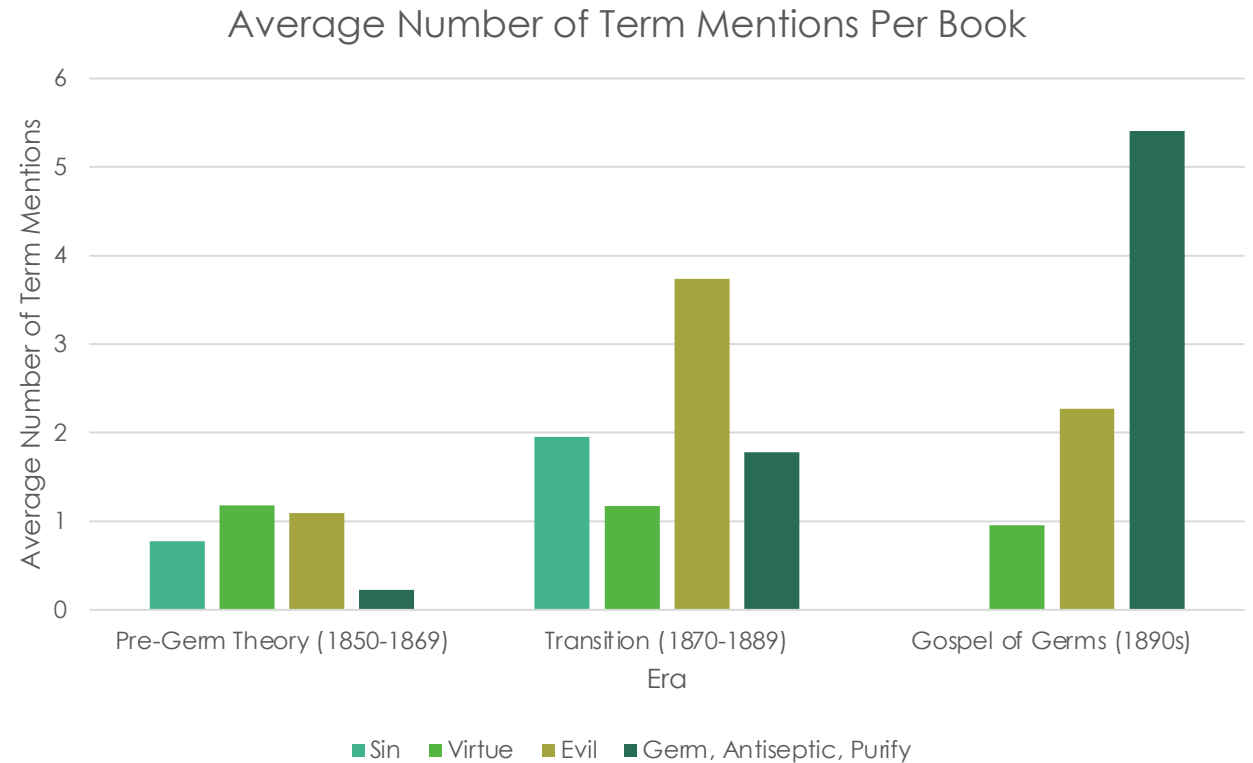
# My Project

- Looking at domestic manuals to identify how understandings of the causes of illness evolve through public knowledge growth, specifically in terms of germ theory
- Very interested in how the idea that sin caused illness then relates to medical provider bias now



# My Results

- Despite increased medical knowledge and greater dissemination to the public, the conviction that immorality leads to illness continues
- Even stronger beliefs persist that maintaining healthy and virtuous habits can spare people from harm



**“Temperance, cleanliness, and all good habits, do much to prevent... disease.”**

- Wilcox, E. Woods. (1884). Practical housekeeping: a careful compilation of tried and approved recipes. Minneapolis, MN.: BuckeyePub. Co.

# Impact on Utah

- Medical providers still carry biases in Utah, and we can always improve how patients are treated
- Additionally, understanding effective knowledge-sharing methods can help us better disseminate new medical knowledge



# My Research Experience

- Undergraduate research allows me to pour all my curiosity and creativity into an outlet that is not only productive but also helps improve the world.
- The URF has helped me to find and make some lifelong friendships, Being able to do my own research has really helped me grow in confidence

