

Masculinity and Body Weight in Japan

Grappling with Metabolic Syndrome

Drawing on the concept of the somatic self, Castro-Vázquez explores how Japanese men think about, express and interpret their experiences concerning bodyweight control.

Based on an extensive ethnographic investigation, this book offers a compelling analysis of male obesity and overweight in Japan from a symbolic interactionism perspective to delve into structure, meaning, practice and subjectivity underpinning the experiences of a group of middle-aged, Japanese men grappling with body weight control. Castro-Vázquez frames obesity and overweight within historical and current global and sociological debates that help to highlight the significance of the Japanese case. By drawing on evidence from different locations and contexts, he sustains a comparative perspective to extend and deepen the analysis. A valuable resource for scholars both of contemporary masculinity and of medical sociology, especially those with a particular interest in Japan.

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