

Abstract

The early medieval period was a time of great change in Europe. Politically the empires ruled Europe: Charlemagne's Carolingian Empire, the Holy Roman Empire and the Byzantine Empire. During this time early cities began to form in Europe, and new patterns of settlement developed. The impact of the 2nd millennium AD (the Islamic influence during the 7th and 8th centuries) and urban development. The early medieval period is a subject of interest. Rural populations had a different profile, and nutritional stress than urban populations.

This thesis explores the impact of urban development on the health of the inhabitants of Great Moravia. As rural populations shared a similar agricultural profile, they were expected to have a similar diet and food intake. It is hypothesized that individuals who had a high protein diet and a high level of physical activity would have a different profile of health indicators than those who had a low protein diet and a low level of physical activity. The research question is if urban populations were indeed