

JAPAN TRIP 2009

Harvard School of Public Health Student Club of Japan
Boston University School of Public Health JT Organizing Committee





JAPAN TRIP is a non-credit field trip organized by Harvard School of Public Health Student Club of Japan and Boston University School of Public Health JT organizing committee.

The 2009 trip was held during HSPH 1 week spring break. This year, 55 people (including 9 organizers) participated in this trip. We visited various public health programs in Tokyo, Okinawa, Osaka and Kyoto.

The purpose of the trip is to understand public health system, policy, and social culture in Japan and immerse into Japanese culture. This year's theme was *"Factors Behind the Healthy Longevity."*

The trip begun in 2005 with Japanese students who wanted to introduce the current challenges and strength of Japanese health care system to fellow students. 30-40 students and public health professionals participate every year. Since 2006, more than 150 participants visited and enjoyed Japan.

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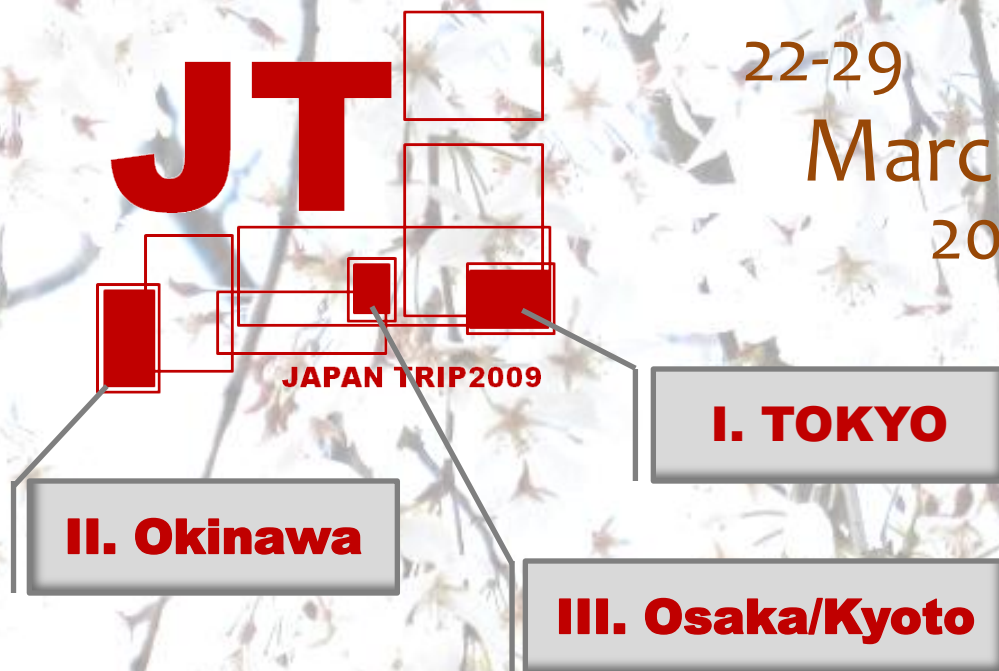




In Search of
“Factors Behind the Healthy Longevity”

JT

22-29
March
2009



TOKYO 22-24 March, 2009

Health – Ministry of Health, Labour, and Welfare, nursing home, International Medical Center of Japan, National Hansen's Disease (Leprosy) Museum, eastern medicine clinic visit

Food – Tsukiji Fish Market, pre-school lunch, traditional Japanese cooking school

Culture – Urasenke Tea Ceremony, Noh workshop

OKINAWA 25-26 March, 2009

Health – elderly people visit, community health clinic, group home, day service, lectures

Food – Bento (lunch box), Agu (pork), organic agriculture, shellfish gathering, traditional Okinawan food

Culture – Nakijin Castle (World Heritage), Moai, Yuta, traditional dance and music, village home stay program

OSAKA 27 March, 2009

Health – infant check-ups (health center), AIRIN visit, TB-DOTS program, MCH handbook lecture & the pediatric ward visit (Osaka City General Hospital)

Food – Osakan dinner (Japanese pancake)

Culture – Osaka Castle, Sumo wrestling

KYOTO 27-28 March, 2009

Food – Shabu-shabu

Culture – Maiko Make-Over, Cruising Boat, Zen Meditation, temples

東京 TOKYO



Ministry of Health, Labour and Welfare visit

"I felt very honored that the Minister of Health gave us a few minutes of his busy day, and it was very enlightening to speak with government health workers."

Tsukiji Fish Market

"learned a lot about industrial organization in Japan"
"incredible to see masses of fish of so many varieties"

Nursing home visit

"meeting with residents as well as the manager of the home enabled our group with diverse interests to get a good overview of current eldercare practices in Japan. The Nursing home staff and residents were welcoming, the facilities were bright, and the abundance of artwork by local artists reinforced a sense of appreciation for the community."

Hospital visit

"really enjoyed touring the facility and understanding the overall structure of the Japanese medical system."

Tea ceremony

"a fun and interesting cultural activity. I was amazed by the complexity and seriousness given to the tea ceremony"

Cooking class

"Wonderful activity. Gracious hosts and very nice to hear how what we learned could be used back home."

Pre-school lunch

"Very grateful to meet with these students and to see where they are growing and learning."

National Hansen's Disease Museum

"one of the most emotional experiences of the trip. I had no idea the discrimination that went on in Japan for people with leprosy. I can't believe we got to meet such a leader in fighting for equal rights!"

Eastern clinic visit

"Very interesting, unique look at health care in Japan."

Noh theatre

"amazing that we had a private workshop and really got to learn about what the performances mean."







Okinawan Party

"this intergenerational celebration which included the whole community was outstanding in it's lovely spirit, and I believe the best education includes such joy."

"Clearly, the highlight of the trip! I don't think I will ever forget the performances, and I wish it was taped!"

"it is the most amazing part. everyone is moved..I almost cried during the performance.."

"AMAZING! I feel so honored by how this town welcomed us and put so much effort into preparing for our visit! I felt like we were traveling dignitaries and really appreciated the experience so much! Best part of the trip!"

"unbelievable. we will be forever grateful to the people of Nakijin."

Small Group Activities

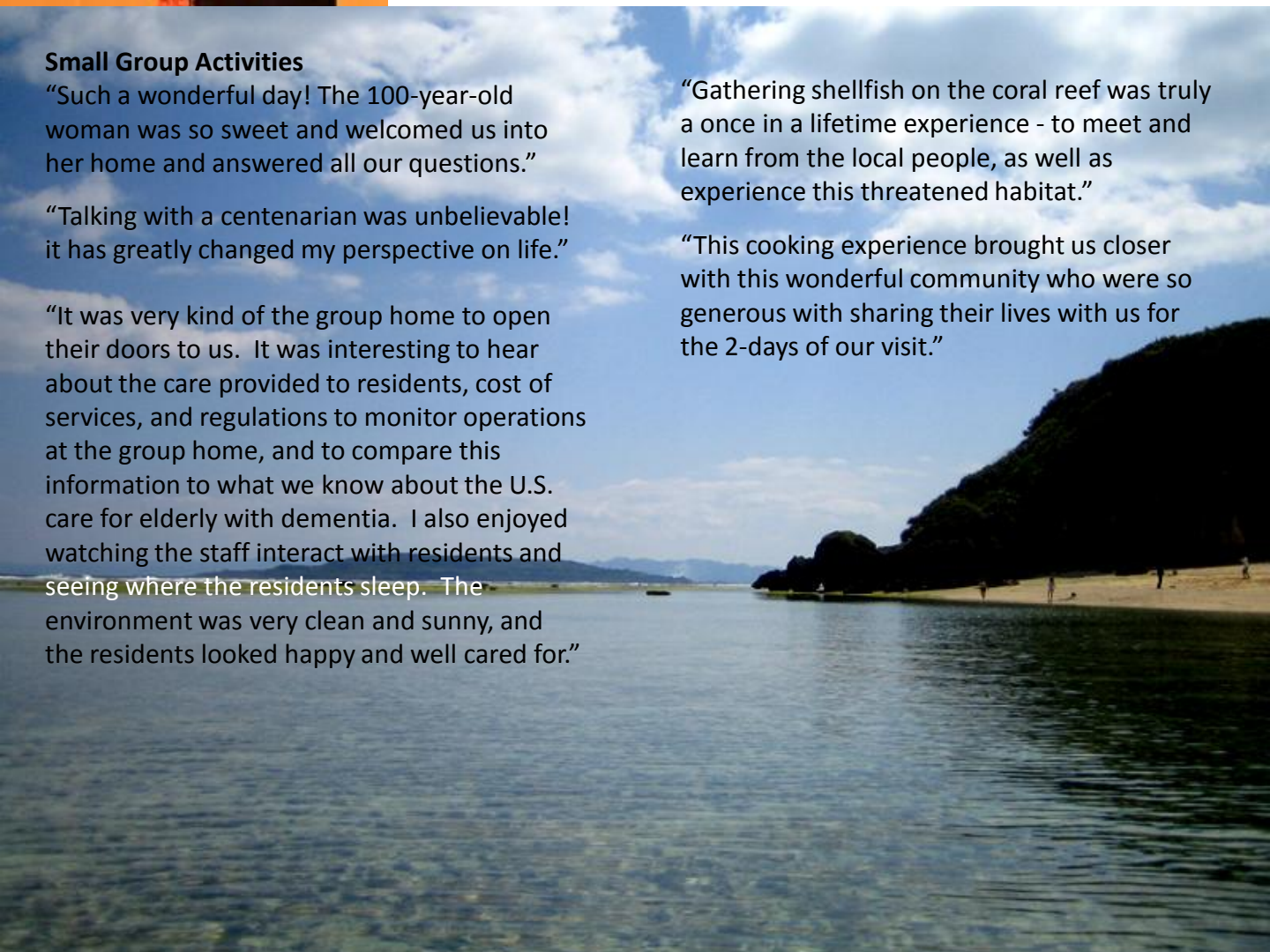
"Such a wonderful day! The 100-year-old woman was so sweet and welcomed us into her home and answered all our questions."

"Talking with a centenarian was unbelievable! it has greatly changed my perspective on life."

"It was very kind of the group home to open their doors to us. It was interesting to hear about the care provided to residents, cost of services, and regulations to monitor operations at the group home, and to compare this information to what we know about the U.S. care for elderly with dementia. I also enjoyed watching the staff interact with residents and seeing where the residents sleep. The environment was very clean and sunny, and the residents looked happy and well cared for."

"Gathering shellfish on the coral reef was truly a once in a lifetime experience - to meet and learn from the local people, as well as experience this threatened habitat."

"This cooking experience brought us closer with this wonderful community who were so generous with sharing their lives with us for the 2-days of our visit."





大阪 京都 OSAKA, KYOTO



MCH, Hospital

"excellent. I want the US to utilize some form of the MCH handbook, the pediatric ward was so full of sunlight and our last minute guide was very generous with his time. Our MCH talk was informative and we were lucky to have a presenter from Airin translating and sharing insights!"

Zen meditation

"The Zen master was amazing and I loved the knowledge he shared with us."



Airin district visit, TB-DOTS

"Best part of the trip--would definitely recommend to students on future trips. Incredible opportunity to see a very different and important aspect of public health in Japan."

Sumo

"an absolute blast"

Temples

"Amazing set of temples! I was in love with the sights, and I wish I could have stayed longer."







Got Answers!?

"I am more convinced than ever that social support and social cohesion are determinants of healthy longevity. I also believe that these characteristics are somehow linked to optimism and resilience that seemed so common among the Okinawans and the women in the cooking school in Tokyo."

"Probably a mixture of socioeconomic factors. Diet is important for sure. Health care is good and probably plays a small role. Cultural factors as well are probably important."

"except the Asian style diet, in Okinawa, I feel it is because of their social network. they enjoy very pure peaceful and harmony village life, and enjoy the relationship of supporting each other..That's the secret and also the lost in busy metro city"

"A strong culture of community, coupled with good public health services and wonderful food!"

"Diet! I think the traditional diet of mainly fish, vegetables and rice contributes to longevity in Japan. Since the younger generations who eat a more American-style diet have more obesity and health problems, it seems to point towards diet as the important factor. I also think they get more physical activity in Japan than in the US, and have more and better social interactions to keep their minds healthy along with their bodies."

"1. the calm way that Japanese, well most of those I've met anyway, deal with daily activities, 2. the diet of mostly vegetables and small portion of fish or meat. 3. the portion of the meals are on the small size (50-60%) comparing to a typical American one."

"On mainland Japan especially, the food and the exercise people get from walking everywhere seems to be a large reason why obesity and cardiovascular disease are not as prevalent."

感謝 ACKNOWLEDGEMENT

We sincerely appreciate your dedications.

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“we experienced Japan through the eyes of people who live there.”

“It is something I would never have done in my lifetime otherwise, and I'll remember it forever.”

