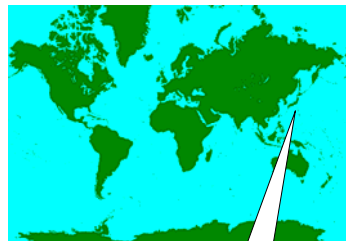


**HSPH Student Club of Japan
JT Organizing Committee**

About Japan

- An island country in east Asia, “Land of the rising sun”
- Population: about 128 million
- Area: about 378 thousand km² (same as the state of California)
- has the world’s second-largest economy
- safe, clean, convenient, and comfortable;

→ **How is the healthcare?**



Here!

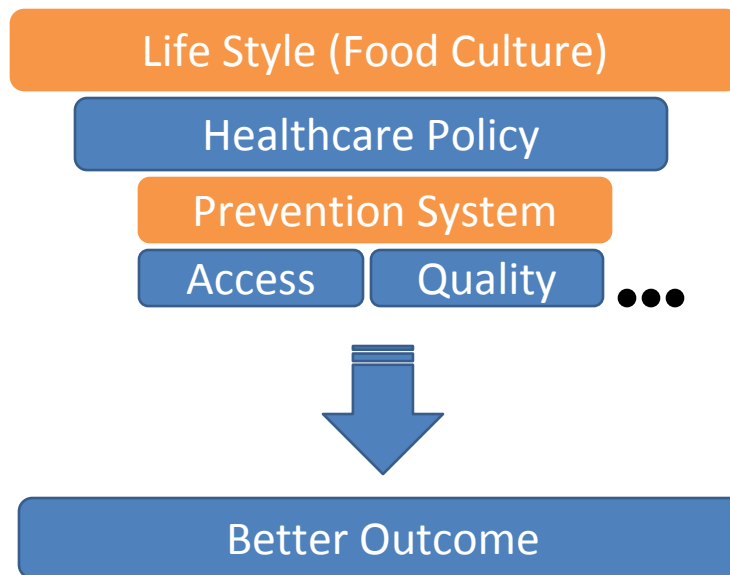


Health Statistics in Japan and US



	Life Expectancy at the birth		Infant mortality rate	Leading cause of Death	National medical care expenditure	Health insurance coverage
	Male	Female	/1000 live births		/person	
Japan	79.3	86.1	2.6	Similar: Malignancy, Cardiovascular & Cerebrovascular disease	\$2,581	universal
US	75.2	80.4	6.9		\$7,290	84.60%

Why?



JAPAN TRIP 2010

Purpose



- Experience and try to know how the Japanese food culture & prevention system work on the outcome.
- Introduce the US public health school to Japan.

JAPAN TRIP 2010

In this session



1. Places we will visit:
 - i. Osaka&Kyoto or Nagasaki
 - ii. Tokyo
2. Application, Cost, Logistics
3. Q & A

What's JAPAN TRIP?

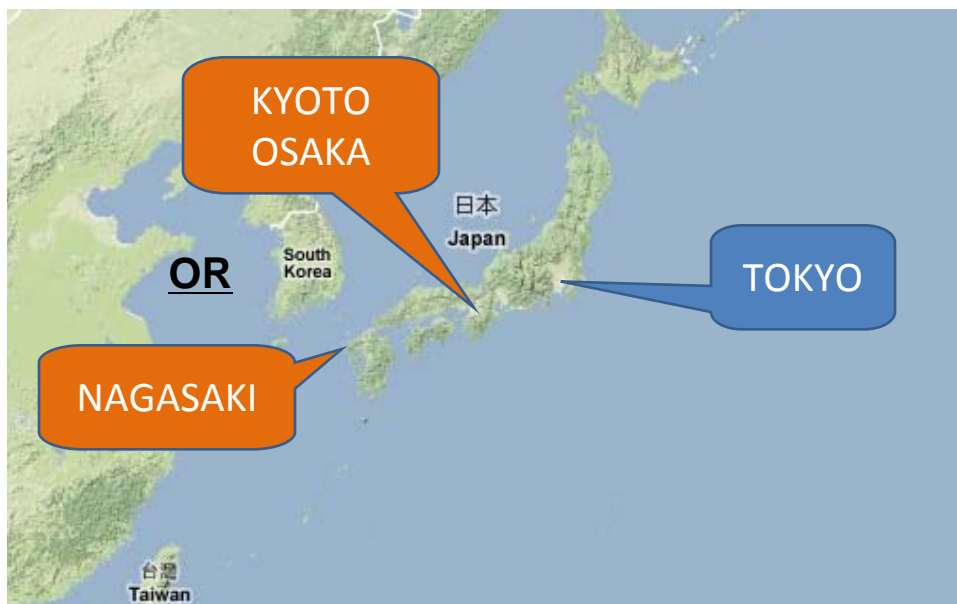


JAPAN TRIP



- Field trip to different areas in Japan
Two options: 1. Osaka/Kyoto→Tokyo
2. Nagasaki→Tokyo
- Organized by HSPH student club of Japan
- Non-credit
- During spring break (March 14/15-20, 2010)
- Trip Theme for 2010:
“Japanese diet and disease prevention”

March 15-20, 2010



Itinerary



	Day 0	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	3/13	3/14	3/15	3/16	3/17	3/18	3/19	3/20
	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Osaka/ Kyoto Group		Boston ↓	Osaka	Osaka	Kyoto	Kyoto ↓ Tokyo		Narita ↓
Nagasaki Group	Boston ↓	Fukuoka	Fukuoka ↓ Nagasaki	Nagasaki	Nagasaki	Nagasaki ↓ Tokyo	Tokyo	Boston

Day 1-4 (Course1: Osaka/Kyoto)



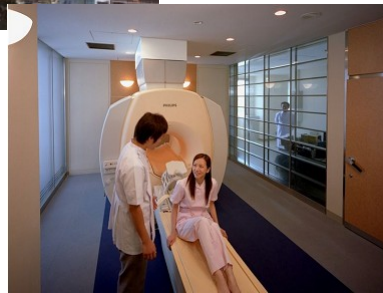
Osaka



Osaka Castle



- Osaka Medical Center and Research Institute for Maternal and Child Health
- Osaka Medical College Health Science Clinic
- Community senior center
- and (now planning),,,



Can we Intervene to Build Social Capital? *Evidence from Japan*

- The Taketoyo Township Intervention Study.
 - **Population strategy:** Opening of community senior centers, called “salons”.
 - **Managed by volunteers**, not professionals.
 - Programs are **supported by the municipality** through providing public venues, financial assistance, and advertisement to citizens etc.
 - Not only physical exercise but also a variety of **enjoyable social programs** are provided.

Slide from Lecture of Society and Health by Prof. Kawachi I.

医食同源 Ishoku-Dogen

<Meaning>

“Eat healthy, live healthy”

“You are what you eat”

Medicine and one's daily food are equally important in making a sick body well

Gourmet

★Numbers of *Michelin Stars*★

Tokyo 227

Kyoto 106

Paris 96

Osaka 79

New York 56

London 52

San Francisco 32

Hong Kong 31

Gourmet/Food Capital



Osaka



Kyoto



Kinkaku-ji



Kiyomizu Temple



Gion



Nara



Buddha



Horyu-ji



Nara-Park



Universal Studio Japan/Osaka



Hiroshima/ 1h from Osaka



Kobe/30 mins from Osaka



Day 1-4 (Course2: Nagasaki)





- Southwest part of Japan
- Population is about 446,000
- The only trade port with Europe (the Netherland) during Edo period (1603-1867)
- The second and last city in the world to be subject to nuclear attack



Aims

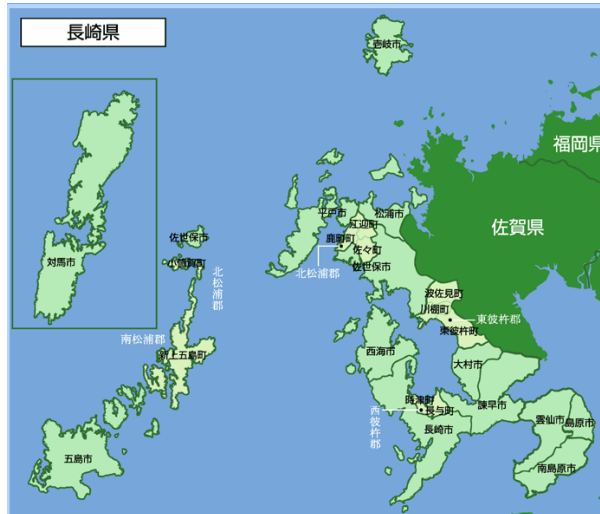


- Learn about 'Island medicine' (disease prevention in remote/rural area)
- Learn about Hibakusha care and epidemiology
- Learn about Japanese Global health cooperation
- (Learn about rehabilitation through agriculture for developmental disorder people.)



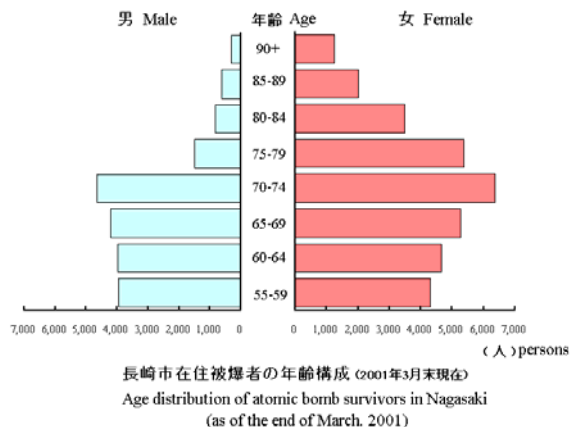
Island medicine

- Nagasaki prefecture consists over 500 small islands and 170,000 people live in 75 islands.
- Some islands have no clinic, no Doctor. Public health nurses are active in there.



Hibakusha care and epidemiology

- Victims of Atomic bombing, we call 'Hibakusha'
- All Hibakusha take free medical examinations twice a year, and we collect these data from 1968, especially Cancer data is collected from 1958



- clinical epidemiology of radiation and health is researched at Atomic bomb disease institute
- Research results help many victims of nuclear power plant accidents

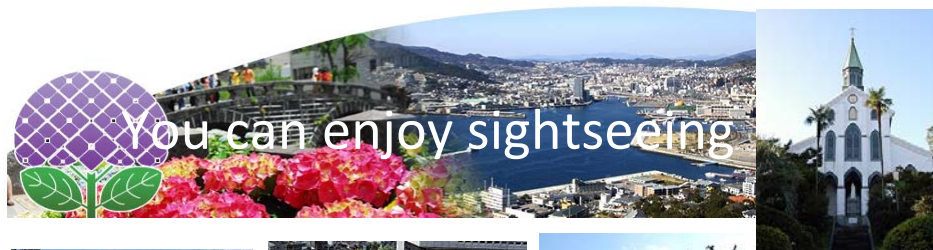


Global health in Japan

- Institute of Tropical Medicine is Japan's only institute to research about Tropical Diseases
- We also have a MPH course



You can enjoy 'terrific' foods



Day 4-6(Course1,2: Tokyo)



TOKYO 東京



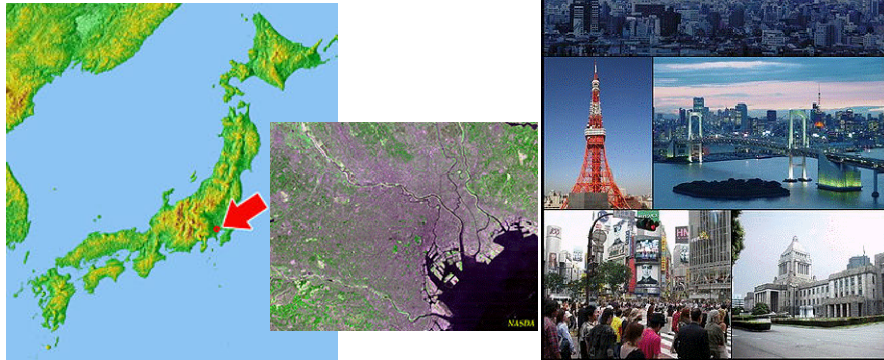
Course objectives:

- At the completion of the course, you will be able to:
 - 1) Review the healthcare, including prevention, system in Japan
 - 2) Identify the key foods for Japanese life
 - 3) Make Japanese home-style dishes
 - 4) Recognize the connection between food culture and healthcare
 - 5) Show off your experiences to your friends

TOKYO 東京



- The Capital of Japan.
- The world's most populous metropolitan area (12,988,797).



TOKYO 東京



-In the planning stage-

- Health
 - Ministry
 - NPO for healthcare policy
- Food
 - Market
 - Cooking



- Culture
 - Temples
 - Shopping



The Ministry of Health, Labour and Welfare 厚労省



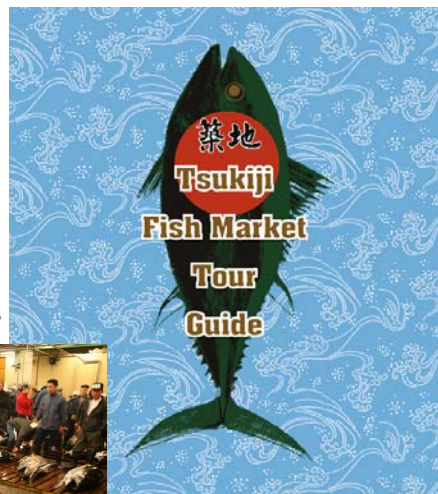
- The ministry governing
 - medical care system
 - social health insurance
 - food and drug safety
 - health science
 - welfare system and labor regulation



Tsukiji Fish Market 築地市場



- The biggest wholesale fish and seafood market in the world.
- This traditional Market gives you an idea of the fundamental backgrounds of the fish loving and tasting culture.





Cooking Class 料理教室

- Cook and Experience Japanese “ordinary” dining.



Culture & Shopping Farewell party

- Asakusa
 - Temples
 - Japanese souvenir
- Akihabara Electric Town
 - Japanese animation
 - Electronics, PC
- Shinjuku, Shibuya
 - Department stores



Grading & Evaluation

- Grades will be based on your subjective & personal impression (100%).
- Students are strongly encouraged to work on this trip in small ~ large groups.
- Students are expected to keep up with our trip schedule.



APPLICATION

- Online application on our website
<http://www.hsph.jp/JT/index.htm>
- Dec 4(Fri)-Dec 8(Tue)
- First come, first served basis
(around 12-13 people in each group)

BUDGET



● \$1000 -1100

(including deposit, excluding international airfare)

● Includes:

- Domestic transportation (Osaka-Tokyo, Nagasaki-Tokyo, some optional tours)
- 5/6 nights accommodation (breakfast included)
- 5 dinners
- admin cost (brochure, fee for lecturers, etc.)

● Excludes:

international airfare, insurance, visa, other miscellaneous costs

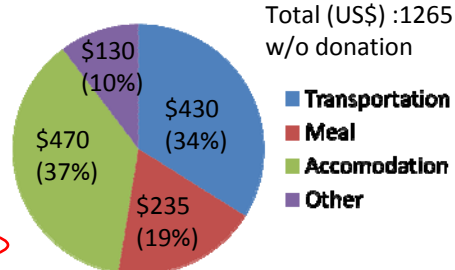
- Subject to change depending on major changes in exchange rate or donations

Budget



Approximate Estimate except for the airfare

Domestic Transportation	430
Meal	235
Accommodation	470
Other	130
Sub total	1265
Subsidy (Donation)	▲200
Total (US \$)	1065



/person



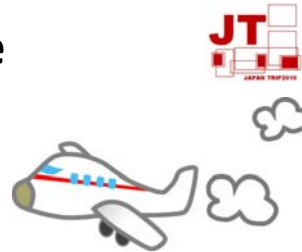
FYI: International airfare

<round-trip ticket>

Osaka group: about \$1050-1150

Boston-Osaka

Tokyo (Narita)-Boston



Nagasaki group: about \$1150-1200

Boston-Fukuoka

Tokyo (Narita)-Boston



Your total budget would amount to \$2100~2300 w/o your private souvenir.

DEPOSIT

- US\$300
- Nonrefundable
- Payment method

Please pay to our bank account, or check
Dec. 9 (Wed) -14(Mon)

INTL. AIR TICKET

- Book flights by yourself
 - Boston → Osaka (Kansai Intl. Airport)
or Fukuoka
 - Tokyo (Narita) → Boston
- Travel agency: discount information





VISA

- U.S. citizens do not need a visa for short trip.
(At the present time, 63 countries and regions have Visa Exemption Arrangements with Japan.)
- For other countries, check our website of Ministry of Foreign Affairs
(http://www.mofa.go.jp/j_info/visit/visa/index.html).

We Will Guide You in JAPAN!!



- Aki
- Kayako
- Hiroshi (Kiragawa)
- Takeshi
- Hiroshi (Tsuji)
- Toki
- Honami
- Yasu

We Will Support You in Boston!!

- Fumiaki, Keiko, Miori, Rain

CONTACT US



- HP:

<http://www.hsph.jp/JT/index.htm>

- Q&A : jt2010@hsph.jp

