

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

## Today's contents

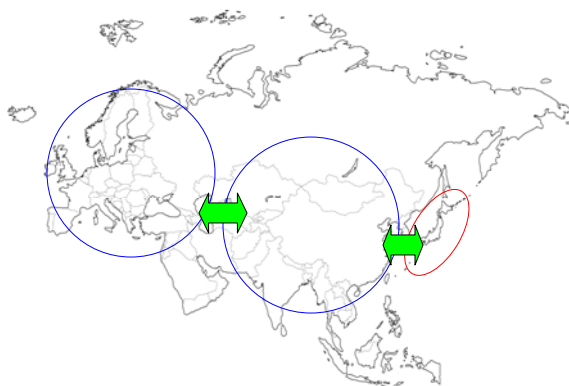


1. Self-introduction (Participants and Organizers)
2. Japanese culture,  
    basic Japanese words and phrases (Keiko)
3. Food, nutrition and health in Japan (Rain)
4. Japanese health care system (Hiraku & Honami)
5. More info about three cities
  - a) Osaka (Hiroshi T.)
  - b) Nagasaki (Takeshi)
  - c) Tokyo (Hiroshi K.)



## 2. Japanese culture, basic Japanese words and phrases

### Japanese culture 1



- An island country
- Located close to the eastern edge of Eurasia continent
- Strongly influenced by continental culture (both Asian and European)
- However, Japanese culture is quite unique.

## Japanese culture 2



## Climate in mid-March



	Nagasaki	Osaka	Tokyo	Boston
Av. high temp °F (°C)	57.9 (14.4)	55.9 (13.3)	55.2 (12.9)	46.4 (8.0)
Av. low temp	44.6 (7.0)	41.4 (5.2)	41.2 (5.1)	32.0 (0.0)
Rainy days	11.1 (Fukuoka)	9.3	9.5	

- beginning of Spring
- Light jacket, sweater
- Suit to visit official places (ex. MHLW)
- More rainy days –  
Japanese use an umbrella more often





## Transportation



Public transportation (Train, Bus): safe, clean, accurate, reasonable

Taxi: safe, but more expensive

(fare: ¥110 /2km + ¥90 /additional 288m in Tokyo, tip unnecessary)

### <Useful Japanese>

"Where is (city/place etc.) ?" → "(city/place etc.) doko-desuka?"  
どこですか？

"How much is (cost/fee etc.) ?" → "(cost/fee etc.) ikura-desuka?"  
いくらですか？

Airport→kukou (こうこう、空港)

Station→eki (えき、駅)

Bus stop→basutei (ばすてい、バス停)

Train→densha (でんしゃ、電車)



## When you meet Japanese people



Basic words for greetings

"Good morning"→ohayo (おはよう)

"Hello"→kon-nichiwa (こんにちは)

"nice to meet you"→hajime-mashite (はじめまして)

"Thank you"→arigato (ありがとう)

"Excuse me"→sumimasen (すみません)

"I 'm sorry"→gomen-nasai, sumimasen  
(ごめんなさい、すみません)

"Good-bye"→sayonara (さよなら)



Greet with bowing (especially in formal situations)

Avoid physical contacts like hug

Shaking hands: OK, but not usual for Japanese

Office, large hospitals, restaurants, Western-style hotels: can enter with shoes

Small clinics, Japanese-style hotels (private room) and restaurants:  
often need to take off your shoes

## When you have a meal



Special greetings:

Before the meal: Itadakimasu (Thank you for the meal)

After the meal: Gochisousama (I'm done. Everything was delicious!)

Chopsticks: usually use chopsticks,  
but you can ask knife and fork if necessary.

Tip: unnecessary

Many restaurants do not allow to use  
doggie bags due to hygienic reason.



## Public large bath



Japanese-style hotels usually have public large bathrooms.  
But they also have private bathrooms in each private room.  
You can choose each of them. (or can try both!)

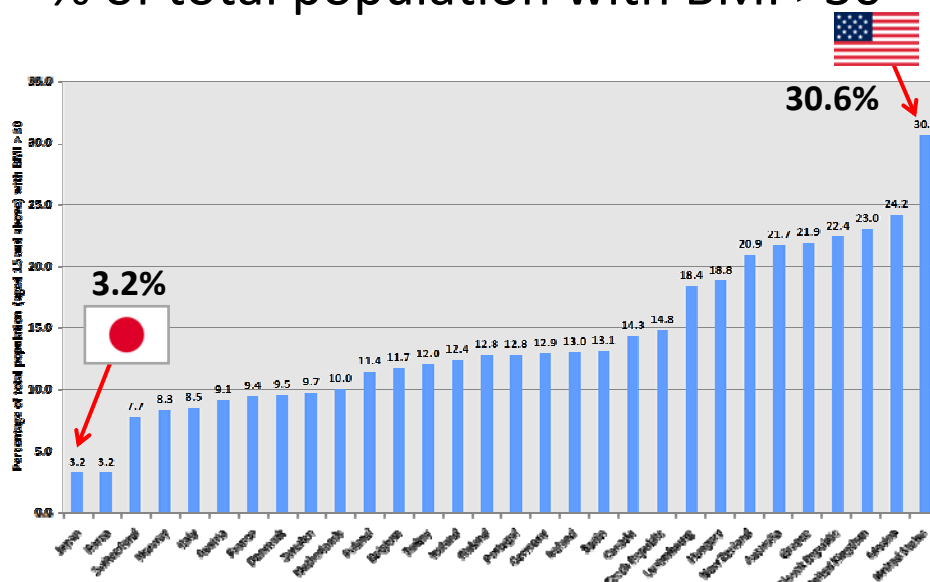




### 3. Food, Nutrition and Health in Japan

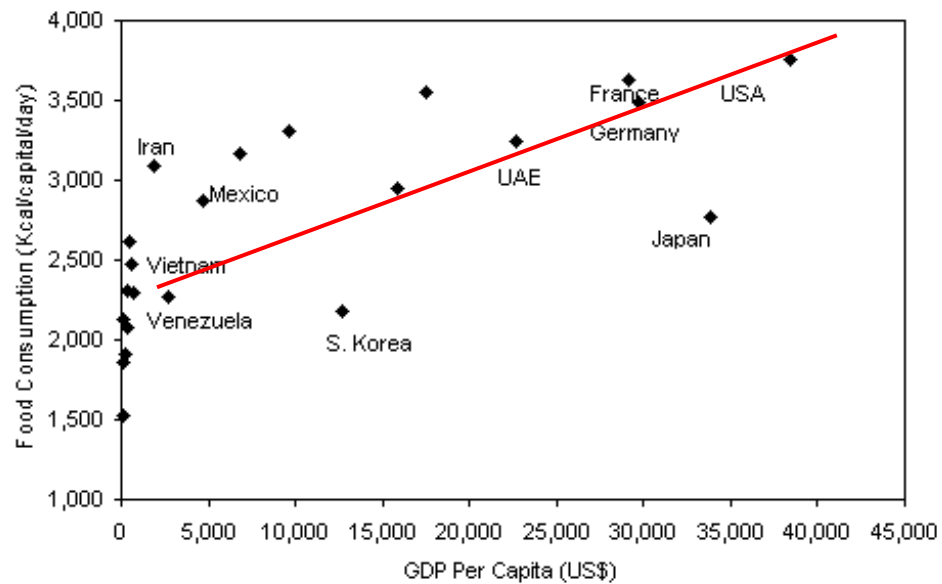
Rain Yamamoto  
Dept. SHDH / MS2

% of total population with BMI >30



(Source: OECD FACTBOOK 2005)

## Total calorie intake



## Japanese traditional dishes

- Rice, fish, soybean, and vegetables

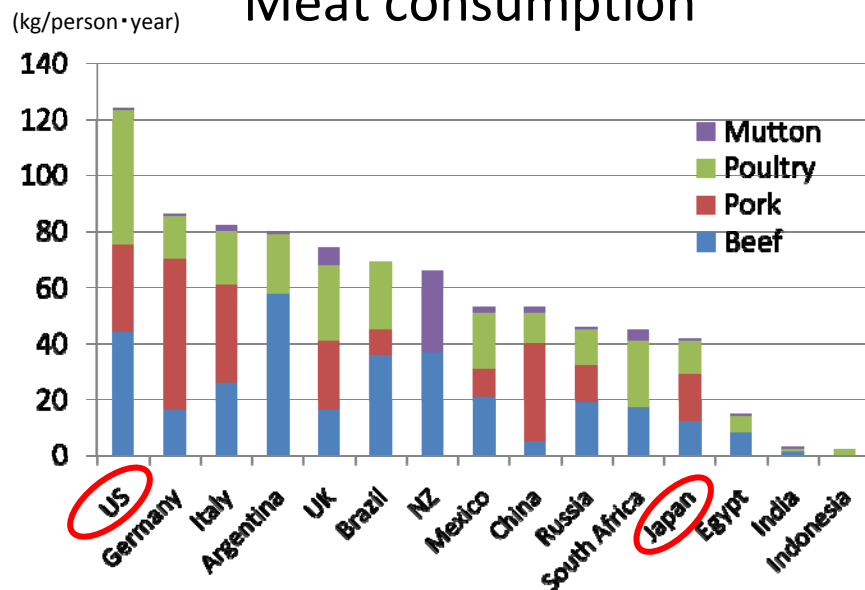




## Various kinds of soy products



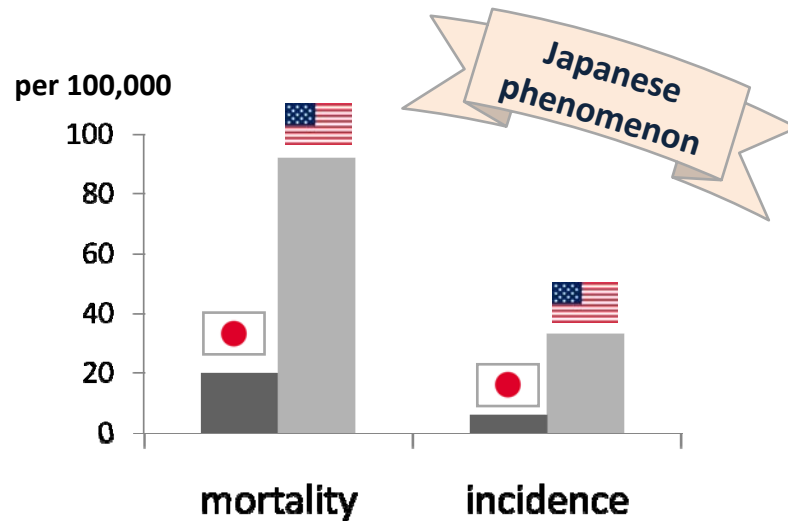
## Meat consumption



(Source: World Watch Institute "United States Leads World Meat Stampede")

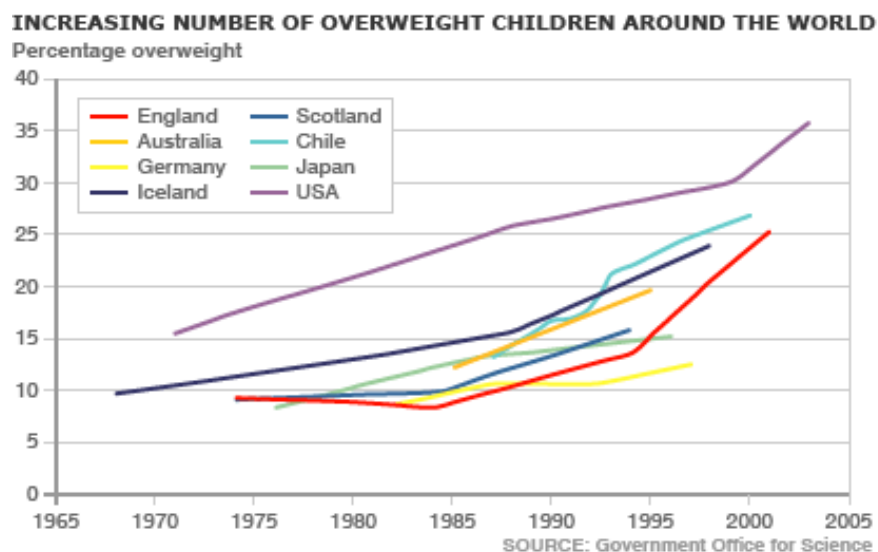


## Breast cancer in US and Japan

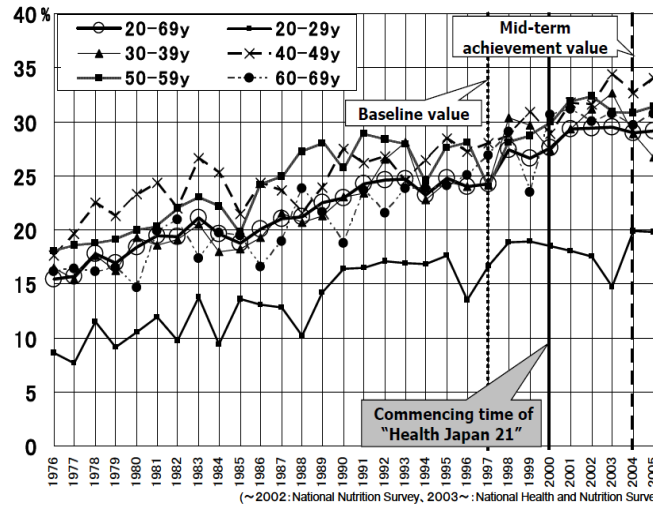


<http://www.world-federation.org/Health/Articles/Breast+Cancer.htm> (Age standardized, 2000)

## Child obesity

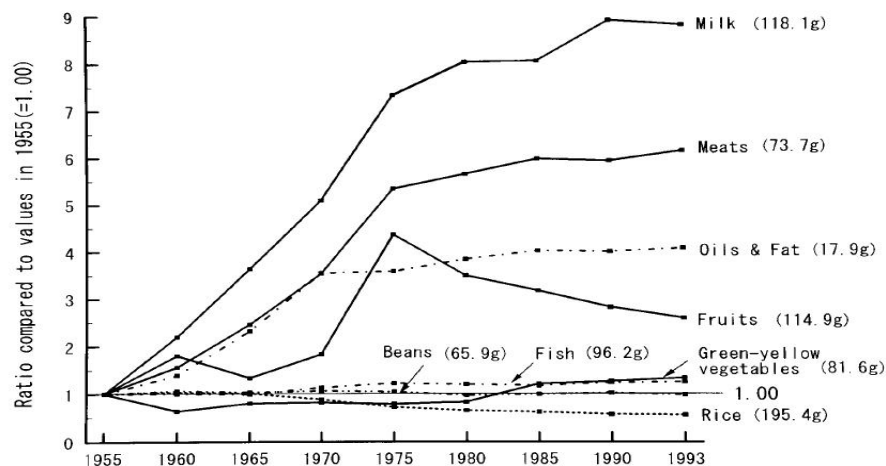


## obesity among adult males in Japan



Udagawa K, Miyoshi M, Yoshiike N. Asia Pac J Clin Nutr. 2008;17 Suppl 2:445-52.

## Food consumption change



Tominaga et al (1997)

## Post World War II

- Food shortage



1960s~

- Economic Growth
- Purchasing power ↑

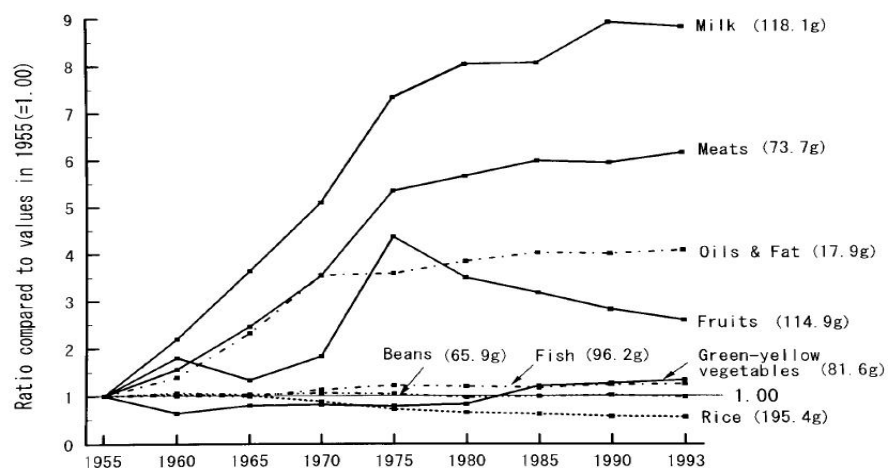


## Dietary change

- Westernized diet
- Dining out
- Trade liberalization



## Food consumption change



Tominaga et al (1997)

## Cancer

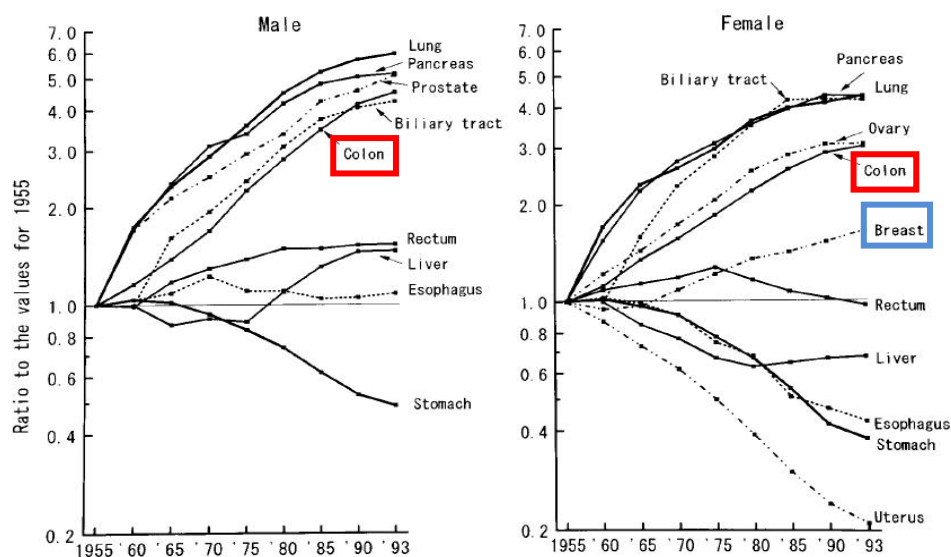
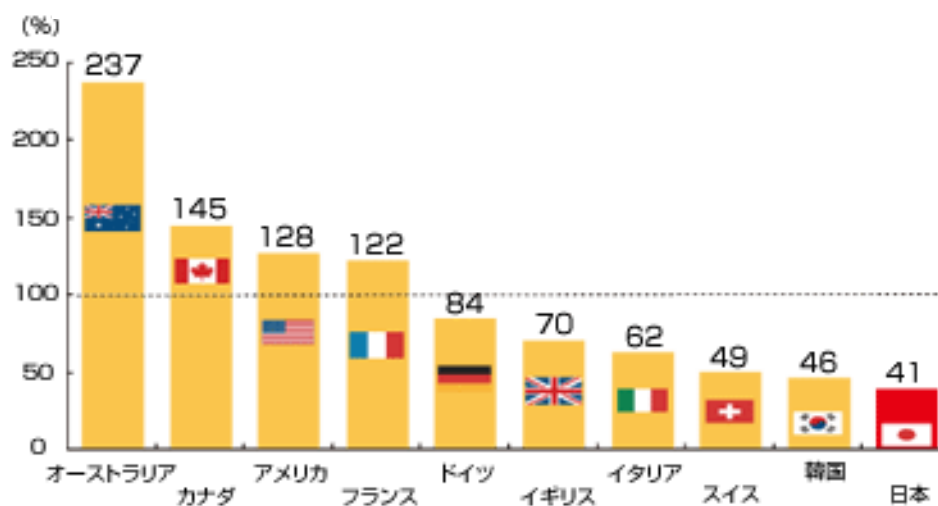


FIGURE 1 – Relative changes in cancer mortality in Japan (1955–1993), compared with values for 1955.

## low self-sufficiency rate

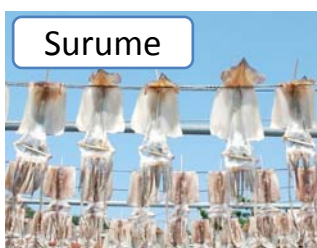


(Source: Ministry of Agriculture, Forestry and Fisheries)





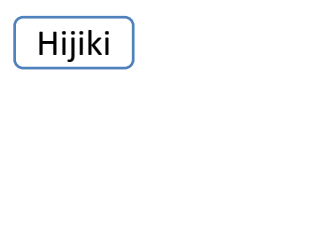
Tako



Surume



Katsuobushi



Hijiki



Onigiri



Umeboshi



Tokoroten



Tororo



Tako



Surume



Katsuobushi



Hijiki



Onigiri



Umeboshi



Tokoroten



Tororo



Thank you



## 4. Japanese health care system





#### Overview



- ◆ Population  
127 million  
≈ Half of U.S.
- ◆ Area  
378,000 square km  
≈ California
- ◆ GDP  
\$ 4,923 billion (World #2)
- ◆ Life Expectancy at Birth  
m/ f 79/86
- ◆ Ranked #1 by WHO in various  
Healthcare System Measures

## Health Insurance System

- ◆ Universal Coverage
  - No one is denied Coverage
  - No one can opt out
- ◆ Multiple Insurers
 

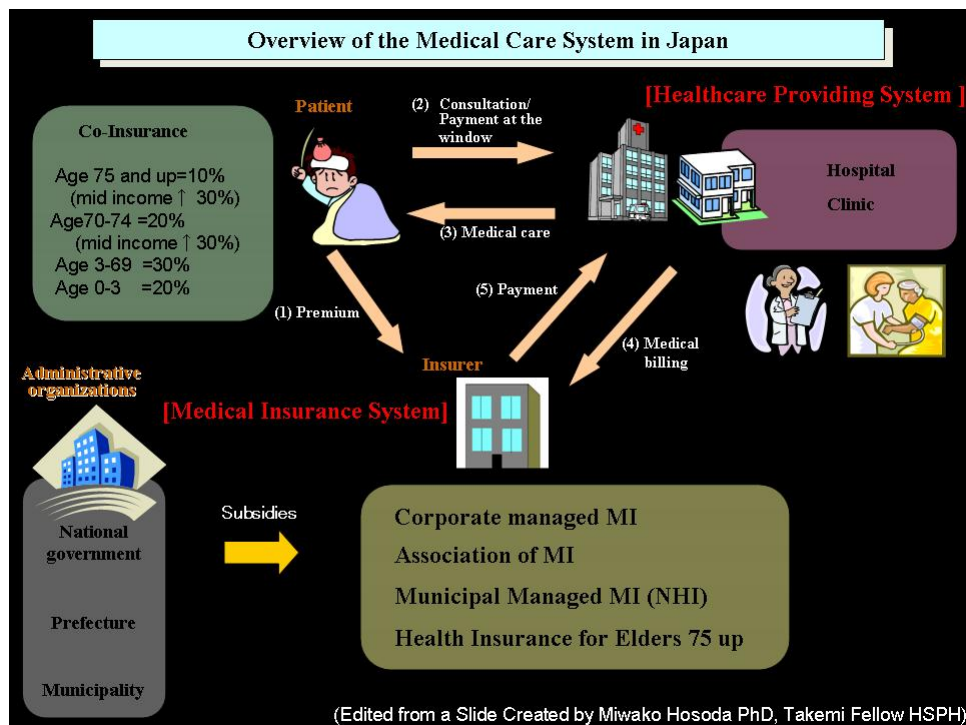
- Employer based Insurance	Corporate-managed	23%
Government-managed	28%	
- National Health Insurance	37%	
- Health Insurance for Elderly	11%	

Little difference in the benefits provided
- ◆ Premiums
 

Vary a little by Insurer, Location (municipal), Income, etc.  
e.g. Corporate managed Employer based Insurance : 8.5%  
(split evenly between employer and employee with some subsidy (for administrative cost) from the government)
- ◆ Co-Insurances (Co-pays)
 

30% co-insurance for both in-patient and out-patient care  
(10 % for elderly 75 and above, 20% for those 70-74 and 0-3)

Only 1% co-insurance for fees above ≙\$800 per month!



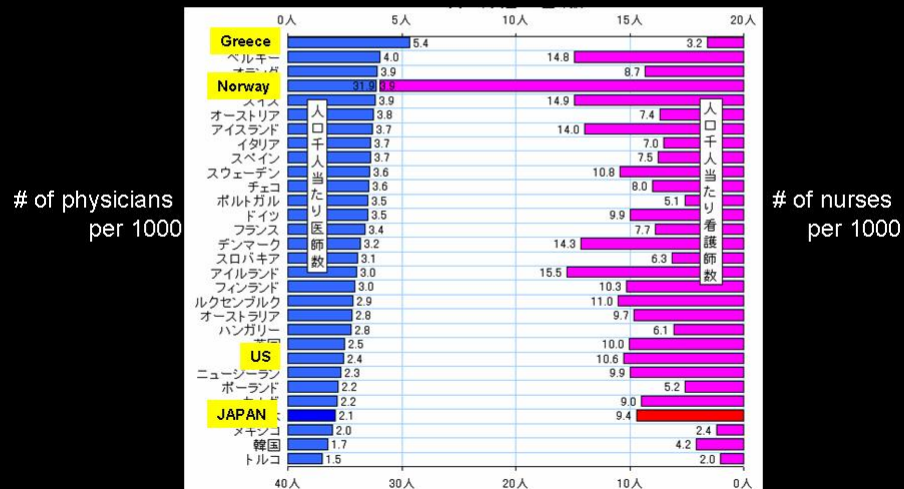
## Providers

◆ Hospitals 8,000 / Clinics 90,000

Private-sector 80% / 94%

-Physicians are free to open clinics where ever they want.

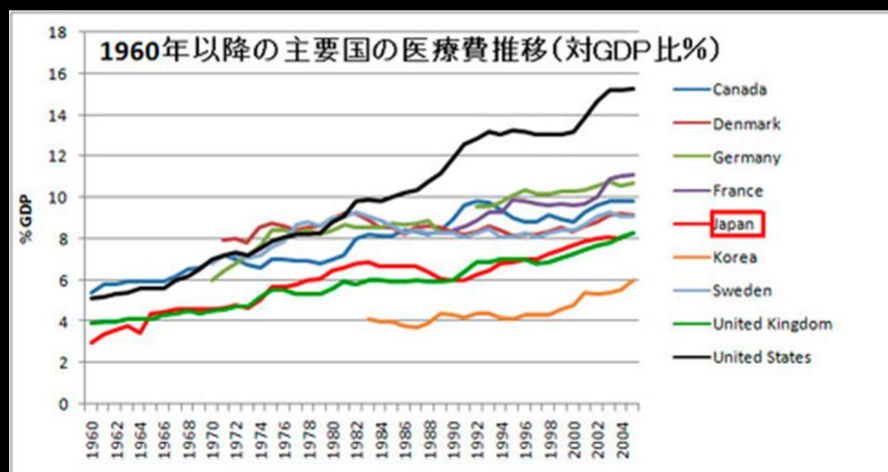
-Regional disparity in the number of Physicians exists.



## Expenditure

◆ Total Expenditure : \$ 330,000,000,000

9% of GDP



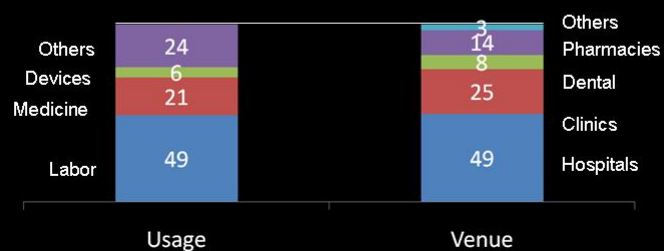
## How do we Control Cost?

### ◆ Expenditure by usage

- Labor 49%
- Medicine 21%
- Medical Devices / Materials 6%
- Administrative / Lights and Heats / etc. 24%

### ◆ Expenditure by Venue

- Hospitals 49%
- Clinics 25%
- Dental Clinics 8%
- Pharmacies 14%
- Others 3%



## Video

### How do we Control Cost?

- ◆ Total Budget Capitation and Fee Schedule

The Prices and Fees are determined by the government.  
All those using their insurance will follow the determined fee schedule.

Step 1: The Cabinet decides the global growth rate  
Ministry of Finance vs Provider Group (JMA, etc)

Step 2: Central Social Health Insurance Council decides  
drug / device pricing and individual fees

- ◆ Co-Insurances

- ◆ Payment according to DPC was introduced in 2004 experimentally

### What are the problems?

- ◆ Aging

- ◆ Quality?

- ◆ Patient Satisfaction

- ◆ No gate keeping system

- ◆ Hospital / Clinic financial Crisis

- ◆ etc..



## In the beginning...

- What is the Infant Mortality Rate(IMR)?

$$= \frac{\text{the number of infant deaths  
(one year of age or younger)}}{1000 \text{ live births}}$$

Japan: 2.9 (2009)

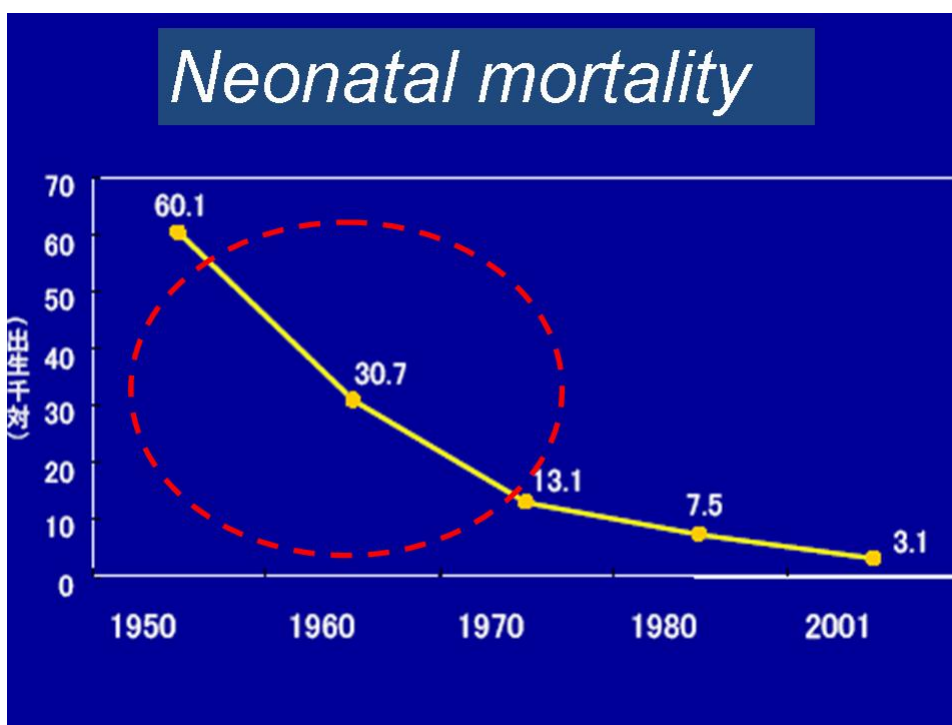
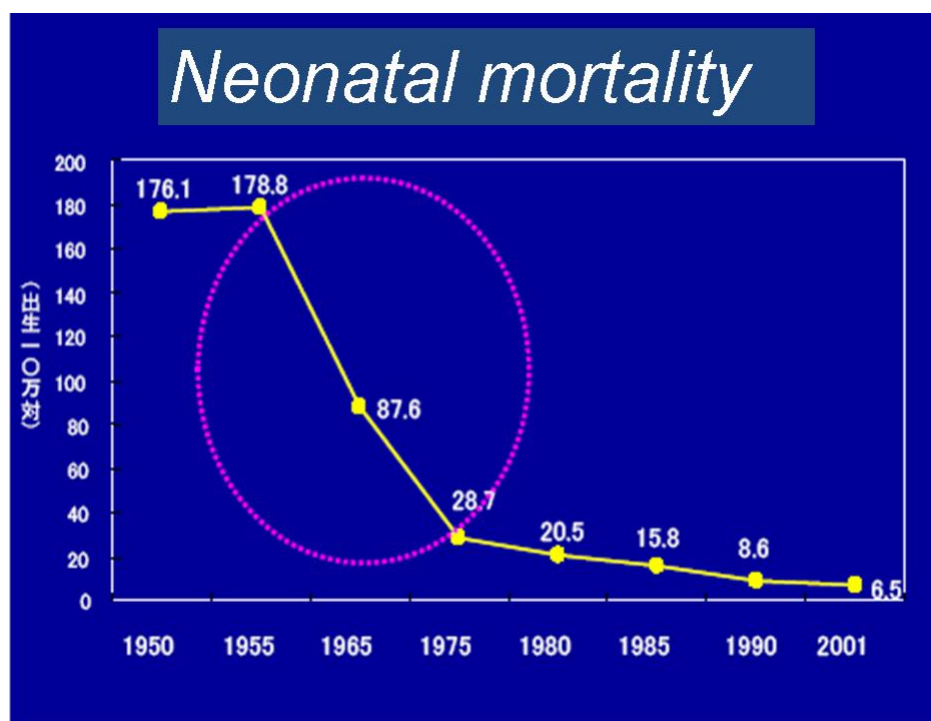
- What is the Under5 Mortality Rate (U5MR)?

$$\frac{\text{the number of newborn babies  
that will die before reaching their fifth birthday}}{1000 \text{ live births}} \times 1,000$$

2

## In the beginning...

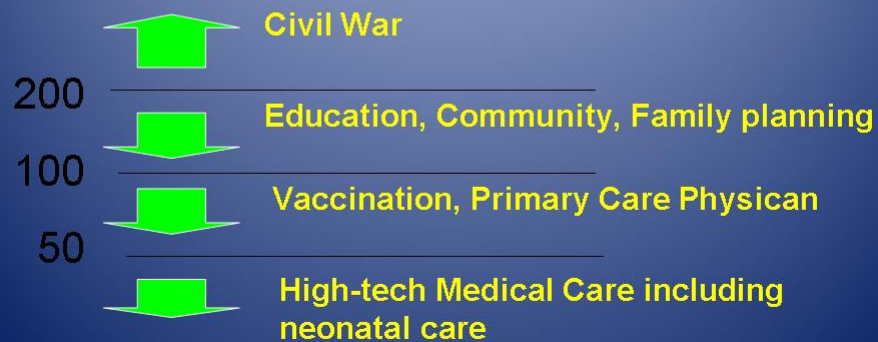
- Perinatal mortality only includes deaths between the foetal viability (22 weeks gestation) and the end of the 7th day after delivery.
- *Neonatal mortality* only includes deaths in the first 28 days of life.
- *Postneonatal mortality* only includes deaths after 28 days of life but before one year.
- Child mortality includes deaths within the first five years after birth.





## Neonatal mortality

What influence?



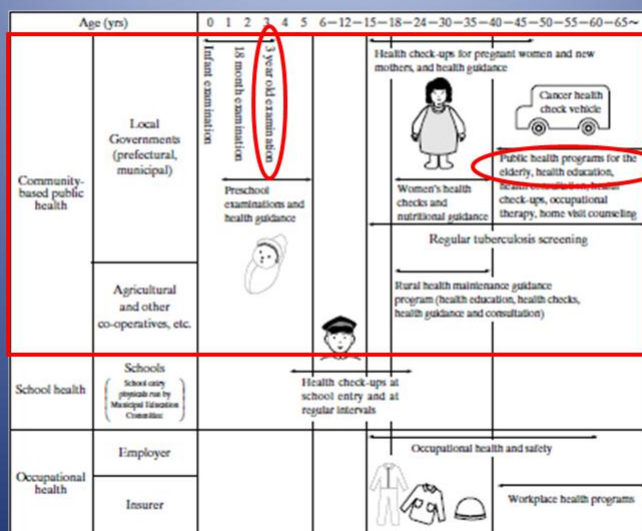
6

## History of Japanese Health Care Policy



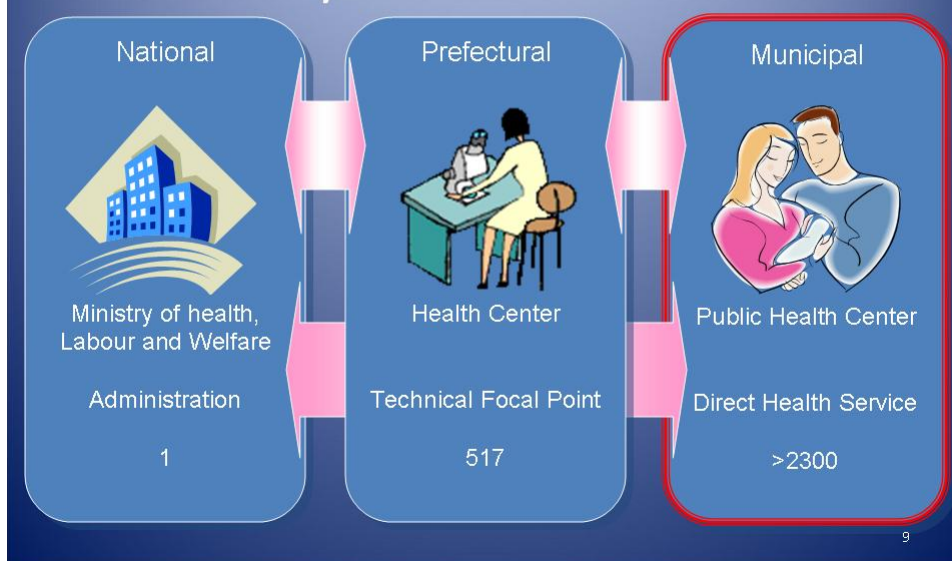
7

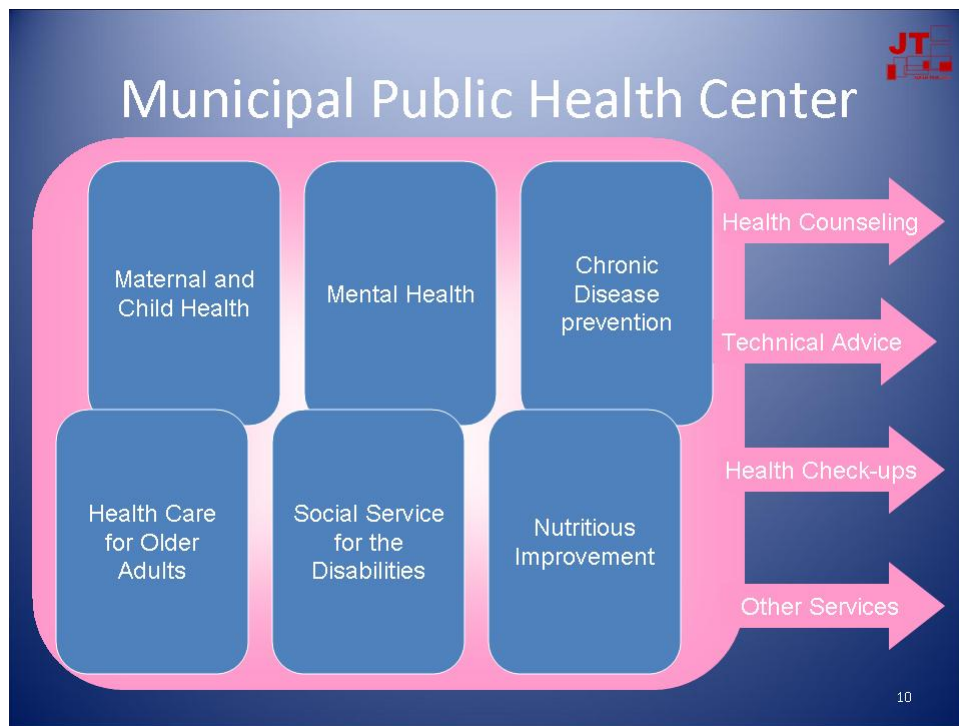
## Public Health Services in the Life Style



Source: Nakamura, Yoshio (1998) p.92

## Public Health Services by Public Sectors





## #2 Health Center Visit

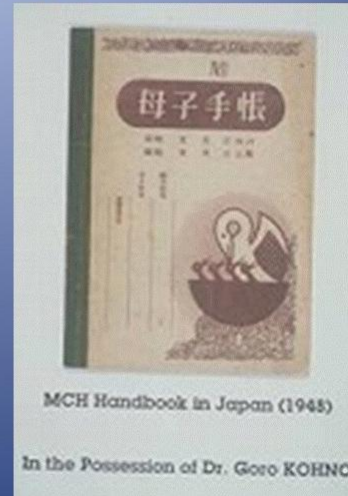
- Visit a health center to see the infant check-up and to learn Japanese maternal and child health care system and other public health services.

The top photograph shows a healthcare worker in a black uniform sitting at a table, interacting with a woman and a young child. The bottom photograph is a close-up of a '母子健康手帳' (Maternal and Child Health Handbook) for Kyoto City. The cover features a cartoon baby, a yellow duck, and a red triangle. The text '京都市' (Kyoto City) is at the top, and '平成 20 年' (Heisei 20) is at the bottom.

## #3 Maternal & Child Health Discussion



- Lecture and discussion facilitated by the Chairperson of the 6th International Conference on the Maternal and Child Health Handbook.



## 5. More info about three cities

## Osaka, Kyoto ,



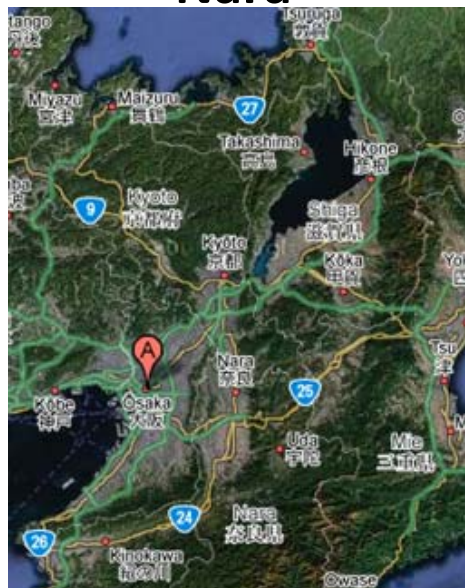
	15-Mar	16-Mar	17-Mar	18-Mar
8:00				check out
9:00		train(Sakaihigashi to Komyoike 30min)	train (Kyoto to Takatsuki 20 min)	
10:00		Osaka Medical Center and Research Institute for Maternal and Child Health 840 Murodocho, Izumi, Osaka, Japan. 594-1101, TEL+81-725-56-1220	Osaka Medical College Hospital. 2-7 Daigakumachi, Takatsuki, Osaka 569-8686 TEL +81-72-683-1221	Kinkakuji-Temple
11:00			lunch with OMC	
11:30		train (Komyoike to Shinimamiya 30min)	Osaka Medical College Health Science Clinic. 1-1-1	Kyoto-Tokyo (Nozomi/Bullet Train)
12:00			train(Takatsuki to Nara 65min)	
12:30		lunch		
13:00				東京着
13:30				厚生労働省(玲子さんへ打診済み)
14:00				
15:00				
16:00	Kansai/Osaka (ANA3731)	Airin area or option	Nara or option	
17:00				
18:00		train (Shinimamiya to Kyoto 44min)	train (Nara to Kyoto 44min)	
19:00		Kiyomizu-dera Temple (Hanatoro:http://www.hanatouro.jp)	Japanese Style Party "Party in Japan" in Hotel Sanoya	
20:00		Dinner in somewhere		
21:00				
22:00	ToyokoIn at Sakaihigashi(http://www.toyoko-inn.com/hotel/00071/)	Hotel Sanoya in Kyoto (http://www.sanoyanet.jp/)	Hotel Sanoya in Kyoto (http://www.sanoyanet.jp/)	瀬見泊



## Osaka, Kyoto , Nara



## Osaka, Kyoto , Nara



# Osaka



Midōsuji Street(Main street)

Osaka Castle



	15-Mar	16-Mar	17-Mar	18-Mar
8:00				check out
9:00		train(Sakaihigashi to Komyoike 30min)	train (Kyoto to Takatsuki 20	
10:00			Osaka Medical CollegeHospital. 2-7 Daigakumachi, Takatsuki, Osaka 569-8686 TEL +81-72-683-1221	Kinkakuji-Temple
11:00		Osaka Medical Center and Research Institute for Maternal and Child Health 840 Murodocho, Izumi, Osaka, Japan 594-1101, TEL+81-725-56-1220		
11:30			lunch with OMC	
12:00		train (Komyoike to Shinimamiya 30min)	Osaka Medical College Health Science Clinic. 1-1-1	
12:30				Kyoto-Tokyo (Nozomi/Bullet Train)
13:00		lunch	train(Takatsuki to Nara 65min)	
13:30				東京着
14:00				厚生労働省(玲子さんへ打診済み)
15:00				
16:00	Kansai/Osaka (ANA3731)	Airin area or option	Nara or option	
17:00				
18:00		train (Shinimamiya to Kyoto 44min)	train (Nara to Kyoto 44min)	
19:00		Kiyomizu-dera Temple (Hanatorohttp://www.hanatouro.jp)	Japanese Style Party "Party in Japan" in Hotel Sanoya	
20:00		Dinner in somewhere		
21:00				
22:00	ToyokoIn at Sakaihigashi(http://www.toyoko-inn.com/hotel/00071/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	潮見泊

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



	15-Mar	16-Mar	17-Mar	18-Mar
8:00				check out
9:00		train(Sakaihigashi to Komyoike 30min)	train (Kyoto to Takatsuki 20	
10:00			Osaka Medical College Hospital. 2-7 Daigakumachi, Takatsuki, Osaka 569-8686 TEL +81-72-683-1221	Kinkakuji-Temple
11:00		Osaka Medical Center and Research Institute for Maternal and Child Health 840 Murodocho, Izumi, Osaka, Japan 594-1101, TEL+81-725-56-1220		
11:30			lunch with OMC	
12:00		train (Komyoike to Shinimamiya 30min)	Osaka Medical College Health Science Clinic. 1-1-1	
12:30				Kyoto-Tokyo (Nozomi/Bullet Train)
13:00		lunch	train(Takatsuki to Nara 65min)	
13:30				東京着
14:00				厚生労働省(玲子さんへ打診済み)
15:00				
16:00	Kansai/Osaka (ANA3731)	Airin area or option	Nara or option	
17:00				
18:00		train (Shinimamiya to Kyoto 44min)	train (Nara to Kyoto 44min)	
19:00		Kiyomizu-dera Temple (Hanatorohttp://www.hanatouro.jp)	Japanese Style Party "Party in Japan" in Hotel Sanoya	
20:00		Dinner in somewhere		
21:00				
22:00	ToyokoIn at Sakaihigashi(http://www.toyoko-inn.com/hotel/00071/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	潮見泊

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



	15-Mar	16-Mar	17-Mar	18-Mar
8:00				check out
9:00		train(Sakaihigashi to Komyoike 30min)	train (Kyoto to Takatsuki 20	
10:00			Osaka Medical CollegeHospital. 2-7 Daigakumachi, Takatsuki, Osaka 569-8686 TEL +81-72-683-1221	Kinkakuji-Temple
11:00		Osaka Medical Center and Research Institute for Maternal and Child Health 840 Murodocho, Izumi, Osaka, Japan 594-1101, TEL+81-725-56-1220		
11:30			lunch with OMC	
12:00		train (Komyoike to Shinimamiya 30min)	Osaka Medical College Health Science Clinic. 1-1-1	
12:30				Kyoto-Tokyo (Nozomi/Bullet Train)
13:00		lunch	train(Takatsuki to Nara 65min)	
13:30				東京着
14:00				厚生労働省(玲子さんへ打診済み)
15:00				
16:00	Kansai/Osaka (ANA3731)	Airin area or option	Nara or option	
17:00				
18:00		train (Shinimamiya to Kyoto 44min)	train (Nara to Kyoto 44min)	
19:00		Kiyomizu-dera Temple (Hanatorohttp://www.hanatouro.jp)	Japanese Style Party "Party in Japan" in Hotel Sanoya	
20:00		Dinner in somewhere		
21:00				
22:00	ToyokoIn at Sakaihigashi(http://www.toyoko-inn.com/hotel/00071/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	潮見泊

## Kyoto



Kinkaku-ji



Kiyomizu Temple

## Gion





	15-Mar	16-Mar	17-Mar	18-Mar
8:00				check out
9:00		train(Sakaihigashi to Komyoike 30min)	train (Kyoto to Takatsuki 20 min)	
10:00				
11:00		Osaka Medical Center and Research Institute for Maternal and Child Health 840 Murodocho, Izumi, Osaka, Japan 594-1101, TEL+81-725-56-1220	Osaka Medical College Hospital, 2-7 Daigakumachi, Takatsuki, Osaka 569-8686 TEL +81-72-683-1221	Kinkakuji-Temple
11:30			lunch with OMC	
12:00		train (Komyoike to Shinimamiya 30min)	Osaka Medical College Health Science Clinic, 1-1-1	
12:30				Kyoto-Tokyo (Nozomi/Bullet Train)
13:00		lunch	train(Takatsuki to Nara 65min)	
13:30				東京着
14:00				厚生労働省(玲子さんへ打診済み)
15:00				
16:00	Kansai/Osaka (ANA3731)	Airin area or option	Nara or option	
17:00				
18:00		train (Shinimamiya to Kyoto 44min)	train (Nara to Kyoto 44min)	
19:00		Kiyomizu-dera Temple (Hanatoro:http://www.hanatouro.jp)	Japanese Style Party "Party in Japan" in Hotel Sanoya	
20:00		Dinner in somewhere		
21:00				
22:00	ToyokoIn at Sakaihigashi(http://www.toyoko-inn.com/hotel/00071/2)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	瀬見泊

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



	15-Mar	16-Mar	17-Mar	18-Mar
8:00				check out
9:00		train(Sakaihigashi to Komyoike 30min)	train (Kyoto to Takatsuki 20 min)	
10:00		Osaka Medical Center and Research Institute for Maternal and Child Health 840 Murodocho, Izumi, Osaka, Japan 594-1101, TEL+81-725-56-1220	Osaka Medical College Hospital, 2-7 Daigakumachi, Takatsuki, Osaka 569-8686 TEL +81-72-683-1221	Kinkakuji-Temple
11:00			lunch with OMC	
11:30		train (Komyoike to Shinimamiya 30min)	Osaka Medical College Health Science Clinic, 1-1-1	Kyoto-Tokyo (Nozomi/Bullet Train)
12:00		lunch	train(Takatsuki to Nara 65min)	
12:30				東京着
13:00		Airin area or option	Nara or option	厚生労働省(玲子さんへ打診済み)
13:30				
14:00		train (Shinimamiya to Kyoto 44min)	train (Nara to Kyoto 44min)	
15:00		Kiyomizu-dera Temple (Hanatoro:http://www.hanatouro.jp)	Japanese Style Party "Party in Japan" in Hotel Sanoya	
16:00	Kansai/Osaka (ANA3731)			
17:00		Dinner in somewhere		
18:00				
19:00		Hotel Sanoya in Kyoto (http://www.sanoyanet.jp/)	Hotel Sanoya in Kyoto (http://www.sanoyanet.jp/)	瀬見泊
20:00	ToyokoIn at Sakaihigashi(http://www.toyoko-inn.com/hotel/00071/2)			
21:00				
22:00				



## Nara



Buddha



Todai-ji

Nara-Park



Dōtonbori /Gourmet



Yodobashi Umeda/Appliance Store



	15-Mar	16-Mar	17-Mar	18-Mar
8:00				check out
9:00		train(Sakaihigashi to Komyoike 30min)	train (Kyoto to Takatsuki 20	Kinkakuji-Temple
10:00		Osaka Medical Center and Research Institute for Maternal and Child Health 840 Murodocho, Izumi, Osaka, Japan 594-1101, TEL+81-725-56-1220	Osaka Medical College Hospital. 2-7 Daigakumachi, Takatsuki, Osaka 569-8686 TEL +81-72-683-1221	
11:00			lunch with OMC	
11:30		train (Komyoike to Shinimamiya 30min)	Osaka Medical College Health Science Clinic. 1-1-1	
12:00				Kyoto-Tokyo (Nozomi/Bullet Train)
12:30		lunch	train(Takatsuki to Nara 65min)	
13:00				東京着
13:30				厚生労働省(玲子さんへ打診済み)
14:00				
15:00	Kansai/Osaka (ANA3731)	Airin area or option	Nara or option	
16:00				
17:00				
18:00		train (Shinimamiya to Kyoto 44min)	train (Nara to Kyoto 44min)	
19:00		Kiyomizu-dera Temple (Hanatorohttp://www.hanatoro.jp)	Japanese Style Party "Party in Japan" in Hotel Sanoya	
20:00		Dinner in somewhere		
21:00				
22:00	ToyokoIn at Sakaihigashi(http://www.toyoko-inn.com/hotel/00071/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	Hotel Sanoya in Kyoto (http://www.sanoya.net/)	潮見泊

## The Japanese





Universal Studio Japan/Osaka



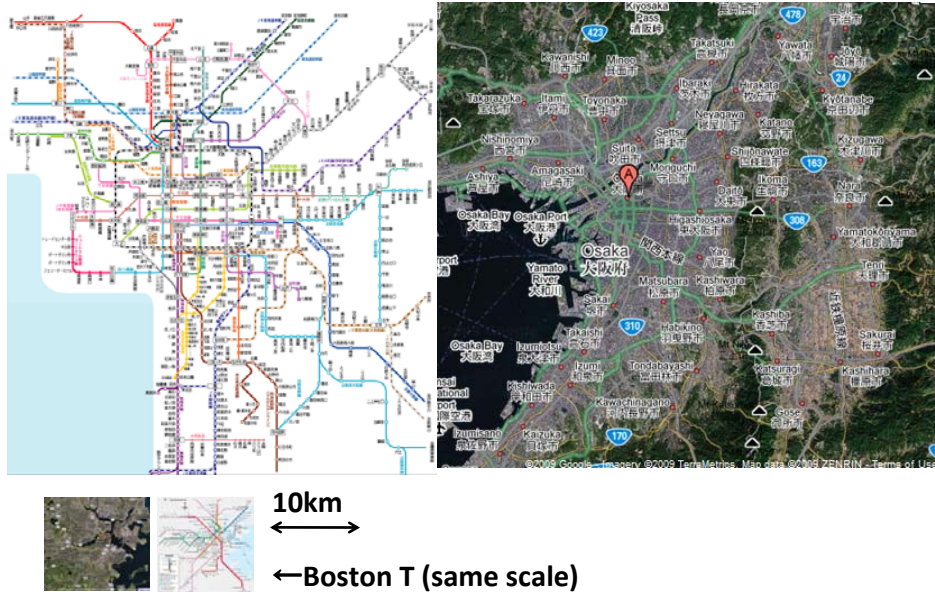
Hiroshima/ 1h from Osaka



Kobe/30 min from Osaka



## You Can Go Everywhere by Train



## Gurumet

★Numbers of *Michelin Stars*★

**Tokyo 227**

**Kyoto 106**

**Paris 96**

**Osaka 79**

**New York 56**

**London 52**

**San Francisco 32**

**Hong Kong 31**



Izakaya  
居酒屋

## Gurumet

Udon Nudle  
うどん



Okonomiyaki  
お好み焼き



Takoyaki  
たこ焼き

## For Nagasaki Group

Japan Trip 2010

### We will visit

- Institute of Tropical Medicine, Nagasaki University



- Iwo island



- Atomic Bomb Museum

## Plan

- Mar/14 (Sun)

Narita(Tokyo) to Fukuoka (Stay at Hakata Green Hotel)

Or

Stay in Tokyo (if you cannot buy the connecting ticket)



- Mar/15 (Mon) AM

Fukuoka to Nagasaki (Bus)

Or

Haneda(Tokyo) to Nagasaki (Plane)



- Mar/15 3:00 Institute of Tropical Medicine

5:00 Peace Park

6:30 Welcome Party

- Mar/16 (Tue)

8:50 Nagasaki to Iojima (on board)

9:30 Iojima administration center

11:30 Iojima elementary school

2:30 Free

6:30 Dinner (Buffet)





- Mar/17 (Wed)  
8:15 Iojima to Nagasaki (on board)  
9:30 Nagasaki Atomic Bomb Museum  
11:00 Nursing Home for Hibakusha  
12:30 lunch  
2:00 free
- Mar/18 (Thu)  
8:30 check out  
11:00 Nagasaki to Haneda (plane)



## Acommodations

- Fukuoka(Mar/14)  
Hakata Green Hotel  
(single room with breakfast)



• Nagasaki (Mar/15,17)

Hotel Yataro

Japanese style room  
(3-6 people together)



• Mar/16

Yasuragi Iojima (Iou jima/Iwojima)

Cottage room (Max. 6 people)

Tennis courts are available



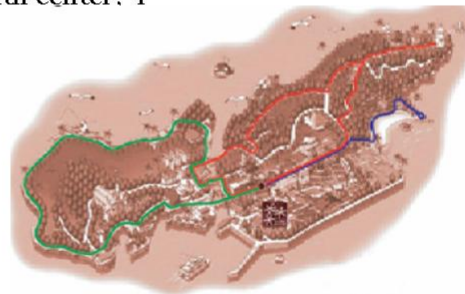
Seaside Cottage





## Ioujima (伊王島)

- The total area is 2.26 km<sup>2</sup>.
- Population is 779 (2009 Dec) (density: 344.7/km<sup>2</sup>.)
- Elementary school; 1, Junior high school; 1
- Clinic; 1, community health center: 1



— Walk around Ioujima 7km (Approx 78min)  
— Walk around Okinoshima 4.5km (Approx 56min)  
— Walk around Kojima 4km (Approx 42min)

## Ioujima elementary school

- Established since 1890
- Total schoolchild number; 18
- We can enjoy school lunch with them



## Ioujima administration center

- Center of all administration for island inhabitants.
- They have a public health nurse
- They check child development, health check, and health consultation regularly

# TOKYO 東京



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



## Tokyo Itinerary

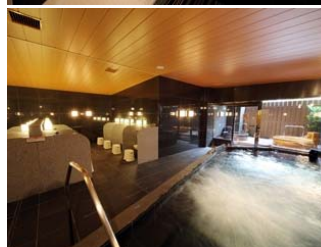


	Day 4	Day 5			Day 6
	3/18	3/19			3/20
	Thu	Fri			Sat
~8:00	Each part	AM option			Narita
10:00	↓	①Tsukiji lunch (10~12),	②Kaiseki lunch Japanese manner (11~14)	③ Kao factory (10~12)	↓
12:00	Tokyo				
14:00	Hotel				
16:00	MHLW	PM ~18:00			Boston
18:00	↓	free (op: Tea ceremony)			
20:00	free	18:00~ Farewell party @ Ginza			
22:00~	Hotel				

## Accommodation

### -Apa Hotel Tokyo-Shiomi Ekimae-

- 7 min from Tokyo station by train  
(the last train at 0:33)
- 10 min from Tokyo Disneyland
- Breakfast for two days
- Free internet (need your own PC)





## 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.







## Kaiseki 懷石料理

- Tea-ceremony dishes
- Japanese traditional artistic cuisine
- Can learn Japanese manner



- \* Mukozuke: a sliced dish of seasonal sashimi.
- \* Futamono: a "lidded dish"; typically a soup.
- \* Yakimono: Broiled seasonal fish.
- \* Gohan: a rice dish made with seasonal ingredients.
- \* Ko no mono: seasonal pickled vegetables.
- \* Tome-wan: a miso-based or vegetable soup served with rice.
- \* Mizumono: a seasonal dessert; may be fruit, confection, ice cream, or cake.



Enriching lives, in harmony with nature.

## Kao



### Consumer Products

#### Beauty Care

Skin care, foundations, and makeup cosmetic products  
Facial care, body care, and hair care products

#### Human Health Care

Cooking oils and beverages  
Bath and oral care products  
Female sanitary products, disposable diapers, nursing care products, hygiene care products

#### Fabric and Home Care

Laundry detergents, Fabric softeners, Dishwashing detergents and Housecleaning products



### Chemical Products

Fats & oil derivatives ( fatty acids, aliphatic alcohol & aliphatic amine), surfactants, functional polymers, lubricant base oils, aromatic chemicals, concrete superplasticizers, deinking agents  
data imaging & electronic materials, plastic additives, agrochemicals, rolling oil for steel  
binders for molds and cores & edible fats and oils (for pharmaceuticals, detergents and cosmetics)

### Professional-use Products

Products for restaurants, recreation and related services, and medical institutions

## Kao Museum



Kao Museum vestibule



A space displaying cleanliness-related lifestyle functions from ancient Mesopotamia to Japan's Edo period (1603-1868)



The Showa period (1926-89) corner recreates in evocative life-size part of an old public housing block apartment



## Culture & Shopping

- Asakusa, Sensoji
- Ueno
- Akihabara Electric Town
- Shinjuku, Shibuya
- Meiji Jingu





## Farewell party

- Japanese HSPH alumni
- Japanese medical & public health students
- Government Bureaucrats
- Japanese M.D.
- etc...



## Useful website



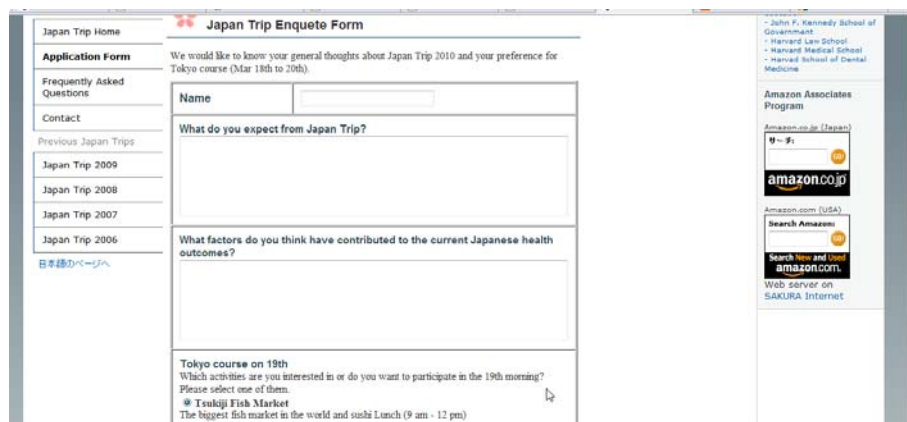
- MHLW: <http://www.mhlw.go.jp/english/index.html>
- National institute health and nutrition: <http://www.nih.go.jp/eiken/english/index.html>
- Tobacco issue: <http://www.tobaccofree.jp/E/Exe.html>
- Tsukiji: <http://www.shijou.metro.tokyo.jp/english/index.html>
- Kao: [http://www.kao.com/jp/en/corp\\_info/factories\\_18.html](http://www.kao.com/jp/en/corp_info/factories_18.html)
- Tokyo sightseeing: <http://www.tourism.metro.tokyo.jp/english/>
- Meiji-Jingu: <http://www.meijijingu.or.jp/english/index.html>
- Japanese art: <http://www.tnm.go.jp/en/servlet/Con?pageId=X00&processId=00>

## Budget

- Hotel, Meal, etc : \$300/person (Your Deposit)  
(=Total \$600-Donation\$300/person)
- Domestic transportation fee: \$250
- International airfare :\$1050-1100
- Total amount of your payment: \$1600-1650  
(=Deposit\$300+transportation\$250+airfare\$1050-1100)

## Your preference

- [http://hsph.jp/JT/enquete\\_pre.htm](http://hsph.jp/JT/enquete_pre.htm)



The screenshot shows a web browser window displaying the "Japan Trip Enquete Form". The form is titled "Japan Trip Enquete Form" and includes a sidebar with links to "Japan Trip Home", "Application Form", "Frequently Asked Questions", "Contact", and "Previous Japan Trips". The main content area contains the following sections:

- Name:** A text input field.
- What do you expect from Japan Trip?** A large text area for a response.
- What factors do you think have contributed to the current Japanese health outcomes?** A large text area for a response.
- Tokyo course on 19th**  
Which activities are you interested in or do you want to participate in the 19th morning?  
Please select one of them.  
\* Tsukiji Fish Market  
The biggest fish market in the world and sushi Lunch (9 am - 12 pm)

The right sidebar contains links to "John F. Kennedy School of Government", "Harvard Law School", "Harvard Medical School", "Harvard School of Dental Medicine", "Amazon Associates Program", "amazon.co.jp", "Search Amazon", "Search Now and Visit amazon.com", and "Web server on SAKURA Internet".

