

HSPH Student Club of Japan
JT Organizing Committee

Overview of Japan



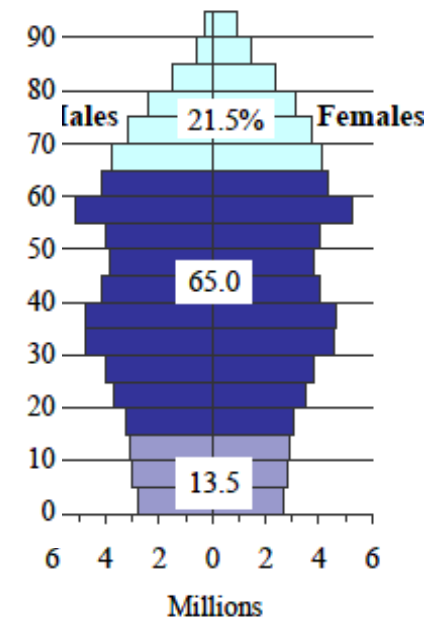
Population: 127.7million
(2008)

GDP(per capita):\$33,828

Ethnic Groups

98.5%	Japanese
0.5%	Korean
0.4%	Chinese

Age > 65y.o.	21.5%
16~64y.o.	65.0%
0~15y.o.	13.5%



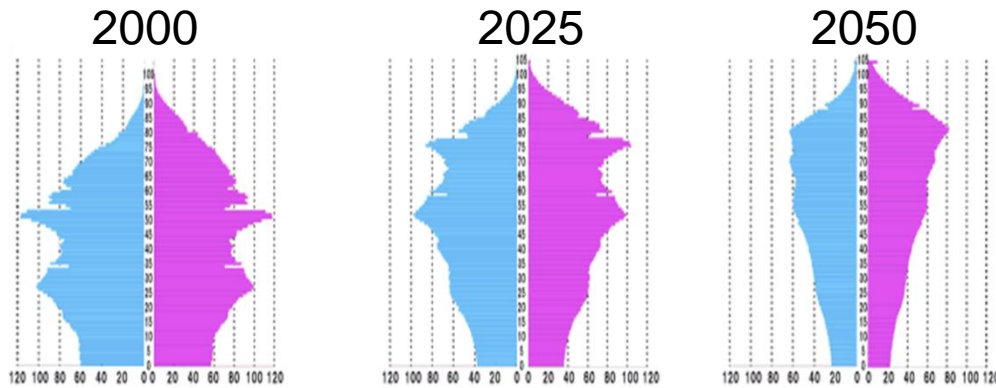
Statistical Data of Public Health

	WHO Health System Achievement (2000)	Life Expectancy (2009: WHO)			Infant Mortality Rate (2008)	Medical Expenditure Per Capita (2009)
		Average	Male	Female		
Japan	1st	83	80	86	2.6	2,877
France	6 th	81	78	85	3.8	3,978
Canada	7 th	81	79	83	5.1	4,362
UK	9 th	80	78	82	4.7	3,487
USA	15th	79	76	81	6.7	7,960

Cause of Death (2009)

Neoplasm	30.1%
Heart Disease	15.8%
CVD	10.7%
Pneumonia	9.8%

Hyper-Aging Society



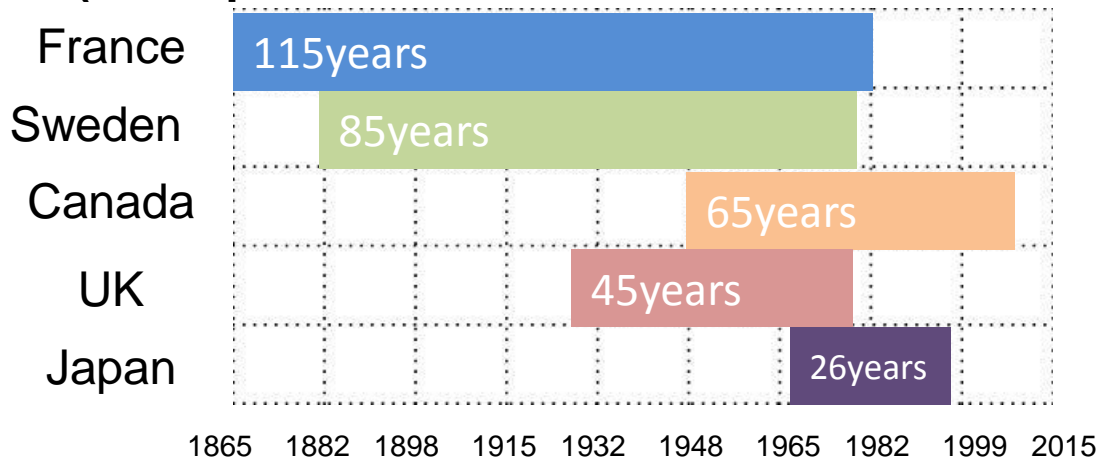
Elderly people over 65

2010 20.3%

2040 40.0%

Accelerating speed of aging

(No of persons over 65 to increase from 7 to 14 %)



Why?

Life Style (Food Culture)

Healthcare Policy

Prevention System

Access

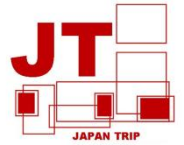
Quality

...



Better Outcome

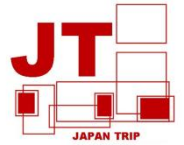
JAPAN TRIP 2012



Purpose

- Learning Public Health System in Japan
- Considering how to work on Hyper-Aging Society
- Exposure to Japanese Traditional Culture

JAPAN TRIP 2012



In this session

1. Places we will visit:

i. Tokyo

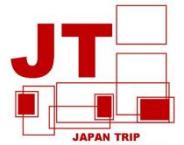
ii. Osaka

iii. Ishinomaki

2. Application, Cost, Logistics

3. Q & A

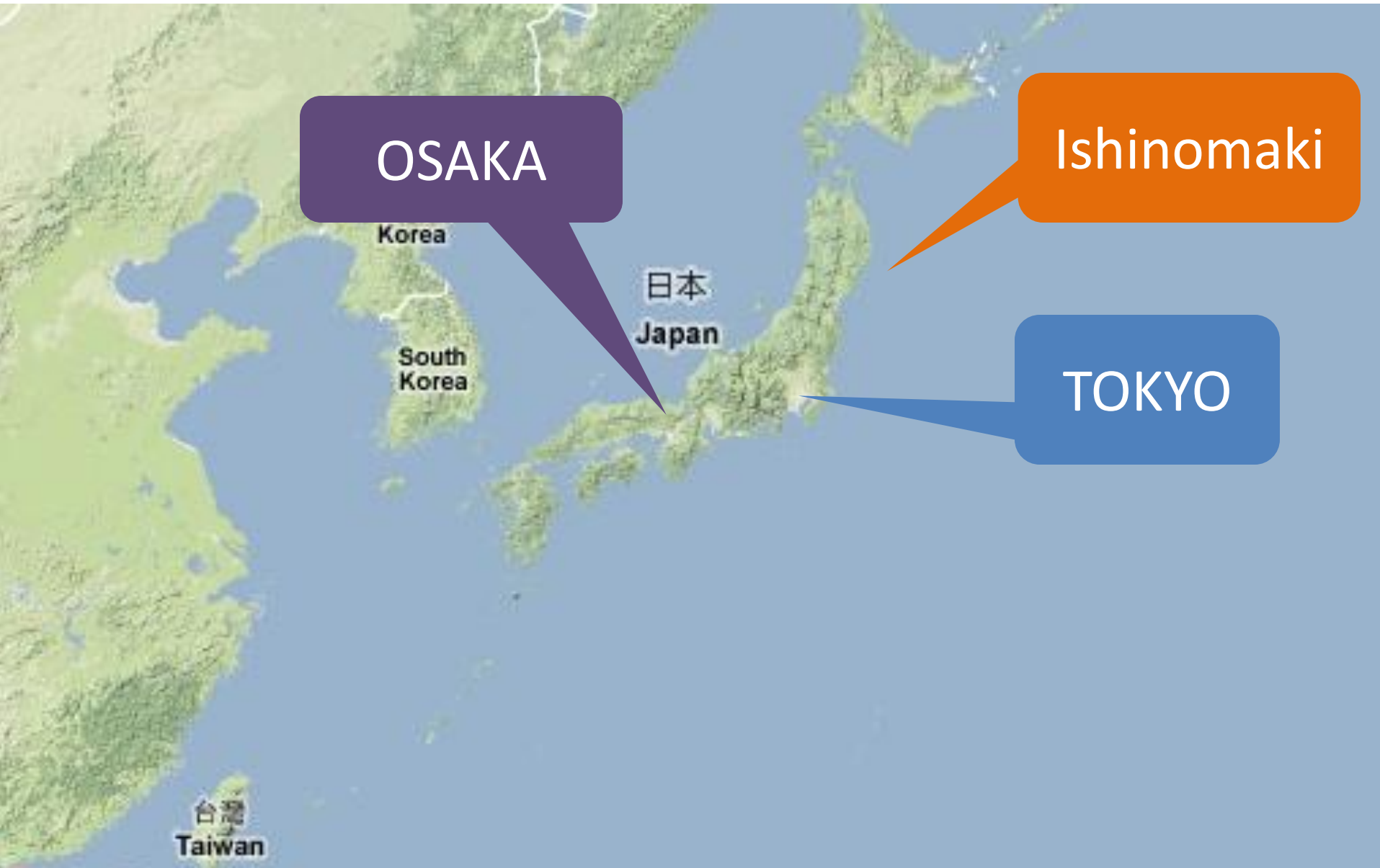
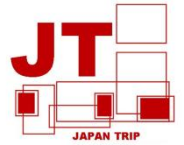
What's JAPAN TRIP?



JAPAN TRIP

- Field trip to different areas in Japan
- Organized by HSPH student club of Japan
- Non-credit, Voluntary Trip
- During winter vacation (Jan 8-18, 2012)
- **Trip Theme for 2012:**
“Hyper-Aging Society in Japan”

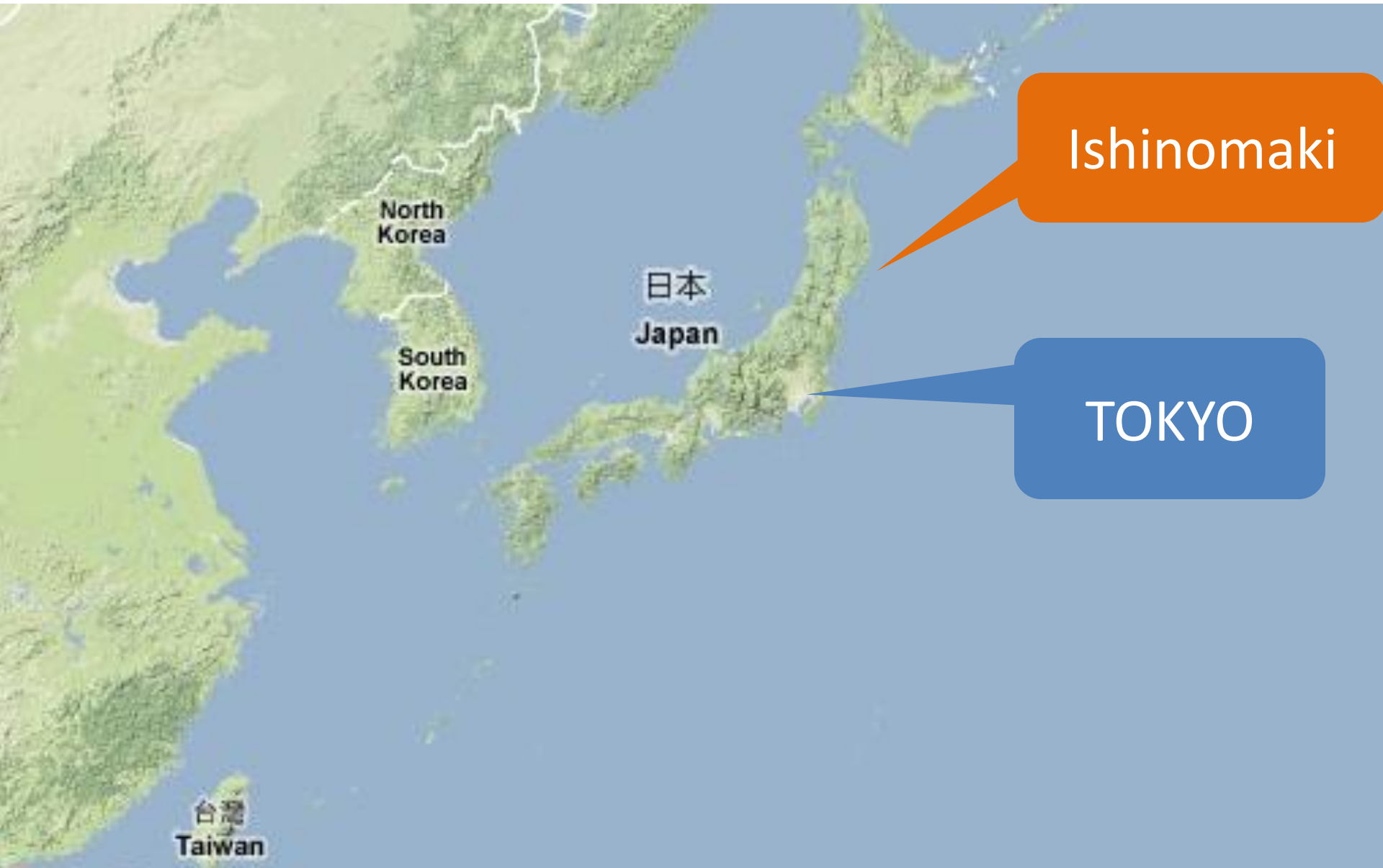
Jan 8-18, 2012



Itinerary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1/8	1/9	1/10	1/11	1/12	1/13	1/14
Boston ↓	Tokyo	Ishinomaki	Ishinomaki	Osaka	Osaka	Holiday Free
Day 7	Day 8	Day 9	Day 10			
1/15	1/16	1/17	1/18			
Holiday Free	Tokyo	Tokyo	Tokyo ↓			

Day 1-3



Ishinomaki

TOKYO

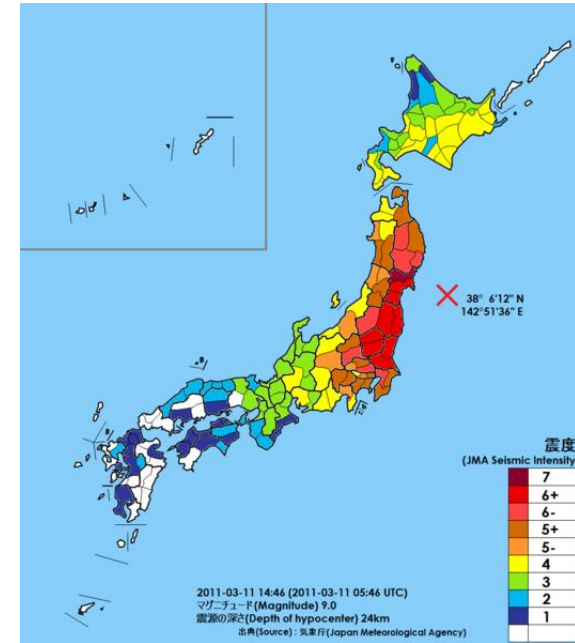
Tokyo (HSPH-Teikyo Program)

- Teikyo school of Public Health invites HSPH faculty and students to the Symposium.
- International Exchange Party at Tokyo



Tōhoku earthquake and tsunami

- A **magnitude 9.0** earthquake off the coast of Japan that occurred at 14:46 on 11 March 2011
- **Most powerful earthquake ever to have hit Japan**, and one of the five most powerful earthquakes in the world since 1900.
- **Tsunami** waves reached heights of up to **40.5 metres (133 ft)**, and travelled up to **10 km (6 mi) inland**
- **15,821 deaths, 5,940 injured, and 3,929**



Ishinomaki -City



- Ishinomaki is a city located in Miyagi Prefecture of Tohoku area.
- A tsunami **destroyed around 80%** of the 700 houses. Approximately **46% of the city was inundated** by the tsunami.
- As of 17 June 2011, a total of **3,097 deaths** had been confirmed. (As of January 1, 2010, the city has an estimated population of 164,294)
- Approximately **29,000 city residents lost their homes.**



At Ishinomaki Red -Cross Hospital

Day 4-5





Osaka / Kobe

Second largest megalopolis

Great food!

Recovery from earthquake

(M 7.3 in 1995, killed over 5000)

largest slum nested in Osaka



largest **Slum** in Japan “Airin”



2km radius region close to center of Osaka
30,000 day-workers, most without permanent addresses
history of around 100 years

!!!!!! Large issue in **public health** !!!!!

Governmental financial support and safety-nets

Non-profit & religious organizations offering various supports

Other places...

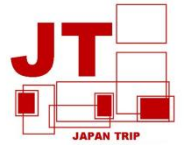
WHO Kobe Center in
East Asia



City run Nursing homes



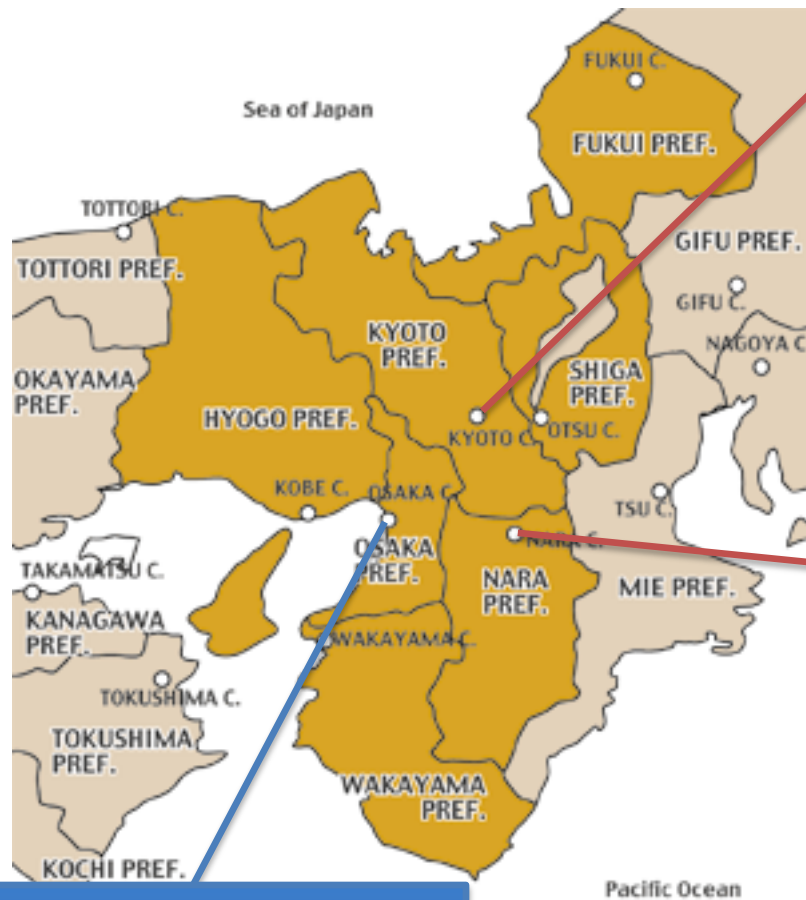
Day 6-7 (Holiday:Free)



Recommendation
KYOTO
NARA



Kyoto&Nara 京都&奈良



KYOTO 京都

● 30〜45 mins from Osaka

NARA 奈良

● 60〜90 mins from Osaka

OSAKA 大阪

Kyoto 京都



Kiyomizu Temple



Kinkaku-ji
Fushimi-Inari Shurine



Gion



Nara 奈良



Todai-ji

医療情報システム開発センター



Horyu-ji

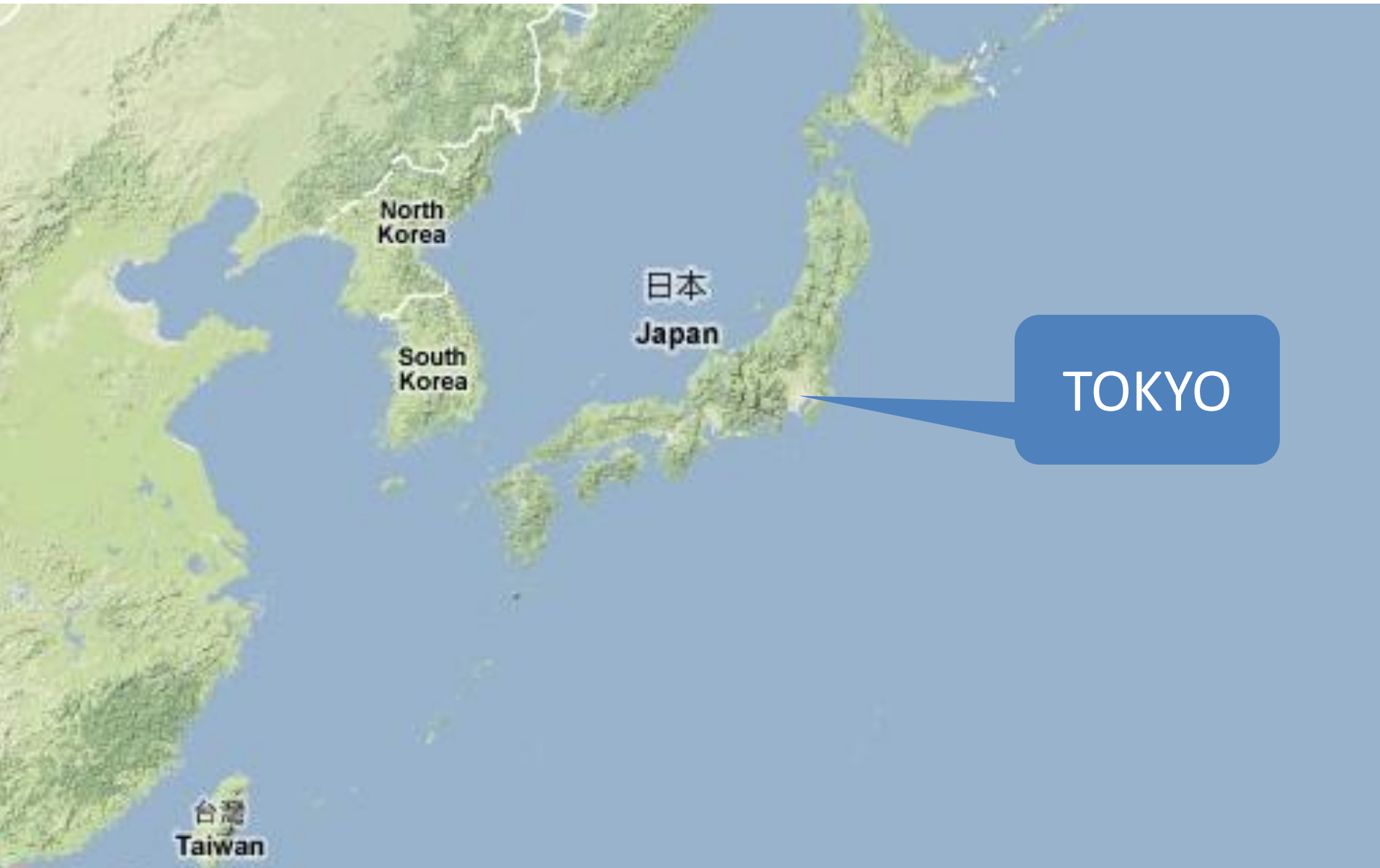
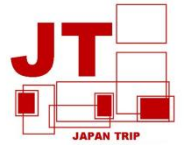


Buddha State(DAIBUTSU)

Nara-Park



Day 8-10



TOKYO 東京

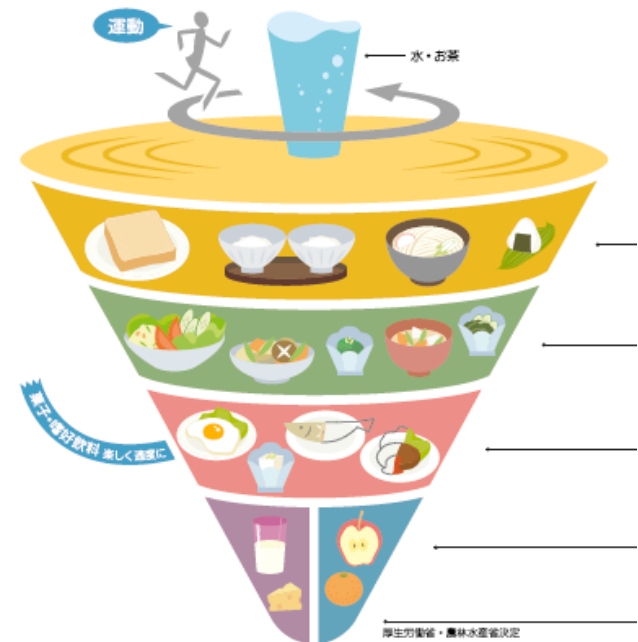
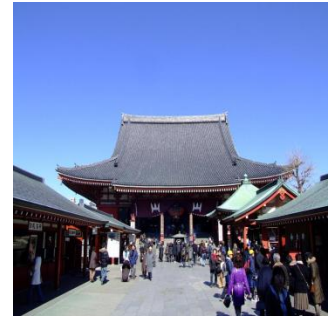
- The Capital of Japan.
- The world's most populous metropolitan area (37million).



TOKYO 東京

-In the planning stage-

- Health
 - Ministry
 - Home Care Clinic
- Food
 - Dietary culture
- Culture
 - Temples
 - Shopping



Home Care Clinic

- Reality of the elderly people in a House
- Japanese Life Style
- Japanese Housing
- “Solidary Life of the elderly person”



One-on-One session to visit home

Ministry of Health, Labour and Welfare



- The Ministry of Health, Labour and Welfare designs and implements social systems and structures that are closely related to people's lives throughout their lifetime and entire life cycle.
- The Ministry covers a wide range of areas from medical care to employment and childcare support and each department of the ministry serves “for people, for life, and for the future” on a daily basis.

- Medical care and drugs
- Food safety
- Promotion of health
- Insurance systems
- Support for persons with disabilities
- Social welfare and relief assistance



Infants

- Maternal and child health (medical care for premature infants)
- Health checkups for infants
- Measures for fertility treatment
- Vaccination



Children

- Provision of various health services
- Provision of child allowances
- Prevention of child abuse
- After-school children's clubs



Students

- Employment measures for young people
- Obligation to join the pension system



Adults

- Ensuring appropriate working conditions
- Development of a safe and healthy working environment
- Compensation of industrial accidents
- Lifestyles with a good work-life balance
- Job-placement support for the unemployed
- Support for career development
- Securing equal employment opportunity for men and women



Marriage and childbirth

- Maternity and childcare leaves
- Support for life with a balance between work and family
- Health checkups for pregnant women and issuance of maternal and child health handbooks



Retirement

- Support for re-employment
- Securing employment of people until they become 65 years old using their knowledge and experience
- Promotion of various employment styles and people's participation in society



Post-retirement

- Provision of pension benefits
- Provision of long-term care services using the long-term care insurance system

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

Learning

- Japanese Dietary Culture
- Healthy and Tasty Food



Japanese Food

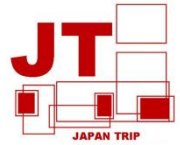


Culture & Shopping

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



BUDGET



- **\$2000 -2160**
(excluding international airfare)

- Includes:
 - Domestic transportation
 - 10 nights accommodation
 - Living Expense
 - 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	\$400
Accommodation	\$1100
Living Expense	\$660
Sub total	\$2160
Subsidy (Donation)	▲???
Total (US \$)	



Past Trip

The amount of Donation is \$10K~20K

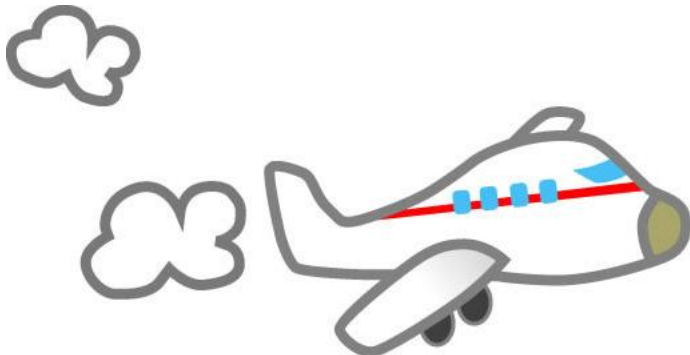
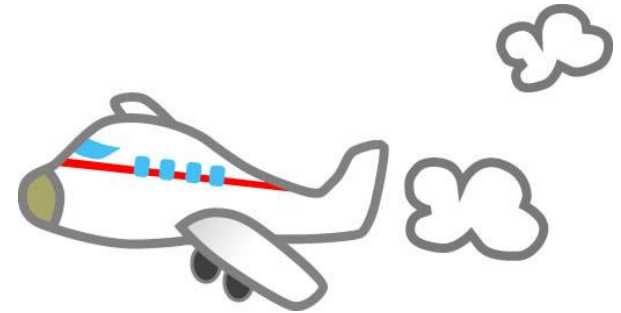


FYI: International airfare

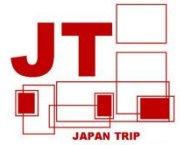
<Ticket>

Boston-Tokyo: \$1,500-2,000

Book flights by yourself

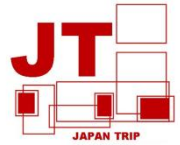


VISA



- 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).

APPLICATION



- ✓ **Online application** on our website
<http://www.hsph.jp>
- ✓ Max 15 students
- ✓ **Deadline Oct 28th Friday**
- ✓ Requirement: Short Essay
the reason to participate in our trip
One-page, 12 font, double space
- ✓ Decision of Participants: Early November

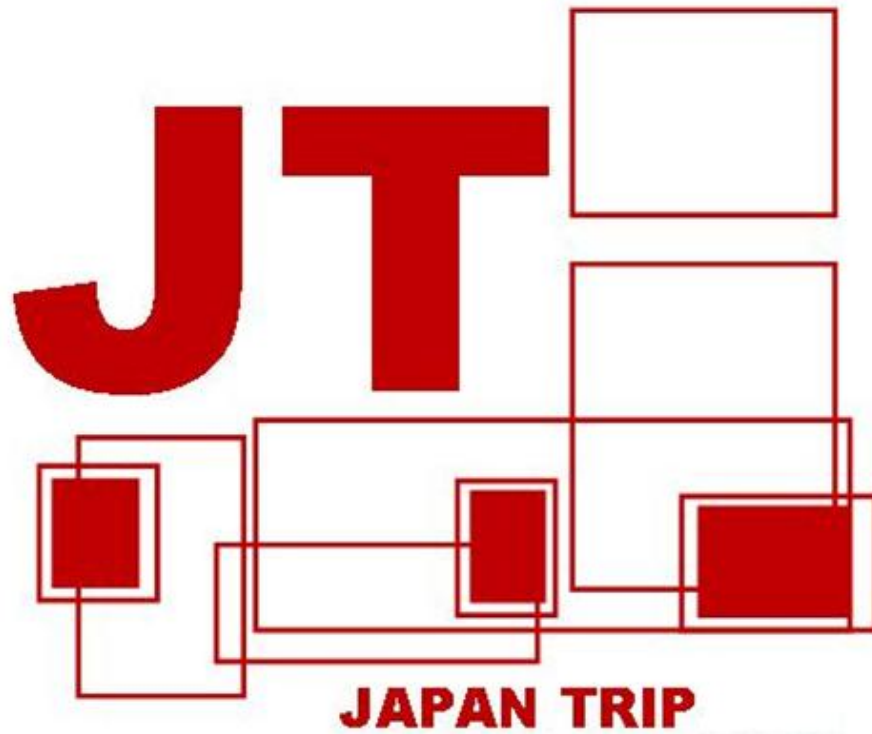
CONTACT US

- HP:

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

<input type="text" value="HSPH JAPAN TRIP"/>	<input type="button" value="Search"/>
--	---------------------------------------

- Q&A : jt2012@hsph.jp



THANK
YOU !!!