

Health Science in English language Gift of Health from Hokkaido Information University Global Health Literacy Course 2019 (GHL) - Community Health -

Short description for all the lectures presented (by each lecturer's name)

Dr. Jun Nishihira

Aug. 19 (Mon)

9:00-9:45 **Orientation (all lecturers attend)**

Introduction of food-based health promotion and global health

14:35-15:20 **Health and diseases (I) Food and Life-style diseases**

Life-style diseases are serious health and social problems in Japan and worldwide. The current status of health and food is presented and discussed.

Aug. 21 (Wed)

14:35-15:20 **Health and diseases (II) Food and Cancer**

Cancer is the most serious disease and which is the number one (#1) cause of death. It is generally known that most of those lifestyle diseases are preventable by introduction of healthy habits and nutritional foods.

Aug. 19-21 Drill and Review

Ms. Shoko Okumura

Aug. 19 (Mon)

9:00-9:45 **Orientation (all lecturers attend)**

Introduction of food and healthy eating as health literacy

16:15-17:00 **SDGs for Maternal and child health**

Maternal and child health is a key issue for achieving Sustainable Development Goals (SDGs). In this session, through a case study of a maternal and child nutrition improvement project in a rural area of north India, you will learn that India is one of the main actors addressing this issue.

Aug. 23-25 Drill and Review

Dr. Taichi Inui

Aug. 20 (Tue)

10:40-12:10 **Vitamin Basics**

Vitamins are one of the best known nutrients. It is less known what they are, how many there are, why we need them. This part of the vitamin session will cover the basics of vitamins such as what food are rich in vitamins, which vitamins can be lost by heating, and how they were discovered.

12:55-14:25 **Why Vitamin is Vital?: Functions in Maintaining Health**

One of the reasons why vitamins are confusing is that they have multiple functions in the body. This part of the vitamin session will cover how vitamins work and why we need them in our body.

Aug. 19 (Mon)

9:00- 9:45 **Orientation (all lecturers attend)**

Introduction to Global Health Literacy and Social Behavior

*(Basic definitions and differences between selected social science fields are presented.)

9:45-10:30 **Introduction to Global Health Literacy (I)**

This course provides an opportunity to learn about the basic concepts of global health literacy and its relationship to human behaviour. Health literacy is essential in health care. Let's learn about the various levels of health literacy and its benefits in Japan and worldwide.

10:40-12:10 **Introduction to Global Health Literacy (II)**

In this second session we will continue learning about the basic concepts of health literacy and human behaviour with a particular focus on the influence of culture on health.

Aug. 20 (Tue)

9:45-10:30 **Educating and Communicating Health Literacy (I)**

Research helps us to understand that there are four important areas of communicating Health Literacy. Those areas are 'Spoken Communication;' 'Written Communication;' 'Self-Management and Empowerment;' and 'Supportive Systems.' Let's learn more about these areas. Let's also learn more about the role of health professionals who are able to speak the language and understand the culture of their patients in order to communicate Health Literacy at home and abroad.

16:15-17:00 **Educating and Communicating Health Literacy (II)**

This second half will allow us to continue examining the four important areas of communicating Health Literacy and the health professionals who serve a vital role in communicating health literacy.

Aug. 21 (Wed)

10:40-12:10 **Health, Behaviour and Society (I)**

Health can be viewed as a continuous process. There are many factors from birth to death that can impact our physical and mental health. This course is aimed at raising awareness of the 'Life Course Approach.' Developed as early as the 1950's, the 'Life Course Approach' focuses on the connection between individuals and the historical and cultural and socioeconomic context in which people live. The 'Life-Course Approach' has been found to play an important role in understanding health and well-being.

10:40-11:25 **Health, Behaviour and Society (II)**

This second course further highlights the 'Life Course Approach' as it pertains to health education within the life cycles for children, adolescents, adults and older adults.

Aug. 19-21 Drill and Review

Dr. Marshall Smith

Aug. 19 (Mon)

9:00- 9:45 **Orientation (all lecturers attend)**

Introduction of GHL and its purpose will be delivered to participants by all lecturers.

12:55-14:25 **Health by choice not by chance**

Westerners are eating more processed, refined, concentrated, sugared, salted, and chemically engineered food that is high in calories and low in nutrients. While we eat to live, what we eat is killing us. Whether or not you die of cancer or some other major disease is not determined by a statistic, but rather by the daily lifestyle choices you are making. Learn how you can prevent and even reverse many of today's major killer diseases.

Aug. 20 (Tue)

14:35-16:05 **Bread and health**

No bread is all bad. Even white bread is a high-starch and low-fat food. But some breads are better than others. Whole-grain has a healthy balance of starch, protein, natural fats and fiber, besides being loaded with vitamins and minerals that leads to a more abundant life.

Aug. 21 (Wed)

9:00-10:30 **NEW START and the Western diet**

NEW START is an acronym for the eight natural laws of health. This course looks at how nutrition, exercise, water, sunlight, temperance, air, rest and trust can contribute to longevity and quality of life.

Aug. 19-21 Drill and Review

Teaching Assistants; Ms. Katherine Mansoor and Dr. Hidenori Yoshihisa

Ms. Katherine Mansoor

Aug. 19 (Mon)

15:20-16:05 **Introduction to Acupuncture**

Where did it start? How does it work? What are meridians? How do helpful health modalities from other parts of the world interrelate to help provide healthier lives at all ages and stages of life? How does this relate to Chiropractic and Reflexology, etc.?

Aug. 20 (Tue)

9:00- 9:45 **What is Time Banking?**

Can you/your friends start a Time Bank to help folks of all ages in your community? Each of us has abilities we can share with others--knitting, flower arranging, languages, walking the dog, etc. A Time Bank sets up accounts for each participant, keeps track of their IN and OUT balance of teaching and learning, giving/using services. Time is Money! Here, the money is Time!

Dr. Hidenori Yoshihashi

Aug. 21 (Wed)

15:20-16:30 **Keep Your Feet Healthy for a Better Life**

Since the foot is a base to support the entire body, the structure of the foot can affect our standing, walking and sitting without our realizing it. It can cause problems (hallux valgus and ingrown toenails) and back pain, knee pain and stiff neck. As you get older and your strength declines, not having healthy feet will interfere with walking in your daily life, and--worst case--it may be a trigger to leave you bedridden. Learn how to choose the right shoes; how to tie shoes and walking to prevent foot problems. (Please bring or wear sneakers that can tie.)