### Objective/Outcome
Action plan on Lifestyle-related Diseases prevention/control in consideration of current circumstances of each country shall be approved at the respective participating organizations and implemented.

1. To understand and analyze the current situation, support, local resource and problems of LSRD in area of responsibility.
2. To understand Japanese experiences, programs and measures of LSRD.
3. To compile the direction of policies, programs and projects for LSRD of each country.
4. To formulate the action plan on LSRD prevention/control.

### Core Phase
1. (1) To learn about policies and systems of LSRD control in Japan and Aichi Prefecture.
   - To learn about LSRD control activities, such as exercise/meals guidance, enlightenment campaign, health promotion measure, resident consciousness survey, and advice at medical check-up and health care.
   - To learn about methods of human resource development, program preparation, project assessment and data analysis.
2. (1) To specify the problems of LSRD, and to select effective and concrete measures.
   - To formulate Action plan on LSRD prevention/control in consideration of current circumstances of each country.

### Finalization Phase
Submission of progress report 6 months after going back to each country.

---

**Lifestyle-Related Diseases (LSRD) which is spreading even in developing countries, by dietary changes and motorization, can be prevented by changing individual lifestyles, which would lead to curtail health budget and improved quality of lives. This training focuses on the most effective measures: “Medical and Health Policy” “Health Education” “Exercise”, and allows the trainees to experiment the Health Promotion Program.**

### Contents

#### Preliminary Phase
Preparation of inception report.

#### Core Phase
1. (1) To learn about policies and systems of LSRD control in Japan and Aichi Prefecture.
2. (1) To specify the problems of LSRD, and to select effective and concrete measures.

#### Finalization Phase
Submission of progress report 6 months after going back to each country.

---

**Objective / Outcome**

<table>
<thead>
<tr>
<th>Target Organization / Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offices/ Divisions/ Departments in charge of Lifestyle-Related Diseases policy in the health administration of central or local government</td>
</tr>
<tr>
<td>Officer in charge of public health, and responsible for LSRD control activities. More than 5 years of working experience in the relevant field.</td>
</tr>
</tbody>
</table>

**Target Countries**

8 participants

**Sector**

Health/Other Health Issues

**Outline**

Lifestyle-Related Diseases (LSRD) which is spreading even in developing countries, by dietary changes and motorization, can be prevented by changing individual lifestyles, which would lead to curtail health budget and improved quality of lives. This training focuses on the most effective measures: “Medical and Health Policy” “Health Education” “Exercise”, and allows the trainees to experiment the Health Promotion Program.

---

http://www.ahv.pref.aichi.jp/hp/menu000000700/hpg000000656.htm