

Lifestyle-Related Diseases Prevention 生活習慣病予防対策		Updated	
Target Countries :			
Course No. : 201984460-J002			
No. : 201984460			
Sector : Health/Non-Communicable Diseases			
Sub-Sector :			
Language : English			
Outline			
Lifestyle-Related Diseases (LSRD), by dietary changes and motorization, can be prevented by changing individual lifestyles, which would lead to improved quality of lives and curtail health budget. 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.			
Objective/Outcome		Target Organization / Group	
【Objective】 To be able to formulate Action Plan in consideration of current circumstances of each country, by acquiring the practical knowledge to promote Lifestyle-Related Diseases Prevention.		【Target Organization】 Offices/ Divisions/ Departments in charge of Lifestyle-Related Diseases policy in the health administration of central or local government	
【Outcome】 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.		【Target Group】 Officer in charge of public health, and responsible for LSRD control activities. More than 5 years of working experience in the relevant field.	
Contents			2019/10～2019/11
【Preliminary Phase】 Preparation of inception report.		Course Period	
【Core Phase】 1. (1)To learn about policies and systems of LSRD control in Japan and Aichi Prefecture. (2)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. (3)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. (2)To formulate Action plan on LSRD prevention/control in consideration of current circumstances of each country.			
		Department in Charge	Human Development Department
		JICA Center	JICA Chubu
		Cooperation Period	2019～2021
Implementing Partner	Under Planning		
Remarks and Website			