PROJECT OUTLINE

1. **Name of the Country:**
   Socialist Republic of Vietnam

2. **Title of the Project:**
   Project Model for the Program on Countermeasures for Lifestyle-related Diseases in Hai Phong City

3. **Background and Necessity of the Project:**
   Hai Phong City, which has had to make lifestyle adjustments alongside the rapid economic growth and urbanization the city is seeing, is also seeing an increase in people suffering from lifestyle-related diseases such as obesity, hypertension, and diabetes. According to a screening test conducted by the city’s preventive medicine center, there has been a drastic increase of pre-diabetic people from 26.9% in 2012 to 44.1% in 2013. Furthermore, children’s health is also a growing concern, as a study showed over one-third of the children screened were either overweight or obese.

   Despite this, there is low awareness and little preventive measures being taken against lifestyle-related diseases by the local people, and there is a lack of knowledge and information circulating. Also, there is a lack of health mentors to educate the local community about prevention, nutrition, and exercise, and the know-hows has not been established.

   Accordingly, to reference Kagawa Prefecture’s efforts to combat lifestyle-related diseases and promote preventive measures against them in Hai Phong City, Kagawa Prefecture organize a project that features the program “Preventive Measures Against Lifestyle-related Diseases for Children”, which is an initiative unique to Kagawa, in addition to training for local people to become educators of preventive measures, and provide model preventive projects and health education materials.
4. **Project Purpose:**
To establish a model project for preventing lifestyle-related diseases and to make preparations to disseminate the information in all the school districts in Hai Phong City.

5. **Target Area:**
Model schools districts in Hai Phong City
- Potential model school district of the first year is Hong Bang district or Ngo Quyen district.
- Model school districts of the following year will be decided through discussion with related organizations in Hai Phong City.

6. **Target Group:**
Direct beneficiaries: Hai Phong Center of Preventive Medicine, health center of a model school district, medical staff of the school (approx. 22 people), students and legal guardians of the model school district (approx. 640 people)
- Indirect beneficiaries: Citizens of model schools districts in Hai Phong City

7. **Expected Outcomes, Indicators and Main Activities:**
See Figure 1.
Additionally, we will consider whether to procure any equipment to conduct health examinations and measure athletic ability through a field survey.

8. **Project Term:**
From February 2016 to January 2019

9. **Cooperating Organizations**
- Japanese side: Kagawa Prefectural Government
- Vietnamese side: Hai Phong Center of Preventive Medicine
10. **Implementing Organizations:**
- Japanese side: International Affairs Division, General Affairs Department, Kagawa Prefectural Government
- Vietnamese side: Center of Preventive Medicine, Hai Phong City and Department of Education and Training, Hai Phong City