

Health Science in English language Gift of Health from Hokkaido Information University Global Health Literacy Course 2018 (GHL) - Elderly Nutrition -

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

Dr. Jun Nishihira

Aug. 23 (Thu)

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

Introduction of food-based health promotion and global health

16:15-17:00 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. 24 (Fri)

16:15-17:00 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. 25 (Sat)

16:15-17:00 Health and diseases (III) Functional Foods and Supplements

Aging society is a serious issue in many countries, especially in Japan. It causes serious societal challenges, such as "bedridden people" or "dementia." We focus on this issue in view of functional foods.

Aug. 23-25 Drill and Review

Ms. Shoko Okumura

Aug. 23 (Thu)

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

Introduction of food and healthy eating as health literacy

Aug. 24 (Fri)

15:20-16:05 Food and Nutrition - Energy Intake and Expenditure

How can we know if our intake of energy is enough? In this session you will learn how to evaluate energy intake by using Body Mass Index (BMI).

15:20-16:05 Healthy Eating (I) –The foods that might reduce the risk of dementia

There is evidence that certain foods might reduce the risk of dementia. In this session we will explore some of the evidence about such foods.

Aug. 25 (Sat)

15:20-16:05 Healthy Eating (II): Healthy Food Choices

Japanese food is known as healthy eating style. In this session you will learn what healthy eating Japanese style is and why. Through knowledge from this session, you will be able to choose healthy foods for your life.

Aug. 23-25 Drill and Review

Dr. Anthonette Gibson

Aug. 23 (Thu)

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)**

A course which provides students with the opportunity to learn about the relationship between global health literacy and social behavior. This course expands upon the opening discussion of Global Health Literacy by offering a more detailed overview of its relationship to social behavior. Basic concepts and current events at home and abroad involving health are presented in clear and understandable language.

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

In this second session we will continue learning about the basic concepts of global health and social behaviour with a particular focus on food culture. We will discover how such global campaigns such as 'Hungry For Change' and eating the 'Colors of the Rainbow?' can help us to think differently about nutrition at all ages.

Aug. 24 (Fri)

12:55-13:40 **Educating and Communicating Health Literacy (I)**

Health can be viewed as a continuous process. There are many factors from birth to death that can impact our health, particularly our mental health. This course is aimed at raising awareness of the 'Life Course Approach' as it pertains to mental health and stress. Developed as early as the 1950's, the 'Life Course Approach' focuses on the connection between individuals and the historical 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.

13:40-14:25 **Educating and Communicating Health Literacy (II)**

This second course further highlights the 'Life Course Approach' as it pertains to mental health education within the life cycles for children, adolescents, adults and older adults. As a public health concern, researchers have found stress to be one of the most common mental conditions in each life cycle.

Aug. 25 (Sat)

9:00-10:30 **Health, Behavior and Society (I)**

Learning how to be well from the inside out. This course is designed to help students learn about what stress is, when they might feel stressed and learn how to manage stress levels in order to enhance their relationships at school, work and at home.

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

How do you feel right now? Stressed? Nervous? Anxious? Happy? This second half of the course continues to build upon the theme of learning about stress, when we might feel stressed and learning how to manage it. Students participate in easy activity-based written and verbal exercises.

Aug. 23-25 Drill and Review

Dr. Marshall Smith

Aug. 23 (Thu)

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

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

12:55-13:40 **Health by choice not by chance**

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.

13:40-14:25 **The Western diet**

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.

Aug. 24 (Fri)

9:00-10:30 and 10:40-12:10 **NEW START (I & II)**

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. 23-24 Drill and Review

Teaching Assistants; Ms. Katherine Mansoor, Hidenori Yoshihashi and Dr. Yuri Goto

Aug. 23 (Thu)

14:35-15:10 **Are You Getting Enough Sleep (Quality and Quantity) for YOU? by Katherine Mansoor**

The body needs sleep to recover; average 8 hours/some folks get along OK on less; some need more. How can we get a good night sleep? What contributes to/hinders a good sleep? Studies show that enough sleep increases mental ability and energy. Sleep better. Come and join us.

Aug. 24 (Fri)

14:35-15:10 **Caregivers Need Care, Too by Katherine Mansoor**

Demographically, Longer Life Means Increasing Numbers of Seniors; decreasing birth rates mean that caregivers themselves are often older. maybe working parttime and fighting aging and poor health. Learn ways to rejuvenate caregivers, control stress to continue an important labor of love. If you caregive in your home/family, join us in this useful presentation.

Aug. 25 (Sat)

11:25-12:10 **Various Types of Caregiving--and Caregivers-- Are Needed! by Katherine Mansoor**

Part 1. Nursing Care, Nutrition and English Vocabulary/dialogues dealing with diet/hydration; any dental/medical problems which need discussion. Monitoring food/liquid intake; appetite, digestion, etc. and chewing food well to avoid choking; how to save own or other's life from food choking. Attendees will learn to do the Heimlich Maneuver; take home bilingual sheet to post in the eating areas of your family home.

Part 2. Patient Care for Active Aging, Homebound and Patients of All Ages. Mayo Clinic works with patient/animal therapy; working animals taught to reinforce patient rehabilitation behavior; helping reduce patient stress/anxiety for children/adults, helping with care, comfort and better sleep. A unique field, (1) we will look at many aspects/uses with patients (diabetes, etc.); (2) training of a therapy dog--some even have a meishi (business card)!First part lecture will deal with hospital organization and functions. Second part lecture will cover interaction with patients during consultations, medical jargon, frequently used vocabulary, etc.

12:55-14:25 **Chiropractic Care: A Natural Way to Good Health by Hidenori Yoshihashi**

Chiropractic is a natural way to cure disorders and injuries of the musculoskeletal system. It also focuses on the nervous system and helps your body to avoid aches and pains from muscle strain, accidents, and injuries, or unaccustomed exercise

14:35-15:25 **Exercise and Nutrition by Yuri Goto**

Coming soon!

Lecturers' Bio-sketch

Prof. Jun Nishihira, M.D., PhD

Dr. Jun Nishihira graduated from Hokkaido University School of Medicine (1979). After he obtained Medical Degree (MD) from the Hokkaido University (Sapporo, Japan), he received a clinical training at the Hokkaido University hospital, where he specialized in Hematology and Immunology. Following the clinical training, he joined a basic medical research, focusing on infectious diseases and immunology in Bowman Gray School of Medicine, Wake-Forest University, Winston Salem, NC (1984-1985). After returning to Japan, he obtained his Ph.D. (Biochemistry) from Hokkaido University and became a lecturer and later Associate Professor of the Department of Biochemistry of the Medical School, specializing in Inflammation and Immunology.

During his entire research career, he has been involved in a broad spectrum of life science from molecular biology to protein structure. He is currently Professor at Hokkaido Information University (2006-current). He has published more than 200 hundred peer-reviewed papers relevant to a wide variety of basic and clinical medicine: e.g., cytokines, inflammatory bowel diseases, inflammatory skin disorders, and rheumatoid arthritis.

He has also contributed to the establishment of a clinical trial system for functional foods in Hokkaido. In this field, he is profoundly involved in the research of nutrition and health, mostly for diabetes, obesity, hypertension and digestive tract disorders.



Asst. Prof. Shoko Okumura, RD

Ms. Shoko Okumura graduated from the Department of Food Science and Human Nutrition, Fuji Women's University (1998). Following university she worked in a public health center as a Registered Dietitian (RD) in the northern fishery town, Esashi (1998-2002), and then as an RD at Tsukigata Prison (2003-2004).

Since 2004 she has been training dietitians as a lecturer at Rakuno Gakuen University (2004-2007 and 2010-2014). Her special areas of interest were Nutrition Education and Public Health. While teaching at Rakuno Gakuen University, she began working on rural community development in north India. With her experience of public health she organized a training system of village health volunteers to work in rural areas to support mothers and children for their health (2006-current). The system has now expanded into other areas. With her Master's degree at the Graduate School of Medicine, Hokkaido University (2007-2009) she started her research career in Global Health. She is presently continuing her work on infant and young child feeding in rural areas of northern India for her doctoral course. She is currently Associate Professor at Hokkaido Information University (2014-current). She is teaching Food Science and Human Nutrition for students who will be Functional Food Consultants.



Dr. Anthonette Gibson, Ph.D.

As a native of Washington, D.C., Dr. Anthonette Gibson is a social scientist who teaches sociology and anthropology courses at Lakeland University in Tokyo, Japan. With a 150 year history in America, Lakeland has been recognized as a foreign university with a Japan Campus by Japan's Ministry of Education, Culture, Sports, Science and Technology for 25 years. Dr. Gibson is a graduate of Howard University which is a private, doctoral and research extensive university in Washington, D.C. (2002). She has conducted research and published in the areas of ageing, aging in Japan, globalization, health disparities, child labor policy, Social Responsible Investing (SRI) or Sustainable Investing, aging and social inequality. Professionally, Dr. Gibson recruited for a congressionally mandated study on child abuse and neglect with a U.S. social science research firm (2005). Her professional experience also includes having served as a Research Associate and Project Director for the federally funded 'DC-Baltimore Center for Childhood Health Disparities' in the Department of Pediatrics at the Howard University School of Medicine. In this capacity, Dr. Gibson planned, organized and managed the day-to-day operations for the research study entitled 'The Study of Psychosocial Factors Influencing Substance Abuse in Low Income, African American and Latino Women' (2002-2005). Outside of academia, Dr. Gibson was employed with the U.S. Federal Government, specifically for the Agency for International Development (USAID) and the Peace Corps (1989-1997).



Dr. Marshall Smith, Ph.D.

Dr. Marshall Smith has been on the teaching staff of Obihiro University of Agriculture and Veterinary Medicine since April 2002. He also teaches at the Japan International Cooperation Agency (JICA), Obihiro School of Nursing, and Obihiro Prison. Presently, the bulk of his courses are related to human health, environmental issues, and food hygiene policy. Before coming to Hokkaido, he taught at Tokyo Metropolitan University's Faculty of Health Sciences for several years while finishing his Doctor of Health Science Degree at The University of Tokyo, School of Medicine, Department of Health Policy and Planning. He also has a Master degree (MBA) in international management from Thunderbird School of Global Management, Arizona State University, and has done volunteer work and held teaching positions in various countries throughout Asia including Indonesia, Taiwan, Thailand refugee camps, Myanmar and Cambodia. He is still active with development/education projects in Myanmar among the low-income segments. During his time with the World Health Organization, he was in charge of developing tobacco control policy and other health measures for the Cambodian Ministry of Health. Having a father who was specialized in the health field, he has always had an interest in nutrition and promoting a healthy lifestyle.



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Ms. Katherine Mansoor, MA. AAM

Accredited Admitting Manager (NAHAM, Washington, DC), Ms. Mansoor brings to GHIL 2018 a background of research, international business, education, hospital/medical fields. Formerly Asst. Prof. of Modern Languages at Xavier University, USA; past President of SWOHAMA; she worked to organize/add English language help for foreign hospital patients, as Supervisor of OP Registration at Univ. of Cincinnati Medical Centre; also later at FHH Memorial Medical Center (w/staff of 21 in Admitting, ER, OP OP Clinic). Her RN Mother's death from food choking motivated her to volunteer and teach the Heimlich Maneuver (HM) to save choking victim lives, and present it at a Medical international conference in Mexico. As Research Associate, Heimlich Institute, with the late Prof. Henry Heimlich MD, she lectured private groups on choking prevention/rescue. Teacher of English, Spanish, German, etc. all school levels and various international universities in the Middle East, US and Japan. Having studied at Univ. of Heidelberg, became Asst to the Exec.VP/CFO of North American HQ of Thyssen Inc., (German steel co. in Detroit, 1991-2002). In Japan, 2003-to 2017 was lecturer at HIU, Fujijoshi (Hanakawa), Hokusei Gakuen. Now an ALT (2015 to date), assists in Tobetsu-cho, Hokkaido Junior High Schools. She writes/researches on aging, caregiving needs of elder populations, how to facilitate socialization/encourage active aging, as well as teaching individuals of all ages to empower themselves through better health literacy to have--and enjoy--life.



Dr. Hidenori Yoshihashi, DC., BS (bonesetter)

Hidenori Yoshihashi graduated from Tokyo College of Chiropractic (TCC) 2016. In 2017, he returned to Sapporo, Hokkaido, Japan, to continue the practice in the family clinic as a third generation chiropractor.

Born in the USA in 1978, raised in Japan until he was fifteen, he returned to the US for high school. In 2008, returned to Japan to become a Judo Therapist, earning a national license. In 2012, as a qualified Judo Therapist (bone setting), moved to Tokyo and enrolled in Tokyo College of Chiropractic. In 2016 after finishing TCC, Hidenori became a Doctor of Chiropractic (DC). After working as a DC, sports trainer and Pilates instructor in Tokyo, in 2017 he returned to Sapporo to continue as the third generation of the family clinic, Hokkaido Chiropractic Center.



In 1994, he returned to America where he was a professional Taiko Drum (Japanese Traditional Drum) performer in Chicago IL, (1996~2008). In 1996, formed his own group, 司太鼓 (Tsukasa Taiko). Hidenori became the first independent taiko drummer. Encouraged by his success, he was a catalyst for this artistic direction and was an important contributor to Chicago taiko culture, performing at major venues, events, and artistic projects. State and theater events included the Chicago Cultural Center, Chicago Jazz Festival, Chicago Blues Festival, and the Asian American Jazz Festival. (More info at <https://www.taikolegacy.com/history/>)

Also a Pilates instructor, he gives exercise advice for modern active lifestyles for all ages, especially children and seniors wanting to keep active and overcome aches and pains of aging with proper exercise..

Yoshihashi's grandfather and father were also chiropractors (National College of Chiropractic; Chicago, Illinois, USA); his grandmother and mother also are therapists.

Dr. Yuri Goto, Ph.D.

Coming soon!