

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



Dept. of Medical Management and Informatics,
Hokkaido Information University



Global Health Literacy 2018 - Elderly Nutrition -

Jun Nishihira, M.D., PhD
Shoko Okumura, RD., MMSc
Anthonette Gibson, Ph.D.
Marshall Smith, Ph.D.



Aug 23th-25th 2018 in HIU
EDC Tower



Gift of Health from Hokkaido Information University Global Health Literacy Course 2018 – Elderly Nutrition-

At Hokkaido Information University, Global Health Literacy Course 2018 (hereafter GHL 2018 Course), which covers various health information, is offered as a special gift of knowledge useful for development, maintenance and improvement of everyone's health.

This course is held as a summer intensive program for the students (3 days), but it is also very useful for many people including local residents and those who need to use English for their work.

The GHL Course lectures are all given in English. The GHL experts will present and explain varied information regarding food, health, medical care, sociology, etc. in an easy-to-understand manner. This year's course theme is "Elderly Nutrition".

The instructors, including native speakers of English, are experts in their related fields of medicine. This course will provide you a valuable opportunity to raise your "Health Literacy" ability to properly select information that is necessary for everyone's health promotion and to utilize it for creating your own health.

We are waiting for your registration and welcome your participation.

Please tell your associates; this course is excellent for English speakers to practice listening, speaking, and following power point presentations.

Registration is necessary to participate in the GHL 2018 Course.

You may attend all classes for all three days. You may also attend one day or specific lectures/presentations depending on your preferences. Please be sure to inform us of your preferred date(s) of participation. There are no tuition fees; this is HIU's gift of better health to you, your family and friends.

- "Certificate of Participation" will be issued for one-day attendance.
 - Participants attending all three days will receive a "Certificate of Completion"
- Certificates will be delivered on the final day of the course (August 20, 2017).

Global Health Literacy Course 2018 (GHL)

Date and Time

August 23th (Thu) 24th (Fri) 25th (Sat) 9 : 00 am ~17 : 45 pm

Venue

Hokkaido Information University; Ebetsu

Please check the venue on our website at <http://www.do-johodai.ac.jp/guidance/access.php>

Lecturers and Timetables

Please see the timetable below

REGISTRATION

Please email or Fax with the registration form to; ghl@do-johodai.ac.jp or Fax: (011)-384-0134

Registration Deadline of Aug 21st. You can attend all three days, 1 day or several classes. If you have any questions, please feel free to contact us at this e-mail address.

[Lecturers]

Jun Nishihira, M.D., PhD (Vice President, Hokkaido Information University, Fac. of Medical Informatics)

Shoko Okumura, RD., MMSc (Assoc. Prof. Hokkaido Information University, Fac. of Medical Informatics)

Anthonette Gibson, PhD (Adjunct Prof. Lakeland University, Tokyo)

Marshall Smith (Assoc. Prof. Obihiro University of Agriculture and Veterinary Medicine)

Guest lecturers will join our classes!

Global Health Literacy Course 2018 Timetable

	August 23 rd (Thu) 8月23日 (木)	August 24 th (Fri) 8月24日 (金)	August 25 th (Sat) 8月25日 (土)
8:45-9:00	Registration/受付	Registration/受付	Registration/受付
Class 1 9:00-10:30	Orientation for Global health literacy 2018 By Nishihira and all lecturers	NEW START (I) Marshall Smith	Health, Behaviour and Society (I) Toni Gibson
	Global Health Literacy (I) Toni Gibson		
Class 2 10:40-12:10	Global Health Literacy (II) Toni Gibson	NEW START (II) Marshall Smith	Health, Behaviour and Society (II) Toni Gibson Various Types of Caregiving- and Caregivers- Are Needed! All lecturers and TA*
12:10-12:55	Lunch break	Lunch break	Lunch break
Class 3 12:55-14:25	Health by choice not by chance Marshall Smith	Education and Communicating Health Literacy (I) Toni Gibson	Chiropractic Care : A Natural Way to Good Health All lecturers and TA*
	The Western diet Marshall Smith	Education and Communicating Health Literacy (II) Toni Gibson	
Class 4 14:35-16:05	Are You Getting Enough Sleep (Quality and Quantity) for YOU? All lecturers and TA*	Caregivers Need Care, Too All lecturers and TA*	Exercise and Nutrition All lecturers and TA*
	Food and Nutrition Energy Intake and Expenditure Shoko Okumura	Healthy Eating (I) Some key foods for dementia Shoko Okumura	Healthy Eating (II) Healthy Food choices Shoko Okumura
Class 5 16:15-17:45	Health and disease (I) Food and Life- style diseases Jun Nishihira	Health and diseases (II) Food and Cancer Jun Nishihira	Health and diseases (III) Functional Foods and Supplements Jun Nishihira
	Drill and Review	Drill and Review	Closing of GHL 2018 Presentation by participants

*TA: Teaching Assistant; Native English speakers will give big support for GHL course.