

# Health Science in English language Gift of Health from Hokkaido Information University Global Health Literacy Course 2019 (GHL) - Community Health -



Dept. of Medical Management and Informatics,  
Hokkaido Information University

## Global Health Literacy 2019 - Community Health -

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

Aug 19<sup>th</sup>-21<sup>st</sup> 2019 in HIU  
EDC Tower



### Global Health Literacy Course 2019 – Community Health-

At Hokkaido Information University, Global Health Literacy Course 2019 (hereafter GHL 2019 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 "**Community Health**".

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 2019 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 21, 2019).

# Global Health Literacy Course 2019 (GHL)

## Date and Time

August 19<sup>th</sup> (Mon) 20<sup>th</sup> (Tue) 21<sup>st</sup> (Wed) 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 to; [ghl@do-johodai.ac.jp](mailto:ghl@do-johodai.ac.jp)

### The Items in your email

(1) Name (2) Phone number (3) Occupation (4) Email address

(5) Class choices: ① All 3 days or ② Selected day(s) or ③ Selected day(s) and class(es)

### Registration Deadline of Aug 16<sup>th</sup>

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, PhD (Assoc. Prof. Obihiro University of Agriculture and Veterinary Medicine)

Taichi Inui, PhD (APAC Regional Manager for Nutrition Science & Advocacy at DSM)

**Guest lecturers will join our classes!**

## **Global Health Literacy Course 2019 Timetable**

		August 19 (Mon) 8月19日 (月)	August 20 (Tue) 8月20日 (火)	August 21 (Wed) 8月21日 (水)
8:45-9:00		Registration/受付		
<b>Class 1</b>	9:00-9:45	Orientation for Global health literacy 2019 by Nishihira and all lecturers	What is Time Banking? by all lecturers and TA*	NEWSTART and the Western diet Marshall Smith
	9:45-10:30	Global Health Literacy (I) Toni Gibson	Education and Communicating Health Literacy (I) Toni Gibson	
<b>Class 2</b>	10:40-11:25	Global Health Literacy (II) Toni Gibson	Vitamin Basics By Taichi Inui	Health, Behaviour and Society (I) By Toni Gibson
	11:25-12:10			
12:10-12:55		Lunch break		
<b>Class 3</b>	12:55-13:40	Health by choice, not by chance Marshall Smith	Why Vitamin is Vital?: Functions in Maintaining Health By Taichi Inui	Health, Behaviour and Society (II) By Toni Gibson
	13:40-14:25			
<b>Class 4</b>	14:35-15:20	Health and disease (I) Food and Life-style diseases By Jun Nishihira	Bread and health Marshall Smith	Health and diseases (II) Food and Cancer By Jun Nishihira
	15:20-16:05	Introduction to Acupuncture by all lecturers and TA*		Keep Your Feet Healthy for a Better Life by all lecturers and TA*
<b>Class 5</b>	16:15-17:00	SDGs for Maternal and child health By Shoko Okumura	Education and Communicating Health Literacy (II) Toni Gibson	
	17:00-17:45	Drill and Review	Drill and Review	16:30- Closing of GHL 2019

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