

Health Science in English language Gift of Health from Hokkaido Information University Global Health Literacy Course 2017 (GHL) Stress Management? Your Choice!

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

Dr. Jun Nishihira

Aug. 18 (Fri)

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

Introduction of food-based health promotion and global health

17:00-17:30 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. 19 (Sat)

17:00-17:30 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. 20 (Sun)

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. 18-20 Drill and Review

Ms. Shoko Okumura

Aug. 18 (Fri)

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

Introduction of food and healthy eating as health literacy

Aug. 19 (Sat)

14:35-15:20 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)

What is Healthy Eating? Each food has a purpose for our body. In this session you will learn the function of food and nutrition.

Aug. 20 (Sun)

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. 18-20 Drill and Review

Dr. Anthonette Gibson

Aug. 18 (Fri)

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 (I)**

Health Literacy can be considered a very important social skill in maintaining good physical and mental health. This course introduces students to the larger social issues resulting from mental health conditions such as stress.

Aug. 19 (Sat)

9:00-10:30 **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.

10:40-12:10 **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. 20 (Sun)

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.

10:40-12:10 **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. 18-20 Drill and Review

Dr. Marshall Smith

Aug. 18 (Fri)

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

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

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

You can learn how to make sense out of confusing and often contradictory health information and, as a result, learn how to prevent and even reverse many of today's major killer diseases.

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

Western food is processed, refined, concentrated, sugared, salted and chemically engineered to taste high in calories and low in fiber and nutrients.

14:35-15:20 **Is bread good for you?**

Bread, a staple in the diet, is stripped of nutrients and fiber. We should be eating whole-grain bread; and that goes for rice as well.

Aug. 20 (Sun)

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

NEW START stands for eight fundamental principles proven to help you achieve optimum health through natural methods: nutrition, exercise, water, sunlight, temperance, air rest and trust.

Aug. 18-20 Drill and Review

Teaching Assistant: Ms. Katherine Mansoor

Aug. 18 (Fri)

15:20-16:05 **Some Facts To Help You Sleep Better and Why**

The body needs sleep - about 8 hours. How can we get a good night sleep? What contributes to/hinders a good night sleep? Studies show that enough sleep increases mental ability. Learn about sleep.

16:15-17:00 **Caregiving for the Caregivers**

Longer life means increasing numbers of seniors; decreasing birth rates mean that caregivers themselves are often older and in poor health. Caregiving is stressful. Learn ways to rejuvenate caregivers to continue a stressful labor of love.

Aug. 20 (Sun)

10:40-12:10 **English for Use in the Medical Profession**

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.

12:55-13:40 **Relaxation for Mind and Body - imagery, Breathing, etc.**

Guided imagery, muscle relaxation, and other techniques are ways you can choose to relax; see what works best for you. Sometimes lifestyle changes, activities, hobbies, etc., are needed to cope better with daily stress.

12:55-14 :45 **Mindfulness, Living in the Moment**

The past is done. Enjoy today. Practice simple mindfulness, ten breathing practices and guided meditations. Learn to sort out things and not worry about things out of your control. Resiliency training...will also be discussed.

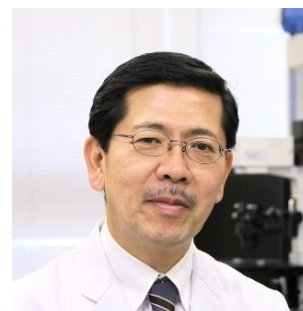
Lecturers' Bio-sketch

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.



Our supporter as lecturers for GHIL at HIU

Ms. Katherine Mansoor, MA. AAM

Certified Accredited Admitting Manager (NAHAM, Washington, DC), she brings to GHIL 2017 special course her background of research, international business, teaching, and hospital fields. Formerly Asst. Prof. of Modern Languages at Xavier University, USA, past President of SWO Hospital Admitting Managers; Ms. Mansoor worked to organize Engl language help for foreign hospital patients, was also Supervisor of OP Registration at Univ. of Cincinnati Medical Centre; and later at FHH Memorial Medical Center in Ohio, she was Registration Supv. (w/staff of 21 in Admitting, ER, OP OP Clinic). After her Mother's death from food choking, she volunteered to teach the Heimlich Maneuver (HM) to church groups/institutions/ and presented the Heimlich Maneuver at an international conference in Mexico. Ms. Mansoor also was Research Associate with Prof. Henry Heimlich MD, Heimlich Institute. She has lectured on choking prevention in US/Japan. She taught English, Spanish, German, etc. courses, at elementary/high school /international universities. After study at Univ. of Heidelberg was Asst to the Exec.VP/Chief Financial Officer of North American HQ of Thyssen Inc., (German steel company; Detroit 1991-2002). In Japan, she was lecturer at HIU (2003-2017), at Fujijoshi (Hanakawa), and Hokusei Gakuen and currently assists in Tobetsu-cho Junior High Schools. She continues writing/researching challenges of aging, caregiving needs of elder populations, how to facilitate healthy socialization/encourage active aging, as well as teaching individuals of all ages to empower themselves through better health literacy to have-- and enjoy--a longer, healthier life.

