

## Health Promotion

### 1. Staffs and Students

Professor	Takehito Takano	
Assistant Professor	Masashi Kizuki,	Masafumi Watanabe
Graduate Student	Miki Watanabe,	Satoshi Suyama,
	Ayako Morita (till March),	Keoprasith Bounserth Serth,
	Pham Luu Hong,	Stephen Kibusi Mathew,
	Chau Darapheak,	Mari Uchimura,
	Aya Hiraki (from April),	Musafer Ajmal Pardis (from October)
Research Student	1 student	

### 2. Purpose of Education

#### Graduate School Programs

The objective of postgraduate education in the field of public health is to pursue professional qualifications of high caliber who exhibit leadership in the advancement of public health and promotion of health on an international scale. The department helps students attain knowledge, skills, attitude, and experiences that are necessary to become a competent public health specialist. With the expansion of the new graduate programs in the university, greater attention is now given to making commitments and contributions in the international arena. Presently, the phrase “think globally and act locally” has become a global movement. The advancement of public health demands an increase in professionals who possess a global perspective yet appreciate the importance of local activities.

[Master Programs]: Masters degree students receive a systematic intensive training that leads to the acquisitions of broad expertise in the fields of public health, immunology, and medicine of health promotion. This program now consists of students with backgrounds in various majors.

[Doctor Programs]: Our doctoral program provides a flexible curriculum that allows students to customize their research goals, methods, and activities based upon their own interests and preferences. A rich variety of educational activities are arranged in the course of the program. These include, among others, individual discussion sessions with professors and other faculty members, field investigations, seminars on various topics such as community health care, community medicine, public health policy, biostatistics, academic presentation, development of foreign language skills, and communication skills. Students work closely with faculty members on an individual basis in setting the right direction for research and confirmation on each of their progress.

[Public Health Leaders (PHL) Program]: Students in the PHL program achieve in attaining the skills required for public health professionals with an international perspective, particularly for leadership roles in public institutions. Advanced students from many countries around the world are now enrolled. All the classes are conducted in English, thus, facilitating the acquisition of international communication skills.

#### Public Health Education Program for Medical School Student

The Graduate School of Medicine aims to prepare its medical students for future careers as physicians who will recognize the societal importance of their medical services and have the ability to fulfill both the scientific and social roles of their possessions.

[International Society and Medicine]: The Medical Education at Tokyo Medical and Dental University can be broken down into three fields. They are 1) experimental, 2) clinical, and 3) social medicine. Social medicine emphasizes on the social aspects of medicine, which primarily has to do with the mechanisms of health, the occurrences of diseases, prevention methods, and the role of healthcare. It strives to identify the causes and mechanisms underlying the health problems confronting society, as well as to engineer solutions backed by a systematic and organized approach. Changes in the modern social atmosphere of medicine and healthcare are closely linked to several changes within the international society. Furthermore, there is a rapid increase in the globalization for medicine and healthcare, which in turn, reinforces the needs for international perspectives, especially within the realm of social medicine. Lectures and tutorials are taught by instructors specialized in various fields; such as public health, medical zoology, parasitology, forensic medicine, policy research, and social psychology.

[Social Medicine]: The Social Medicine department follows the Medical Education Core Curriculum as its base, and also uses it as a benchmark study for the national examination for medical practitioners. Studies covered in this curriculum include critical issues that may or may not be new, but are relevant to the field of social medicine.

[Public Health]: The Public Health education program is comprised of courses in public health, researches on public health

related topics, off-campus internships pertaining to public health, and small group seminars. The topics in the Public Health education are the following:

I. Healthcare doctrine; 1. The history of public health 2. Health concepts and awareness 3. Synergies of health and the environment 4. Health determinants 5. Human living environments 6. International healthcare 7. Regional healthcare and medical practice 8. Urban healthcare 9. The coordination of healthcare, medical practice, and welfare 10. Administrative frameworks and resources for healthcare, medical practice, and welfare 11. Social insurance frameworks and medical economics 12. Laws relation to healthcare, medical practice, and welfare.

II. Preventive medicine and health promotion; 1. Public health statistics and multivariate analysis 2. Epidemiology 3. Health promotion 4. Health education 5. Health management 6. Lifestyles and health 7. Maternal healthcare 8. Adult and elderly healthcare 9. School healthcare 10. Mental healthcare 11. Industrial medicine and healthcare 12. Environmental toxicology 13. Environmental pollution and its impact on health 14. Environmental health and global environmental problems 15. Food health and the impact of diet on health 16. Measures against infectious disease

The courses in the Public Health education program are limited in time, and thus, cannot cover all the topics listed above in full detail. Nonetheless, in demands presented by the national exam for medical practitioners, their post-graduate research, and for their future roles as physicians, students will need to thoroughly study the subjects on their own. In addition to these and counting, there is close to one hundred different topics that can be considered as topics for student' s research papers. In this paper, each student will be expected to develop and analyze an in-depth understanding about the subject they choose from the list. As part of the research, students will gather requisite materials and documentation, conduct surveys, analyze data, and prepare reports based on their topic. Internships and participation in small group seminars involve students working in small teams to investigate common subject matters. These programs are designed to help students reinforce their ability to engage in multifaceted investigations concerning with specific problems in the field of public health. Furthermore, students are to actively pursue in independent study, apply scientific reasoning, and be able to present their reasoning and conclusions to a broader audience in a structure that is comprehensive and explicit. Classes are taught by Tokyo Medical and Dental University Graduate School professors in the field of environmental, social, and clinical medicine.

### 3. Research Subjects

- 1) Urban environments, lifestyles, and health
- 2) Urbanization and its impact on health in developing countries
- 3) Socioeconomic conditions, social inequalities, and health
- 4) Standards and determinants of health
- 5) Monitoring and evaluation of healthy cities development
- 6) Information technology applications in Public Health
- 7) The utilization of geographic information systems for Public Healthy policies
- 8) The measurement of disease infection risks in urban societies
- 9) The lifestyles and growth of children in urban areas
- 10) Globalization of health care service and migration of medical professionals
- 11) End of Life in the community healthcare system
- 12) Working conditions of medical doctors

### 4. Publications

#### Original Article

1. Morita A, Takano T, Nakamura K, Kizuki M, Seino K. Contribution of interaction with family, friends and neighbours, and sense of neighbourhood attachment to survival in senior citizens: 5-year follow-up study. *Social Science and Medicine* 2010 ; 70 : 543-549
2. Nakajima R, Takano T, Urnaa V, Khaliun N, Nakamura K. Antimicrobial use in a country with insufficient enforcement of pharmaceutical regulations: A survey of consumption and retail sales in Ulaanbaatar, Mongolia. *Southern Med Review* 2010 ; 3(1) : 19-23.