

北海道情報大学 健康に役立つ知の贈り物 グローバルヘルスリテラシーコース（GHL）～英語で学ぶ健康科学～



Dept. of Medical Management and Informatics,
Hokkaido Information University

Global Health Literacy

*~Regional and Global Partnership for Development of Healthy
Society by Knowledge-based Health Care~*

Prof. Jun Nishihira, M.D., PhD
Asst. Prof. Shoko Okumura, RD
Dr. Anthonette Gibson, PhD.
Ms. Katherine Mansoor, AAM



**Aug 17th -20st 2015 in HIU
EDC Tower**



北海道情報大学では、皆様の健康に役立つ知の贈り物として、様々な健康情報を取り上げたグローバルヘルスリテラシーコース（Global Health Literacy: 以下 GHL コース）を開講します。このコースは学生向け夏季集中講義として実施されますが、同時に市民も参加できる機会となっています。GHL コースでは、健康や医療に関する様々な情報を専門家がわかりやすく解説していきます。そのため、自分の健康づくりに必要な情報を適切に選び、活用していく力、すなわち「ヘルスリテラシー」を高める機会となることでしょう。

本コースでは、社会の自助や病院機能やその相互関係、専門的な医療英語や医療に関する話題など、一般の方から専門家の方まで、健康づくりや普段の業務などに役立つ題材をとりあげていきます。健康に関する知識を得ることによって、自分の生活をより健康にコントロールすることができます。さらには、家族や友人と一緒に社会的でより活発な生活を楽しむことができるでしょう。

GHL コースは、英語で行う授業となっており、この機会を学内だけでなく、業務に英語が必要な方にも提供します。このコースは4日間の集中講義で、あなたの健康や医療に役立つ情報が満載のクラスが1日に6クラス（各45分）開講されます。講師は、ネイティブスピーカーも含め、医療分野の専門家です。また、このコースに参加する幅広い年代、さまざまなバックグラウンドをもつ参加者の交流は、個人の健康、社会の健康をお互いに思いやれるような、ネットワークづくりの機会になります。

興味のある方は、事前の参加申込が必要となります。受講は無料で、多くの方の健康づくりに貢献したいというHIUからの知の贈り物です。受講には人数制限があります。なるべくお早めに参加申込を行ってください。受講は、4日間全てだけでなく1日からの受講も可能です。4日間のうち、参加できない日程やクラスがあれば、受講できる日程やクラスのみを申し込みするよう、ご協力お願いします。

- ・ 1日のみの参加の場合、北海道情報大学 GHL コース参加認定証が発行されます。
- ・ 4日間全てのクラスに参加した場合、北海道情報大学 GHL コース修了認定証が発行されます。

いずれもコース最終日（20日）にお渡しする予定です。

グローバルヘルスリテラシーコース (GHL)

日時：8月17日（月）18日（火）19日（水）20日（木） 9：00～16：20

場所：北海道情報大学 eDC タワー3F プロジェクト講義室

アクセス <http://www.do-johodai.ac.jp/guidance/access.php>

内容：詳細はタイムテーブルをご覧ください

参加申込：メールまたはファックスでお申込ください。**7月31日（金）までお申し込み受付**

以下の事項を記載したメールもしくは申込用紙に必要事項を記入後、メールまたはファックスでお申込ください。

【メール記入事項】

① 氏名 ② 所属・職業 ③ 電話番号 ③Email アドレス ④参加希望日（下記選択肢より選択）

【参加希望日について】いずれかを明記してください。

- ①全日程（17～20日）
- ②いずれかの日程のみ（参加する日をご記入ください）
- ③一部のクラスのみ（参加する日とそのクラスをご記入ください）

【送信先・問合せメールアドレス】

GHL@do-johodai.ac.jp

ファックスでのお申込：(011)-384-0134

【講師】

西平 順（北海道情報大学 医療情報学部 教授、医師）

奥村 昌子（北海道情報大学 医療情報学部 准教授、管理栄養士）

キャサリンマンズール（北海道情報大学 非常勤講師、看護師）

アンソネットギブソン（レイクランド大学ジャパン 教授、社会学者）

【Lecturers】

Dr. Jun Nishihira (Hokkaido Information University Faculty of Medical Informatics)

Ms. Shoko Okumura (Hokkaido Information University Faculty of Medical Informatics)

Ms. Katherine Mansoor (Hokkaido Information University Faculty of Medical Informatics)

Dr. Anthonette Gibson (Lakeland College Japan)

タイムテーブル / Timetable

	8月17日(月) August 17 th (Mon)	8月18日(火) August 18 th (Tue)	8月19日(水) August 19 th (Wed)	8月20日(木) August 20 th (Thu)
8:45-9:00	受付 Registration	受付 Registration	受付 Registration	受付 Registration
Class 1 9:00-10:30	オリエンテーション 各講師の講義テーマの紹介 Orientation for Global health literacy, food and diseases by Nishihira, Gibson, Mansoor and Okumura	Gibson: Education and Communicating Health Literacy (I) Mansoor: Dial 911 (45 min each)	Gibson: Health, Behaviour and Society (I) Mansoor: Hospital team (45 min each)	Gibson: Sustainability and Health Literacy (I) Mansoor: English for medical students (45 min each)
Class 2 10:40-12:10	Gibson: Global Health Literacy (I) Mansoor: Health Care today (45 min each)	Gibson: Education and Communicating Health Literacy (II) Mansoor: Stay Healthy (45 min each)	Gibson: Health, Behaviour and Society (II) Mansoor: Take Care (45 min each)	Gibson: Sustainability and Health Literacy (II) Mansoor: (45 min each)
Lunch break				
Class 3 13:10-14:40	Gibson: Global Health Literacy (II) Mansoor: Medical English clinic (45 min each)	Nishihira: Health and Disease (II) Okumura: Healthy Eating (II) (45 min each)	Nishihira: Health and Disease (III) Okumura: Healthy Eating (III) (45 min each)	Nishihira: Health and Disease (IV) Okumura: Healthy Eating (IV) (45 min each)
Class 4 14:50-16:20	Nishihira: Health and Disease (I) Okumura: Healthy Eating (I) (45 min each)	Drill & Review	Drill & Review	修了証書 授与 Certificate presentation

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

Dr. Jun Nishihira

Aug. 17 (Mon)

9:00-10:30 **Orientation (all lecturers attend)**

Introduction of food-based health promotion and global health

14:50-16:20 **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. 18 (Tues)

13:10-14:40 **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. 19 (Wed)

13:10-14:40 **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. 20 (Thur)

13:10-14:40 **How to prevent diseases by healthy foods and health literacy**

Good food and exercise are essential for healthy life. More importantly, literacy of health and diseases is critical to promote wellness. In the last lecture, the importance of health literacy is discussed.

Ms. Shoko Okumura

Aug. 17 (Mon)

9:00-10:30 **Orientation (all lecturers attend)**

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

(Okumura) How much is your Healthy Eating Literacy score?

14:50-16:20 **Healthy Eating (I) 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).

Aug. 18 (Tues)

13:10-14:40 **Healthy Eating (II) Food and Nutrition**

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

Aug. 19 (Wed)

13:10-14:40 **Healthy Eating (III) Healthy Eating Japanese Style- Ichi-Ju San-Sai**

Japanese food is known as healthy eating style. In this session you will learn what healthy eating Japanese style is and why.

Aug. 20 (Thur)

13:10-14:40 **Healthy Eating (IV) Healthy Food Choices**

Now you know about healthy eating style- Ichi-Ju San-Sai (from the last lecture). Through knowledge from this session, you will be able to choose healthy foods for your life.

Dr. Anthonette Gibson

Aug. 17 (Mon)

9:00-10:30 **Orientation (all lecturers attend)**

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

Introduction to Global Health Literacy and Social Behavior

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

A course where students learn about issues of health at home and abroad. Basic concepts and current events are presented in clear and understandable language.

13:10-14:40 **Introduction to Global Health Literacy (II)**

What are the some of the wide spread virus threads? What are vaccinations? Why must vaccinations be updated every year according to the World Health Organization (WHO)? In this second session we

will continue learning about the basic concepts of global health and social behaviour Particular focus will be on the reaction to some of the recent outbreaks of viral viruses.

Aug. 18 (Tues)

9:00-10:30 Educating and Communicating Health Literacy (I)

The course offers the opportunity to learn about different advanced techniques (or ways) in which health matters are dealt with at home and abroad. This session presents and discusses new intervention strategies, World Health policy advocacy programs, mass media, community organizing, social on-line marketing, which are communicated throughout the world.

10:40-12:10 Educating and Communicating Health Literacy (II)

Did you know that doctors are finding new ways to help prevent sickness? This second course gives students a chance of learning about advanced techniques (or new ways) that we can all take care of health.

Aug. 19 (Wed)

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

This course allows students to learn about the relationship between health, social behavior and society. Students will have a chance to learn about social behavior and multiple health problems around the world, which include obesity, sexually transmitted infections, injury, and alcohol, tobacco, etc.

10:40-12:10 Health, Behavior and Society (II)

Some researchers believe there is a relationship between health and how we behave. In part II of this course, we will learn about new advancements in understanding social behavior and global health issues of obesity, contagious viruses, sexually transmitted diseases (STDs), substance abuses and more!

Aug. 20 (Thur)

9:00-10:30 Sustainability and Health Literacy (I)

This course presents a chance to learn about how literacy plays an important role in how we think and act socially, which is critical in Sustainable Development. Accessibility to Health Literacy is changing as technology advances in a Sustainable world.

10:40-12:10 Sustainability and Health Literacy (II)

According to the United Kingdom's Sustainable Development Commission (SDC), "Sustainable Development" is an "approach" that helps us balance getting the resources we need while protecting the environment. In this second half, we will learn more about this very important approach and how it impacts (or affects) our health every day.

Ms. Katherine Mansoor

Aug. 17 (Mon)

9:00-10:30 **Orientation (all lecturers attend)**

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

10:40-12:10 **Health Care today**

A holistic view of humans; Stress and adaptation; Lifespan development; Sports medicine and the overtraining syndrome; Music therapy; Organ transplant; Communication skills; Rest and sleep; The Patient's Bill of Rights.

13:10-14 40 **Medical English Clinic**

First visit; Examination room; Medical problems (abdominal pain, pain, urinalysis, cholesterol, anemia, injury, alcohol poisoning); Ultrasound examination; Terminology and Conversation

Aug. 18 (Tues)

9:00-10:30 **Dial 911**

What to do when there is a: Baseball injury; Soccer injury; High blood pressure; Cardiac arrest; People in an emergency; Death with dignity (NODA – No One Dies Alone); ER staff and training.

10:40-12:10 **Stay Healthy**

Healthy Japan; Natural defence; Race and health; Understanding medical studies; Supplements; Health and genes; Mental health; Addictions; Antibiotics, etc.

Aug. 19 (Wed)

9:00-10:30 **The Hospital Team**

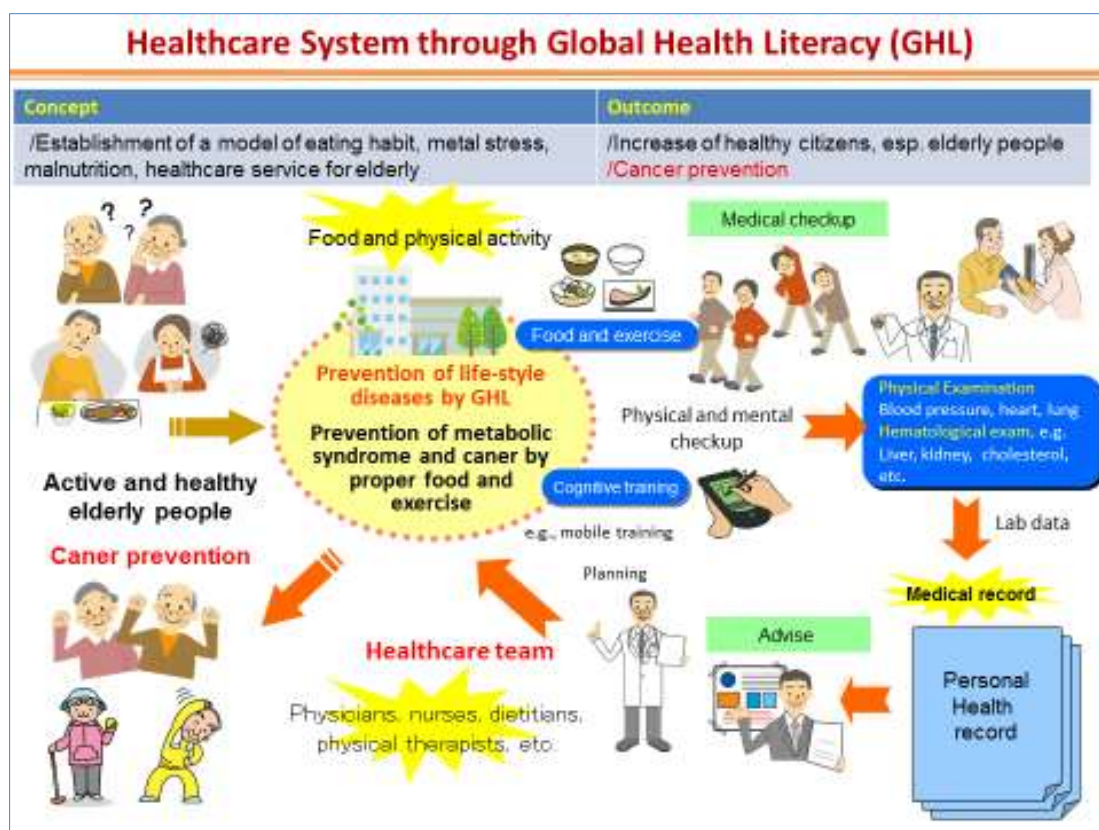
English for Medical Specialists: Medical team; The human body; Public health; Dr.Kitasato and Development of Medicine in Japan; Medical technologies; Physical therapy; Speech therapy.

10:40-12:10 **Take Care**

Communicative English for Nursing and Healthcare; Living a healthy life; Homeopathy....

Aug. 20 (Thur)

9:00-10:30 **English for Medical Students**



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 College (LCJ) in Tokyo, Japan. 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).

Ms. Katherine Mansoor, MA. AAM

A certified AAM (Accredited Admitting Manager, by NAHAM, Washington, DC), Katherine Mansoor brings to the GHJ special course background experiences of medical library research, teaching experience, international business and presenter at international conferences. Formerly Asst. Professor of Modern Languages at Xavier University, USA (sister to Sophia University in Japan), past President of SWOHAMA (South Western Ohio Hospital Admitting Managers); Ms. Mansoor was also Supervisor of Out Patient Registration at University of Cincinnati Medical Centre; and In charge of registration at FHHMMC hospital in Fort Hamilton, Ohio (Admitting, ER, OP and OP clinic - with a staff of 21). She was involved in organizing language banks for multinational patients. After her Mother's death (food choking), she worked as a multilingual volunteer teaching the Heimlich Maneuver (HM) to church groups, presented the HM at an international conference in Mexico City, became Research Associate with Professor Henry Heimlich MD at the Heimlich institute. She has presented the HM in Japan where Shougatsu *mochi* often causes choking at holiday times. Ms. Mansoor has taught English, computer and business and FL courses international university levels. In international business, Ms. Mansoor was assistant to the EVP/CFO of Thyssen Inc., North American HQ of the German steel company selling to GM, etc.. She studied at University of Heidelberg, Germany, taught at universities in several countries. In Japan, she teaches at HIU and Tobetsu-cho Junior High Schools. Holding a BBA degree (Management), MA, University of Cincinnati, USA, she also taught Thomas Moore College in Kentucky and other educational institutions. She is currently writing and researching challenges for the aging, possible solutions for caregiving needs of aging populations, to facilitate healthy socialization and encourage active aging, and teaching individuals to empower oneself through health literacy to have a longer, healthier life.



Healthy Gift from Hokkaido Information University *Global Health Literacy Course for HIU students and You - Health Science in English*

Global Health Literacy Course (GHL)

Date and Time

August 17th (Mon) 18th (Tue) 19th (Wed) 20th (Thu) 9 : 00am ~ 16 : 20pm

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 previous page about timetable

REGISTRATION

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

If you have any questions, please feel free to contact us at this e-mail address.

Healthy Gift from Hokkaido Information University **Global Health Literacy Course for HIU students and You - Health Science in English -**

Hokkaido Information University, as a healthy gift to the community, will offer a condensed course of various aspects of Global Health Literacy (GHL). The varied related topics will include self-help for the society, information on hospitals-functions and interrelationships, medical professional English and related subjects. The course material is aimed at facilitating transfer of information through professional speakers, and networking for individuals of all ages, backgrounds, to help satisfy personal and social needs to help each other.

Japan and many other developing and developed nations are facing the burgeoning increase of elder populations, living longer due to improved medical care, better nutrition, preventive medicine, and adult education stressing the importance of diet, exercise, stress relief--useful knowledge spreading more and more rapidly, assisted by increased computer literacy.

As a population ages, in countries where the birth rate has drastically plummeted, shortages of caregivers are serious challenges in a modern changing world.

The traditional caregivers are increasingly involved in work outside the home due to economic/financial need.

This leaves many elderly retired and/or disabled family members alone for most of the day. (Computer literacy for this "digital gap" group could open doors to bring the world to them in their room.) Often the younger members of the family have to leave to find work in other parts of Japan or overseas. Agricultural Hokkaido also sees young people leaving to find work in industry since Hokkaido tourism was also hit by the 2011 disaster --still having consequences in Japan. The resulting loneliness destroys the traditional family further.

Putting more knowledge of health literacy will benefit the population in general and enable our younger and aging populations to feel the satisfaction of having more control over their lives and enjoy socialization and a more active life with family and friends.

Dean Professor Jun Nishihira, MD, PHD, heads the new and vitally important direction of health education opening in 2016 at Hokkaido Information University (HIU) in Ebetsu.

HIU was recently singled out by the Japanese government as one of the leading top ten small universities in Japan (<2000 students). HIU students can have more options through new ties with JAXA (the NASA of Japan), university exchanges with other countries such as China, Thailand, Vietnam, USA, and is forging more ties with a world which is more and more international.

This new August 17-20 GHL course will kick off the new 2016 program and responds to the need for English speaking businessmen and professionals in other fields.

This HIU response addresses the expressed goals of the Japanese government: the course will be taught in English by English-speaking professors, including native English speakers with backgrounds in the medical field.

This introductory inaugural course will be open to registered participants. (Please see the registration instructions below.) A concentrated four-day course with lectures starting at 0900 will deal with approximately 16 different related topics of health literacy to enrich lives by giving comfort and a sense of control of a healthy life.

There is no charge for the course; it is a gift of HIU and is open to all groups. The "Ebetsu Model" was created in 2008 to render convenient and flexible ongoing monitoring of health care; over 4300 individuals have become participants in this endeavour; there is no charge for registration to join. Are you a student, Mom, adult caregiver, professional in any field, senior citizen or retired, and enjoying some leisure time but would like to keep abreast of want new developments in all fields and technology, health, nutrition, etc., and current events? Yes? Come to the GHL seminar.

Do you have friends with English skills, who would like to refresh their English speaking or listening skills? Bring them. Students, nurses, neighbours, taxi drivers, people in other professions are all welcome.

Space is limited; therefore, please send in your registration as soon as possible. (NOTE: it is possible to register for a single day or two days or the whole four-day course; just note this on the registration form, please.

We do ask, please, that you do not register unless you are planning to come. If we reserve a place for your and you do not come, that will deprive someone else of being able to come as space is limited. So please be as considerate of others as you want them to be of you. This is an extraordinary opportunity to brush up English, practice your listening skills, and learn about how you can make your life and health better, live a longer and happier life, and not stop learning.

Participants attending a day will receive a certificate on Thursday at course end stating that the individual has taken part in the Global Health Literacy course at Hokkaido Information University on (day and date). Participants attending the complete four days and all the lectures will receive a certificate on Thursday at course end stating that the individual has completed the Hokkaido Information University course, Global Health Literacy (GHL), conducted on August 17, 18, 19, and 20, 2015, inclusive.