

2024

Nutrition Policy in Japan to Leave No One Behind

- For Achieving Sustainable Societies -

Nutrition Improvement Activities
in Remote Islands and Mountainous Areas
to Leave No Region Behind

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About this report

In December of 2021, the Japanese government organized the Tokyo Nutrition for Growth Summit 2021.

In 2021—given that the deadline for achieving global nutrition targets 2025 was around five years away and that the deadline for achieving the SDGs was around ten years away—the substantial expansion and enhancement of nutrition improvement activities were identified as a key challenge for achieving these international goals.

Therefore, at the summit, the diverse range of stakeholders were requested to organize the details of their nutrition improvement activities as commitments, and 181 stakeholders from 78 countries announced 396 commitments in response.

As one of its own commitments, the Japanese government expressed its intention to further expand the Nutrition Policy in Japan to Leave No One Behind and to communicate information on both the progress and results of this policy every year starting in fiscal 2023.

This document is a follow-up to the first round of efforts to communicate information both within and outside of Japan in fiscal 2023. As the second attempt to communicate such information, this document focuses on nutrition improvement activities to leave no one and no region behind implemented for local residents of the remote islands and mountainous areas of Japan, and it contains information on the progress and results of such activities.

Nutrition Policy in Japan to Leave No One Behind

For over one hundred years, Japan has trained nutrition professionals.

Japan has been implementing nutrition-related activities since the Meiji Restoration (in the late 1800s). In 1924—in an effort to train dietary guidance and food service management specialists to resolve the problem of nutritional deficiencies—Dr. SAIKI Tadasu established the *Nutrition School* and started training nutrition professionals. The training of Dietitians was later codified into law by the *Dietitians Act*, which was established in 1947.

Japan currently has qualifications for two kinds of nutrition professionals under the Dietitians Act: Registered Dietitians and Dietitians. Of these, Registered Dietitians are licensed specialists who possess more advanced expert-level knowledge and skills, and they must pass a national examination.

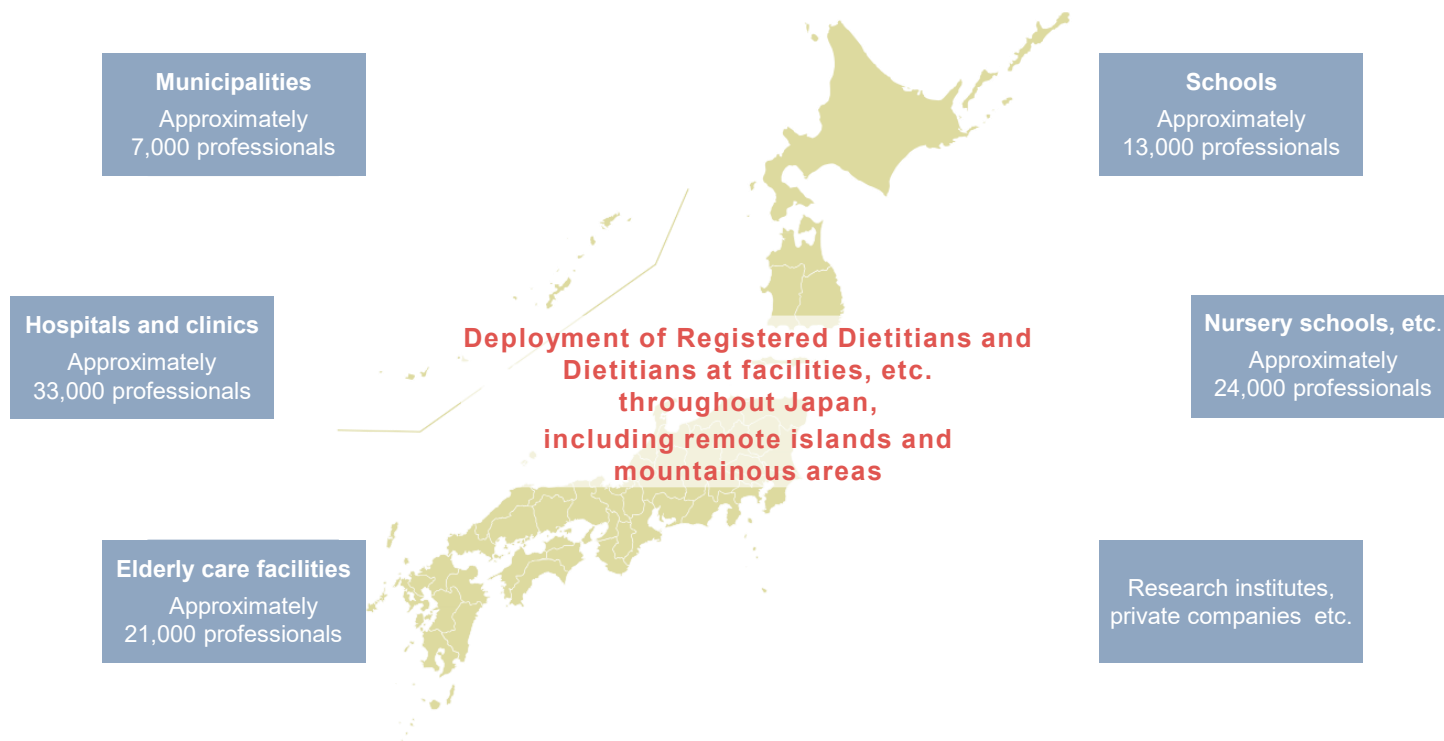
Overview of nutrition-professional qualifications in Japan

Type	Registered Dietitian	Dietitian
	Licenses provided by the Minister of Health, Labour and Welfare	Licenses provided by Prefectural Governors
Main facilities with deployment regulations	Facilities for which special nutritional guidance or food service management is necessary <ul style="list-style-type: none">• Hospitals that provide advanced medical care• Food service facilities for which medical dietary management is necessary etc.	General facilities for which nutritional guidance or food service management is necessary <ul style="list-style-type: none">• Hospitals, child welfare facilities, and workplaces• Schools, elderly welfare facilities, and correctional facilities etc.
License requirements	Acquisition of required credits at Training School	
	Must pass the National Examination for Registered Dietitians (Examination subjects: clinical nutrition, public nutrition, etc.)	-

Deployment of Registered Dietitians and Dietitians throughout Japan, including remote islands and mountainous areas

In Japan, the deployment of Registered Dietitians and Dietitians is stipulated by law, and this covers an extremely wide range of facilities, including medical institutions, elderly care facilities, and schools. These deployment regulations started with the stipulation that Dietitians be deployed to health centers under the Health Center Law (currently the Community Health Act), which was established in 1947.

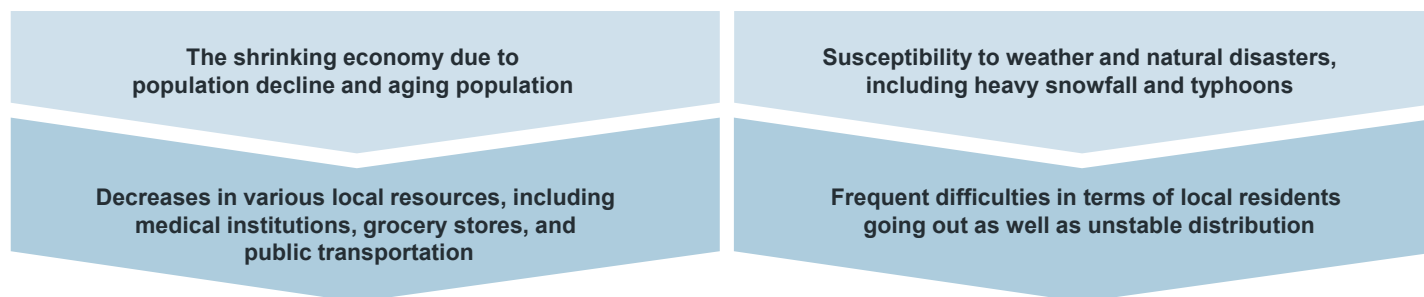
Later on, deployment to various other facilities was stipulated by various laws, and Japan has been steadily promoting the deployment of nutrition professionals throughout the country based on these. Registered Dietitians and Dietitians also work at private companies, research institutes, etc., where they strive to improve nutrition.



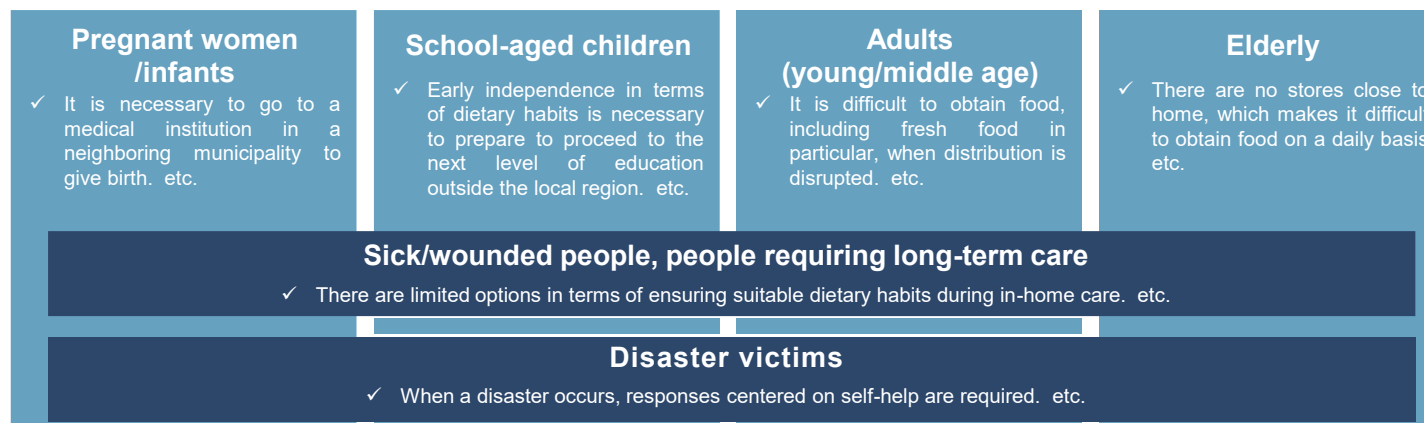
Unique Health, Nutrition-Related Challenges in Remote Islands, Mountainous Areas

Remote islands and mountainous areas face unique health and nutrition-related challenges at all life stages for reasons that include decreases in various local resources due to population decline and aging population as well as the susceptibility of such regions to weather and natural disasters in many cases.

Health and nutrition-related challenges faced by remote islands and mountainous areas



There are unique health and nutrition-related challenges at all life stages.



Japan's Problem-Solving *Through Nutrition Improvement Activities to Leave No One and No Region Behind*

Japan implements nutrition improvement activities targeting all life stages even in remote islands and mountainous areas, mainly through Registered Dietitians and Dietitians deployed to each region.

As described below, to implement effective nutrition improvement activities targeting all life stages, it is important to gain an understanding of whether anyone has been left behind in terms of health and nutrition in each region and then provide necessary support that goes beyond organization. As residents of remote islands and mountainous areas, the Registered Dietitians and Dietitians build relationships with the local residents and gain an understanding of them to clearly identify nutrition challenges that affect the region and who has a high risk of being left behind. In addition, it is important to collect data to support what they notice during their daily work and implement effective activities based on evidence.

Major examples of nutrition improvement activities targeting each life stage as well as sick/wounded people, people requiring long-term care, and disaster victims

Pregnant women /infants	School-aged children	Adults (young/middle age)	Elderly
<ul style="list-style-type: none">✓ Nutrition counseling during pregnancy✓ Health checkups for pregnant women/infants etc.	<ul style="list-style-type: none">✓ School lunches✓ Nutrition education etc.	<ul style="list-style-type: none">✓ Health guidance✓ Nutrition counseling etc.	<ul style="list-style-type: none">✓ Nutrition counseling✓ Home-visit nutritional guidance etc.
Sick/wounded people, people requiring long-term care <ul style="list-style-type: none">✓ Nutritional guidance at hospitals, nursing homes, and food distribution services etc.			
Disaster victims <ul style="list-style-type: none">✓ Building mutual support systems to respond when disasters occur etc.			

Japan's Efforts to Expand and Fully Utilize Resources to Support All Local Residents

In urban areas, there are large populations, and many facilities and organizations have multiple Registered Dietitians and Dietitians, so duties can be effectively assigned to pursue nutrition improvement that leaves no one behind. In contrast, in the case of remote islands and mountainous areas, only limited Registered Dietitians and Dietitians are deployed, and it is not uncommon for the region to have only one such professional.

To achieve nutrition improvement that leaves no one behind in regions that have few Registered Dietitians and Dietitians, it is essential to strive to expand and fully utilize people, things, information, and other resources both within and outside of organizations.

Expanding resources **within** the organization

- ✓ **Increasing the number of Registered Dietitians and Dietitians**
(promotion of organizational staff increases by presenting evidence based on data in line with nutrition needs, etc.)
- ✓ **Enhancement of collaboration between various professionals**
(information sharing and study groups by various professionals, more efficient role assignment, etc.)
- ✓ **Increased business efficiency**
(accumulation of know-how, business automation using ICT, etc.)

Leveraging resources **outside** the organization

- ✓ **Enhancement of collaboration in each region**
(collaboration with related organizations, residents' groups, etc. in each region)
- ✓ **Enhancement of collaboration that goes beyond regions**
(collaboration with prefectures, health centers, universities, professional associations, etc.)

Promoting nutritional improvements that leave no one behind in remote islands and mountainous areas with limited resources



Four Factors for Promoting Nutrition Improvement Activities in Remote Islands, Mountainous Areas

In remote islands and mountainous areas in Japan, four important promotional factors for expanding and leveraging resources to achieve nutrition improvement activities to leave no one and no region behind. The importance of these four promotional factors differs depending on the situation of each region, but they are crucial in terms of all remote islands and mountainous areas.

Four promotional factors related to implementing nutrition improvement activities to leave no one behind in remote islands and mountainous areas

Building a network for sharing issues and collaborating amongst persons concerned

Building a foundation for collaboration and cooperation that goes beyond regions and encompasses all region.
In order to achieve the above, share information on issues related to nutrition and dietary habits as well as the importance of nutrition improvement with various stakeholders both within and outside of organizations, and develop relationships with each region while respecting each other's sense of crisis and thoughts.

Utilizing programs and systems to implement regional activities

Reliably carrying out business while getting stakeholders involved.
In order to achieve the above, plan activities that are both feasible and effective even under limited conditions, and utilize the various programs and systems of organizations.

A sense of mission and leadership

To promoting nutrition improvement, remembering that it is our mission to contribute to the resolution of nutrition challenges in each region, and demonstrating leadership based on a perspective that goes beyond the organization, under high expectations from both affiliated organizations and regions.

Self-improvement and gaining opportunities for growth

To tackle nutrition challenges—which are changing against a background of population decreases and aging—engaging in self-improvement and updating knowledge and skills on a daily basis.
Actively seeking out opportunities for growth, given that it is sometimes not possible for each organization alone to secure the resources necessary to train specialists.

Examples of Nutrition Improvement Activities for Remote Islands and Mountainous Areas

Activity Examples

This document introduces the seven examples below of activities implemented in remote islands and mountainous areas.

Every example show how Registered Dietitians are promoting nutrition improvement activities to leave no one and no region behind by using methods suitable for each region.



No.	Field	Location (municipality) / organization	Key points related to examples
①	Government	Nakagawa, Hokkaido Prefecture / Nakagawa Town Hall: Shiawase Promotion Office	The only Registered Dietitian in the town with no school lunches implements comprehensive activities, serving as a nutrition improvement control tower to achieve lifelong health.
②	Government	Shimonita, Gunma Prefecture / Shimonita Town Hall: Health Division	The Registered Dietitian at the town hall serves as coordinators to promote resident-led nutrition improvement activities throughout the region.
③	Government	Niiijima, Tokyo Prefecture / Niiijima Village Hall: Sawayaka Health Section	The Registered Dietitian serves as a local collaboration hub to implement integrated /continuous nutrition improvement activities in collaboration with nutrition professionals in the village.
④	Medical care	Nishinoshima, Shimane Prefecture / Okidozen Hospital	Registered Dietitians at the region's only hospital with beds contribute to regional medical care through dietary management tailored to each patient.
⑤	Medical care	Goto, Nagasaki Prefecture / Nagasaki Goto Chuoh Hospital	The hospital utilizes municipality project to provide guidance on nutrition and diets to elderly patients at remote locations who have trouble going to the hospital.
⑥	Long-term care	Matsuyama (Nakajima district) ^{*1} , Ehime Prefecture / Tojukai Social Welfare Corporation Himegahamaso (a special nursing home for the elderly)	The only Registered Dietitian at the island's Long-Term Care Insurance facility implement nutrition improvement activities focused on community welfare as an approachable professional.
⑦	Disaster prevention	Amami region, Kagoshima Prefecture ^{*2} / Kagoshima Dietetic Association Disaster Assistance Team	The association has trained Japan's first Disaster Assistance Team in the remote island region, and this team strives to improve the self-help and mutual assistance abilities of residents while respecting the local culture.

*1. In this document, the administrative area of the former Nakajima Town, which merged with Matsuyama City, is called Nakajima district.

*2. In this document, the region consisting of eight inhabited islands (the Amami Islands) —Amami Oshima, Kakeroma-jima, Uke-jima, Yoro-shima, Kikai-jima, Tokuno-shima, Okinoerabu-jima, and Yoron-jima—is called the Amami region.

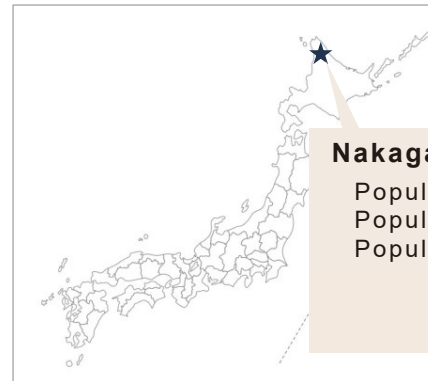
Case 1

Nakagawa, Hokkaido Prefecture | Nakagawa Town Hall: Shiawase Promotion Office

The only Registered Dietitian in the town with no school lunches implements comprehensive activities, serving as a nutrition improvement control tower to achieve lifelong health.

Introduction to the region

Located between the Kitami Mountains and Teshio Mountains in northern Hokkaido, Nakagawa is long and thin from north to south and is the home of Japan's fourth longest river, the 256-kilometers Teshio River, which runs through the center of the town. Winters in the area are harsh, the region sees an extremely large amount of snowfall (with an average annual temperature of 5.9 degrees) and is regarded as Japan's northernmost limit for farming. There is also a lot of dairy farming in the region.



Nakagawa, Hokkaido

Population : 1,304 people
Population density: 2.4 people / km²
Population aging rate: 39.6%*¹

(As of February of 2024)

*1. Percentage of people who are
65 years old or older

Nakagawa does not provide school lunches and no diet and nutrition teachers have been deployed to the town, so the town's only nutrition professional is the Registered Dietitian at the town hall, and he implements nutrition improvement activities covering all life stages.

■ Promoting nutrition improvement activities to leave no one behind despite limited resources

When implementing activities, this Registered Dietitian serves as the control tower. The town's specific activity policy is shown by its Plan for the Promotion of Food and Nutrition Education, and the town's activities are promoted in cooperation with related organizations and groups in the area.

Major examples of nutrition improvement activities in Nakagawa

Pregnant women /infants	School-aged children	Adults (young/middle age)	Elderly
<ul style="list-style-type: none">✓ Nutrition counseling during pregnancy✓ New mother classes etc.	<ul style="list-style-type: none">✓ Food and nutrition education seminars for elementary and junior high schools✓ Cooking experience classes etc.	<ul style="list-style-type: none">✓ Nutrition counseling after health checkups✓ Communication of nutrition-related information etc.	<ul style="list-style-type: none">✓ Healthy and active living classes✓ Nutrition counseling and visits etc.
Sick/wounded people, people requiring long-term care <ul style="list-style-type: none">✓ Home-visit nutritional guidance, including families (in collaboration with social welfare councils) etc.			
Disaster victims (preparing for disasters) <ul style="list-style-type: none">✓ Raising public awareness of the necessity of in-home food stockpiling, rolling stock, etc.			

■ Focusing on continuous nutrition classes for children in the absence of school lunches

Nakagawa has formulated a Plan for the Promotion of Food and Nutrition Education that calls for the achievement of rich lives with lifelong health, and this plan spells out the challenges and goals related to each life stage as well as the specific measures to address them and activities to be pursued in relation to every aspect of daily life (home, school, and community).

Of these, the town is focusing on nutrition classes for children in particular, with the aim of implementing and establishing suitable dietary habits starting at school age. Given that the town does not have a high school and a lot of children therefore need to leave town to proceed to the next level of education, the town is striving to continuously provide nutrition-related knowledge to children through nutrition education at the elementary and junior high school level.



A nutrition class
at an elementary school

The Registered Dietitian at the town hall functions as a control tower for the region's nutrition improvement activities under the town's Plan for the Promotion of Food and Nutrition Education, which mainly focuses on health promotion.

Sharing information on challenges to help stakeholders understand how they should get involved

Nakagawa's Plan for the Promotion of Food and Nutrition Education plays a major role in terms of promoting the town's nutrition improvement activities. The Registered Dietitian at the town hall played a central role in formulating this plan while also clearly spelling out the town's specific challenges related to achieving rich lives with lifelong health as well as what kinds of activities need to be promoted to address these issues in terms of each life stage.

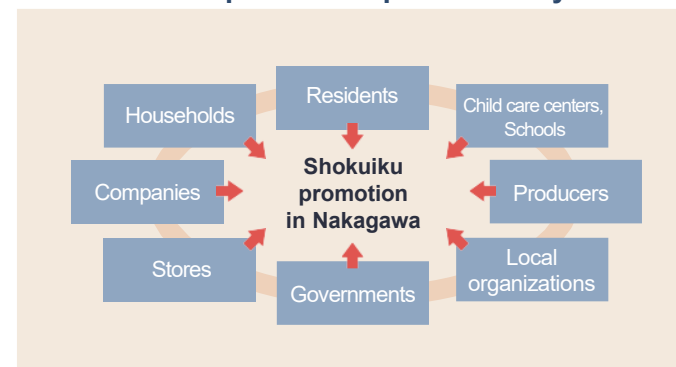
Such efforts have enabled the town to share its vision for the town and how to achieve it with stakeholders while also deepening the stakeholders' understanding of how they should get involved in these activities.

Striving to get people involved in the plan while building cooperative relationships with various local organizations

Nakagawa has also strived to build cooperative relationships to enable the pursuit of activities in collaboration with various local organizations and residents to effectively implement the Plan for the Promotion of Food and Nutrition Education. For example, the Registered Dietitian at the town hall has organized a suitable food environment by creating a system for cooperating with chambers of commerce and stores while also having local stores set up low-sodium food areas.

In addition, by taking advantage of the characteristics of a small municipality where residents are close to each other — such as by holding health lectures and displaying materials at workplaces and post offices in the town —, he has made efforts to raise awareness of improving nutrition and health promotion. And he has worked hard to get residents and related organizations actively involved in activities.

Nutrition improvement promotion system



Source: Nakagawa's Plan for the Promotion of Food and Nutrition Education (Fourth)

A low-sodium food area set up at a local store



Materials on display at a workplace health checkup

Introduction of Registered Dietitians

Enabling every resident to enjoy lifelong health

Affiliation and name

UEMOTO Mitsuru, Chief Examiner, Shiawase Promotion Office,
Nakagawa Town Hall, Hokkaido Prefecture

Personal history and work since starting the job

Mr. Uemoto started working for Nakagawa Town Hall in 2012. Later, as a Registered Dietitian working at the Shiawase Promotion Office, he has put in charge of formulating and executing the town's Plan for the Promotion of Food and Nutrition Education and handling general nutrition improvement work based on the plan.

Future goals and ambitions

Given that many children have to leave home to proceed to high school, it feels really rewarding to get close to children through nutrition classes.

I hope to continue to communicate nutrition-related information and maintain relationships with residents through nutrition improvement activities targeting all residents—including everyone from children to elderly people—at all life stages to increase the number of people who understand suitable nutrition and dietary habits and can therefore lead healthy lives.

I will also continue working to transform food and nutrition education as well as nutrition improvement activities into residents' campaigns that benefit the next generation at both the home and community levels.



A ready-made lunch making
class for children



A health course for elderly
class for children

Case 2

Shimonita, Gunma Prefecture | Shimonita Town Hall: Health Division

The Registered Dietitian at the town hall serves as coordinators to promote resident-led nutrition improvement activities throughout the region.

Introduction to the region

Shimonita is located on the border of Nagano Prefecture in the southwestern part of Gunma Prefecture. Approximately 85% of Shimonita is mountains, forests, and other wilderness, and—although there is a small region of plains in the eastern part of the town—most of the town is situated on a complicated sloped mountainside, and there is little flat land. The town is also surrounded by steep mountains that have an elevation of over 1,000 meters. The region's climate is relatively temperate, with an annual average temperature of 12.1 degrees and snowfall around two or three times per year.



Shimonita, Gunma Prefecture

Population: 6,300 people
Population density: 33.4 people / km²
Population aging rate: 53.2%*¹

(As of February of 2024)
*1. Percentage of people who are 65 years old or older

Shimonita has been implementing nutrition improvement activities for all life stages, and these activities have been promoted through the efforts of residents and local organizations.

Activities to promote the health of residents during all life stages

In Shimonita, the Registered Dietitian at the town hall has three main duties. The first is nutritional guidance and education for the residents, and the Registered Dietitians collaborate with public health nurses to implement infant health checkups, diabetes prevention classes, nutrition counseling for local residents who need to be careful in terms of nutrition, and home-visit nutritional guidance. The second is to collaborate with and support the activities of regional organizations, such as by acting as the secretariat of the dietary habit improvement promotion council to train health mates while also communicating and coordinating with members. The third duty of the Registered Dietitian is to promote food and nutrition education by collaborating with local organizations and residents, implementing cooking classes at elementary schools in cooperation with health mates, implementing nutrition seminars for daycare and elementary school students, and giving lectures at senior residents' salons.

Major examples of nutrition improvement activities in Shimonita

Pregnant women /infants <ul style="list-style-type: none">✓ Infant health checkups✓ Regular nutrition counseling etc.	School-aged children <ul style="list-style-type: none">✓ Nutrition seminars at elementary schools✓ Nutrition classes for guardians etc.	Adults (young/middle age) <ul style="list-style-type: none">✓ Specified health guidance✓ Nutrition seminars at companies, etc. in the town etc.	Elderly <ul style="list-style-type: none">✓ Frailty prevention classes✓ Nutrition seminars at senior residents' salons etc.
Sick/wounded people, people requiring long-term care <ul style="list-style-type: none">✓ Nutrition counseling specific to pathological conditions, home-visit nutritional guidance etc.			
Disaster victims (preparing for disasters) <ul style="list-style-type: none">✓ Raising public awareness of in-home food stockpiling and rolling stock and distributing food for people requiring consideration (peace-time) etc.			

The formulation of the town's Plan for the Promotion of Food and Nutrition Education served as an opportunity to establish a collaboration system.

In Shimonita, during the promotion of activities targeting all life stages, local organizations and residents independently participate in nutrition improvement activities, while the Registered Dietitian at the town hall functions as a coordinator with the support of Gunma Prefecture and a local university.

This system was established as a result of setting up promotion meetings when the town formulated its Plan for the Promotion of Food and Nutrition Education in 2013. Based on the town-wide policies, the region as a whole has independently conducted activities.



Holding the Shimonita Shokuiku Communication Project

The Registered Dietitians at the town office play a coordinating role and support residents to achieve what they want to do for nutrition improvement and health promotion.

Acting as a coordinator by providing support that enables stakeholders to achieve what they want to

In Shimonita, the Registered Dietitian at the town hall has spent many years building face-to-face relationships with local organizations and residents while building an environment that enables stakeholders to independently implement activities.

In Shimonita, the independence of the residents is respected, and various organizations and townspeople collaborate on projects aimed at promoting the health of the region, thereby enhancing local connections and helping to collectively achieve health promotion and nutrition improvement throughout the region.

During this process, instead of taking the lead, the Registered Dietitian at the town hall has acted as a coordinator by providing support that enables residents to easily promote nutrition improvement activities so that stakeholders can achieve what they want to.

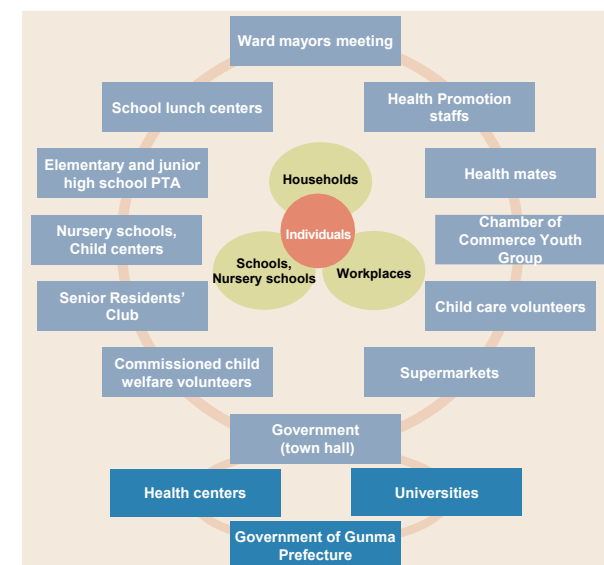


Supporting the activities of health mates

Promoting regional activities by utilizing prefectural and university resources as well as horizontal collaboration between municipalities

When formulating its Plan for the Promotion of Food and Nutrition Education, Shimonita was able to take advantage of the support of the Gunma Prefectural Office as well as Gunma University. Municipalities sometimes do not have enough expert know-how related to surveys, so it was extremely effective to collaborate with the prefecture—which has various networks—and academic research institutes—which possess expert-level knowledge.

Given that municipality resources are generally limited, which causes difficulties related to implementing nutrition improvement activities, the prefecture is providing leadership and support to build a system aimed at collectively resolving issues through the efforts of the region under the jurisdiction of the prefectural health center. Under this system, Shimonita shares information and exchanges opinions with the prefectural Tomioka Health and Welfare Office as well as other municipalities in its jurisdiction and applies the results to daily business.



Nutrition improvement promotion system

Introduction of Registered Dietitians

Actively venturing out into the community to understand the residents who live there

■ Affiliation and name

AKAIWA Yuki, Registered Dietitian, Health Division,
Shimonita Town Hall, Gunma Prefecture

■ Personal history and work since starting the job

Ms. Akaiwa started working for Shimonita Town Hall in 2021. As a Health Division Registered Dietitian, she is in charge of promoting the town's nutrition programs, including providing nutritional guidance and education to the residents, supporting the activities of the dietary habit improvement promotion council, and promoting food and nutrition education.

■ Future goals and ambitions

Shimonita has a network based on relationships of trust built up by the senior Registered Dietitian at the town hall with the residents over the course of many years. I hope to actively work as a coordinator in the region to keep these connections alive for future generations.

To promote activities that are suitable for the lifestyles of local residents and deeply rooted in the community, I also hope to be the kind of Registered Dietitian who actively ventures out into the community and gets directly involved with the residents to gain a deep understanding of the region itself and the residents who live there.



The executive committee in charge of
the town's Plan for the Promotion of
Food and Nutrition Education



Resident-led activities

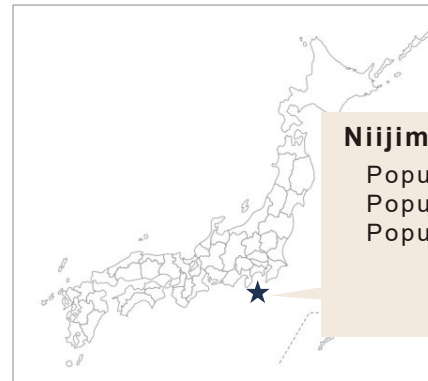
Case 3

Niijima, Tokyo Prefecture | Niijima Village Hall: Sawayaka Health Section

The Registered Dietitian serves as a local collaboration hub to implement integrated /continuous nutrition improvement activities in collaboration with nutrition professionals in the village.

Introduction to the region

Niijima is made up of Nii-jima and Shikine-jima—two Izu Islands located approximately 160 kilometers away from Tokyo—and is home to around 2,500 residents. The region's climate is warm throughout the year (with an average annual temperature of 17.6 degrees), and the main industries include tourism and fishing. Small airplanes and ferries regularly travel between Niijima and central Tokyo, and ferries also travel between the two islands.



Niijima, Tokyo Prefecture

Population: 2,450 people
Population density: 89.0 people / km²
Population aging rate: 41.0%*¹

(As of February of 2024)
*1. Percentage of people who are 65 years old or older

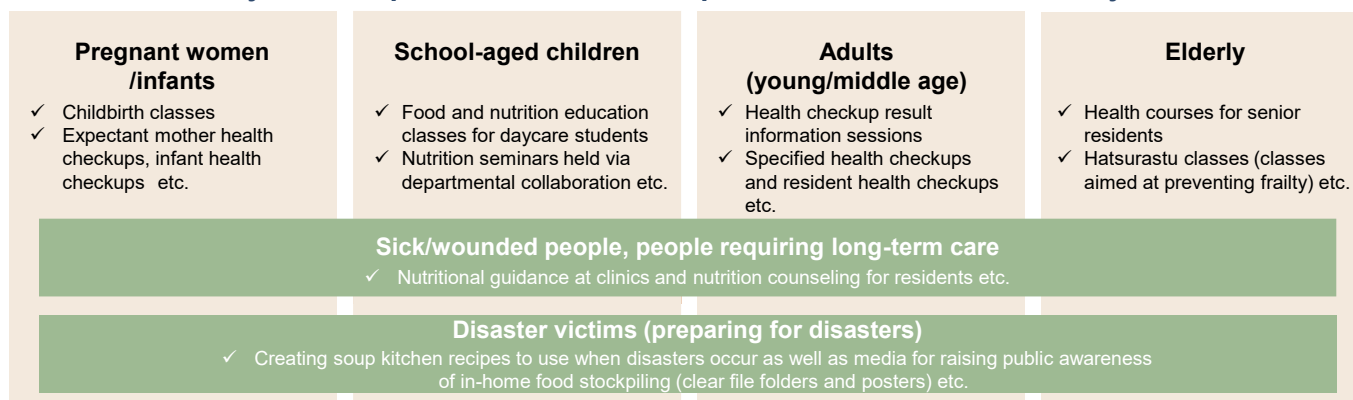
In Niijima, the Registered Dietitian at the village hall builds collaboration with local stakeholders and plays a central role to achieve nutrition improvement for all life stages.

■ Promoting nutrition improvement activities to leave no one behind despite limited resources

In Niijima, one Registered Dietitian who works for the *Sawayaka Health Section* is in charge of nutrition programs covering all life stages.

In addition, the government Registered Dietitian is also in charge of nutritional guidance for clinics and provides services personalized for each resident, including nutrition counseling and follow-up interviews, to help prevent the onset of chronic diseases as well as conditions becoming more serious.

Major examples of nutrition improvement activities in Niijima



■ Having built relationships with stakeholders through sharing information on issues and utilized local resources fully

Niijima has conducted a survey on the village's nutrition and dietary habits to identify related challenges and has shared this information with other professionals working at the village hall as well as Registered Dietitians and Dietitians working in the village. As a result, the village has formed connections between stakeholders working on resolving challenges in the region, shared information on activities being implemented by individual organizations, and gained the ability to associate such activities with each other so as to promote them in an integrated fashion.

This also led to an increase in collaborators capable of working with not only the government Registered Dietitian at the village hall but also various other players in the community to think about and take action in response to challenges faced by the region.

The Registered Dietitian at the village hall is driven by a desire to utilize her expertise to give back to the community by contributing to nutrition improvement and health promotion, and—to help resolve local challenges—she tenaciously strives to implement activities, even if they happen to be unprecedented.

■ A strong driving force from attachment to the community and a desire to give back personal knowledge to the residents

Niijima faces numerous restrictions—including limited food access, medical care resources, and human resources, but the Registered Dietitian has built relationships of trust with the residents by frequently interacting with them face-to-face as they go about their daily lives, and she therefore possesses a deep understanding of the lifestyles and dietary habits of them.

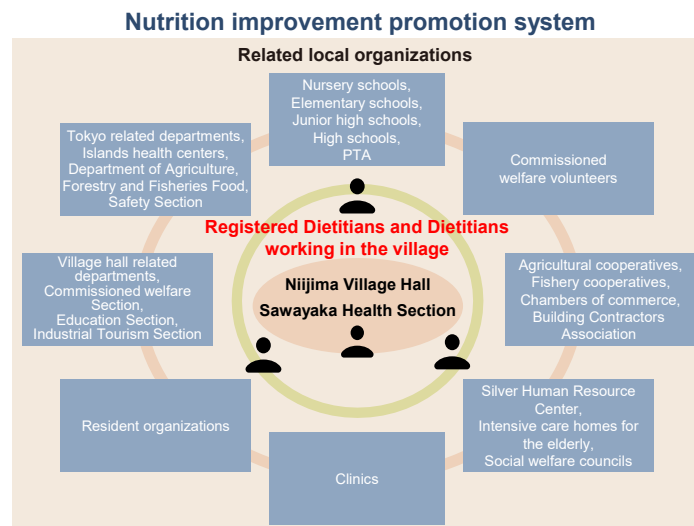
As a result, the Registered Dietitian is able to provide personalized nutrition counseling as well as follow-up support in line with the lifestyle of each resident, thereby assisting residents based on a detailed understanding of the support they actually want.

The foundation for this is how much the Registered Dietitian enjoys living in the region as one of its residents as well as her love for the land. These feelings imbue a desire in the Registered Dietitian to use her expert knowledge to give back to the community, thereby contributing to nutrition improvement and health promotion.

■ Having a passion for solving unprecedented challenges and continuing negotiation and coordination with stakeholders within the organization

Because the understanding of the people in the area is necessary to promote activities, unprecedented activities are especially difficult to implement, but the government Registered Dietitian at the village hall has steadily collected information on prior examples to protect the health of the residents. In addition, she has tenaciously negotiated with in-house stakeholders as well as related bureaus, gained their understanding while coordinating and building relationships with them to devise and execute plans, and thus built the necessary systems.

In this way, the Registered Dietitian's strong desire to resolve issues as well as her ability to take specific action to get nearby stakeholders involved has proven to be a key point in terms of promoting activities.



Created based on Plan for the Promotion of Food and Nutrition Education Planning Committee materials

Introduction of Registered Dietitians

Enjoying life on a remote island and understanding nutrition challenges based on daily life

■ Affiliation and name

ENDO Ritsuko, Head Registered Dietitian,
Sawayaka Health Section, Niijima Village Hall, Tokyo Prefecture

■ Personal history and work since starting the job

Ms. Endo started working for Niijima Village Hall in 2009. As the government Registered Dietitian at the Sawayaka Health Section, she is in charge of the village's nutrition improvement work in general.

■ Future goals and ambitions

My goal is to enjoy my life on this remote island as one of its residents as I try to come up with ways to utilize my personal knowledge to give back to the community so as to improve the lives of local residents. To accomplish this, I hope to regularly share information with shareholders and further strengthen my cooperative relationships with them as we strive to resolve our region's nutrition challenges.

In addition, I want to continue to focus on training the Registered Dietitians and Dietitians of the future, cooperate with the acceptance of business tours as well as student research both on and off the island, respond to counseling requests from young people facing difficulties, and otherwise work hard.



A nutrition class for children

Case 4

Nishinoshima, Shimane Prefecture | Okidozen Hospital

Registered Dietitians at the region's only hospital with beds contribute to regional medical care through dietary management tailored to each patient.

Introduction to the region

Nishinoshima is one of the Oki Islands in the Sea of Japan and is located approximately 65 kilometers northeast of the Shimane Peninsula. There are four inhabited Oki Islands, and three of them (Nishinoshima, Nakano-shima, and Chiburi-jima) are called Dozen. The town of Nishinoshima is located on the island of Nishino-shima and occupies the entire island. Ferries and high-speed ships travel between the island and the mainland, and regular coastal ships also travel between Nishinoshima and the other Dozen islands.



Nishinoshima, Shimane Prefecture

Population: 2,548 people
Population density: 45.5 people / km²
Population aging rate: 48.6%*¹

(As of December of 2023)

*¹. Percentage of people who are 65 years old or older

Through daily holistic care, the Registered Dietitians deepen their understanding of each patient and strive to provide meals tailored to their whishes, supporting local medical care from a nutritional standpoint.

Registered Dietitians at the region's only hospital with beds enabling hospitalization handle patients with diverse conditions.

The two Registered Dietitians who belong to the Nutrition Department handle in-hospital food service work and hospital ward dietary management while also providing guidance on nutrition and diets to inpatients and outpatients. They strive to provide diets in line with the preferences of patients based on both an understanding of the condition of each patient—including everything from the acute to the chronic stage—and consideration of the pathological and physical condition of each patient.

Given that there are a lot of elderly people in the region, many patients are hospitalized due to either decreased eating or swallowing function or a loss of appetite. Therefore, to achieve personalized dietary management, the Registered Dietitians go to the hospital ward at mealtime to observe patients eating, and they make prompt dietary and other adjustments based on discussions with the nurses in charge of each hospital room as well as each patient's attending physician. In addition, they frequently share information with the families of patients, gain an understanding of the dietary situations, preferred foods, and other characteristics of patients before they are hospitalized, and strive to ensure that patients can enjoy what they eat as much as possible.



Doing rounds



Local cuisine of nearby Oki islands
Upper right: squid and daikon radish
Lower right: sazae miso

Managing diets in line with patient needs based on an understanding of each patient

Okidozen Hospital's slogan is to *provide loving medical services*, and the hospital considers it important to look not only at the disease but also at the person.

As professionals in charge of holistic care, the Registered Dietitians at the hospital try to understand not only the current health and nutrition status of each patient but also their lifestyle up until now and also consider the kinds of meals and dietary preferences each patient would normally prefer as they respond to each patient.

These professionals also provide *Wagatoko (My) Menu* as a local-cuisine food service, which includes following local seasoning practices as much as possible, and engage in other daily efforts to keep patients comfortable.

Driven by a desire to achieve personal growth and to provide health and nutritional support to the local people they live with, the Registered Dietitians strive to acquire new knowledge by utilizing both on and off-island growth opportunities as they go about their daily work.

■ Having a sense of purpose and tackling their daily work

Of the two Registered Dietitians working at Okidozen Hospital, one started the job from off-island based on a desire to enhance their skills as a Registered Dietitian through involvement in regional medical care. The other Registered Dietitian was born on the island and is motivated by a desire to promote resident health maintenance by contributing based on their personal knowledge of nutrition. The above motivations coupled with attachment to the region serve as a major driving force when handling daily work.

■ Acquiring new knowledge by actively utilizing on and off-island growth opportunities

Daily self-improvement is essential for achieving tailored dietary management in line with patient needs. The Registered Dietitians of Okidozen Hospital participate in nutrition-related conferences and follow-up visits to gain an accurate understanding of the conditions of patients, and they strive to share information and collaborate with other professionals at the hospital. In addition, they participate in regular study groups held at the hospital with various professionals and otherwise endeavor to effectively utilize hospital knowledge as they enhance their skills.

They also fully utilize growth opportunities outside of the hospital. Given that it is not easy for Registered Dietitians in remote islands to attend workshops held on the mainland, they instead actively participate in online workshops held by prefectural dietetic associations and other organizations, taking advantage of the opportunity presented by the increase in such workshops due to the COVID-19 pandemic. In addition, there are also regular opportunities to exchange information with local Registered Dietitians and Dietitians. In this way, the Registered Dietitians constantly strive to acquire new knowledge and collect information.

By sharing information with other professionals at the hospital as they always have and utilizing external growth opportunities, the Registered Dietitians provide suitable guidance on nutrition and diets and successfully manage diets for patients who have a diverse range of conditions despite limited resources. In addition, the strong desire of such Registered Dietitians for personal growth coupled with daily self-improvement efforts to achieve it acts as a pillar to support nutrition improvement activities in the region.



A conference

Introduction of Registered Dietitians

Striving for self-improvement with the support of a senior Registered Dietitian

Affiliation and name

ASANABE Keito, Registered Dietitian, Nutrition Department, Okidozen Hospital

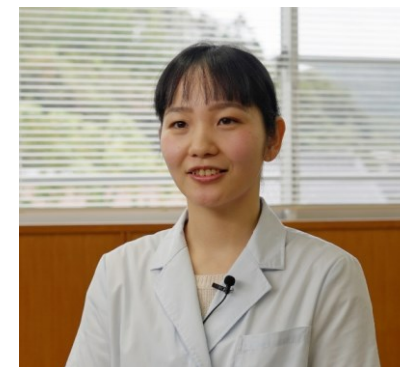
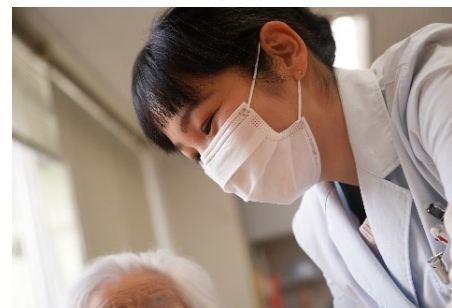
Personal history and work since starting the job

Ms. Asanabe started working for Okidozen Hospital as a Registered Dietitian in 2022. She is in charge of dietary management, food service work, and nutritional guidance for inpatients.

Future goals and ambitions

I originally worked off-island, but I decided to work at this hospital because I wanted to improve my skills as a Registered Dietitian through involvement in regional medical care.

Because my job as a Registered Dietitian requires me to handle a wide range of work and help patients who have complicated nutritional statuses, information based on the latest evidence is always necessary, so I strive for self-improvement on a daily basis. There is still a lot I want to learn, so I hope to keep working hard every day, taking advantage of the support of the senior Registered Dietitian and the other professionals around me as I do.



Meal rounds

Case 5

Goto, Nagasaki Prefecture | Nagasaki Goto Chuoh Hospital

The hospital utilizes municipality project to provide guidance on nutrition and diets to elderly patients at remote locations who have trouble going to the hospital.

Introduction to the region

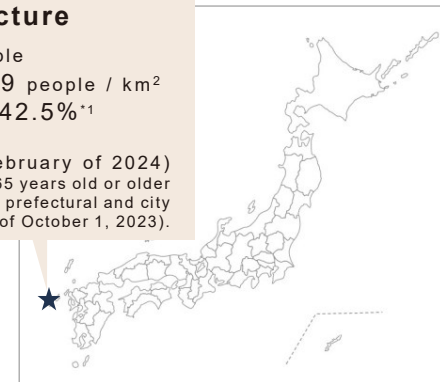
Goto is located at the westernmost point of Kyushu, approximately 100 kilometers to the west of Nagasaki Prefecture in the sea. Goto is located in the southwestern region of the Goto Islands, which consist of 152 large and small islands, and the city itself consists of ten inhabited islands and 53 uninhabited ones. Fukue Island is the largest of the Goto Islands, and various government associations, airports, ports, shopping centers, and other facilities are located in the island's eastern region. Due to the effects of the Tsushima Current, the region has a relatively warm average annual temperature of 17.4 degrees.

Goto, Nagasaki Prefecture

Population: 34,408 people
Population density: 81.9 people / km²
Population aging rate: 42.5%*¹

(As of February of 2024)

*1. Percentage of people who are 65 years old or older according to Nagasaki's estimated prefectural and city population by age (as of October 1, 2023).



As Registered Dietitians at the region's core hospital, they provide guidance on nutrition and diets to inpatients and outpatients, handle dietary management for inpatients, and handle nutrition-related consultation with other professionals.

■ Fulfilling roles as Registered Dietitians at the region's core hospital

Goto Chuoh Hospital serves as the region's core hospital, and its Registered Dietitians help patients with various conditions, including everyone from children to elderly people at the acute, recovery, or chronic stage.

The main work done by these Registered Dietitians includes guidance on nutrition and diets for inpatients and outpatients as well as dietary management for inpatients. In particular, they focus on guidance on nutrition and diets, and the number of times they do so is increasing every year (fiscal 2022 result: 1,039 guidance sessions).

They also engage in dietary management in collaboration with various professionals as members of the Nutrition Support Team and meal round participants. In addition, in accordance with requests from the government, Registered Dietitians hold seminars on the nutrition and dietary habits of elderly people for general residents.



Nutrition rounds

■ Maintaining a strong sense of responsibility as Registered Dietitians of a hospital that plays a central role in the region while striving for self-improvement

Because Goto Chuoh Hospital plays diverse roles as the region's core hospital, local stakeholders also expect a great deal of the Registered Dietitians who work there. Therefore, whenever a new activity is launched in the region, the Registered Dietitians serve as the first point of contact for consultation.

The Registered Dietitians also receive a lot of requests for consultation concerning activities aimed at resolving local issues from both the government and related organizations.

To reliably handle such tasks, the Registered Dietitians strive to acquire new information and evidence and to update their personal knowledge and skills on a daily basis.



Nutrition Support Team workshop
(tasting of swallowing food)

To assist patients who live in remote island locations, Goto Chuoh Hospital is cooperating with city's mobile clinic business that utilizes mobile clinic vehicles equipped with online medical examination equipment, and the Registered Dietitians provide online guidance on nutrition and diets

■ Cooperating with mobile clinic business implemented by Goto in order to provide online guidance on nutrition and diets for elderly patients who are at remote locations and therefore have trouble going to the hospital

In remote locations with relatively scarce medical care resources, it can be difficult for patients who have chronic diseases to go to the hospital for the regular medical examinations they require, and, although there has been an increase in online medical examinations in recent years, the difficulty that elderly people often have using digital equipment is becoming a barrier. In response, in January of 2023, Goto launched its mobile clinic project. Under this plan, special mobile clinic vehicles (called mobile cars below), which are equipped with medical and communication equipment, go to locations near the homes of patients, enabling them to receive support from nurses riding in the vehicles as they undergo online medical examinations. When the mobile clinics were introduced, medical institutions asked if it would be possible to introduce online guidance on nutrition and diets, and—after discussions with various related organizations—the decision was made to put the Registered Dietitians at Goto Chuoh Hospital in charge of this.



Mobile clinic vehicle
(mobile car)

■ Expanding their network with people outside the hospital and the scope of their own activities through cooperating with city projects

The objective of the city's mobile clinic project is to offer improved convenience to elderly people with chronic diseases—who often have difficulty accessing medical institutions for reasons that include poor lower body strength, impaired cognitive function, or not having a decent means of transportation—and to resolve local issues.

The intended purpose of this activity is to help prevent cases of diabetes in the city from becoming more severe, and it contributes to improving the health and nutritional status of residents.

In terms of resolving the issue of improving the nutrition of elderly people in the region who cannot go to the hospital—an issue that is difficult for hospitals or Registered Dietitians to tackle on their own—cooperating with the city and effectively utilizing this city project has been extremely effective for expanding their network of hospital-external stakeholders as well as the scope of their own activities.



Online guidance on nutrition and diets

Introduction of Registered Dietitians

Constantly pursuing self-improvement while taking on new challenges

Affiliation and name

EGASHIRA Kiyomi, Registered Dietitian, Nutrition Department,
Nagasaki Goto Chuoh Hospital

Personal history and work since starting the job

Ms. Egashira started working for Nagasaki Goto Chuoh Hospital in 2004. For many years, she has been in charge of providing guidance on nutrition and diets for inpatients and outpatients as well as handling dietary management for inpatients.

Future goals and ambitions

Over the course of many years, I have responded to a wide range of requests for consultation from local stakeholders as a Registered Dietitian at my region's core hospital. This has included a lot of new activities and struggles as well, but I have always done my best to fulfill my role.

I hope to continue striving to enhance my skills as I support the growth of the young Registered Dietitians who have become my new colleagues and work with everyone to improve the nutrition of patients and other members of our community.



Meal rounds



A presentation at a regional meeting
of the Japan Diabetes Society

Case 6

Matsuyama (Nakajima district), Ehime Prefecture | Himegahamaso (a special nursing home for the elderly)

The only Registered Dietitian at the island's Long-Term Care Insurance facility implement nutrition improvement activities focused on community welfare as an approachable professional.

Introduction to the region

The Nakajima district of Matsuyama is part of the Kutsuna Islands, which are located in the western Seto Inland Sea on the border between Hiroshima Prefecture and Yamaguchi Prefecture approximately 15 kilometers northwest of mainland Matsuyama and consist of six inhabited islands and 22 uninhabited ones. Naka-jima—home of the Himegahamaso special nursing home for the elderly—is the largest inhabited Kutsuna Island in terms of area.

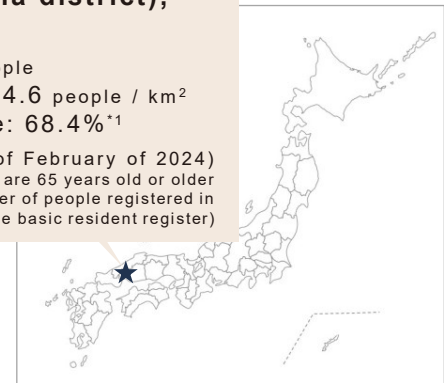
High-speed ships and ferries travel between Naka-jima and mainland Matsuyama every day, and the island produces a lot of citrus fruit.

Matsuyama (Nakajima district), Ehime Prefecture

Population: 2,781 people
Population density: 74.6 people / km²
Population aging rate: 68.4%*1

(As of February of 2024)

*1. Percentage of people who are 65 years old or older
(calculated based on the number of people registered in
the basic resident register)



As the only Registered Dietitian working at the island's Long-Term Care Insurance facility, this professional not only handles facility work but also works on improving the nutrition of elderly people in the region.

Contributing both to nutrition care and management at facilities and the community

The Registered Dietitian at Himegahamaso—the Long-Term Care Insurance facility on the island—has been in charge of nutritional care and management for the facility's residents, and he therefore handles dietary management and nutritional guidance for them.

The facility outsources its food service work by buying frozen meals from the Matsuyama mainland and then reheating them at the facility (Cook-Chill). Therefore, the menu can be adjusted according to the condition of each facility resident, and fresh local ingredients can be used to provide snacks, etc., thereby helping to ensure that residents can enjoy living at the facility while also receiving support in terms of dietary habits.

When the facility manager offered some advice to the Registered Dietitian by mentioning that it would be good for the Registered Dietitian to focus on community welfare as well, the Registered Dietitian developed an interest in nutrition improvement activities for local elderly people. Ever since then, the Registered Dietitian has been considering what he might be able to do for the community as he provides support for elderly people, holds diet-related events targeting them, and pursues related activities.

The desire to do something for nearby people as a nutrition expert as a driving force for activities

As a result of the current focus on nutrition challenges faced by elderly people in the region, he has developed a strong desire to do what he can to contribute to local nutrition improvement as a Registered Dietitian. To accomplish this, he wants local residents to feel like both the facility and the Registered Dietitian himself are familiar and dependable and to utilize the facility as a place of relaxation, and he therefore searches for opportunities to collaborate with professionals outside the facility while also planning and executing related events.

In short, this Registered Dietitian's sense of responsibility and mission—specifically his desire as an expert to do something for facility residents and local elderly people—is a crucial driving force behind the promotion of local activities.



A snack event at the facility



Confirming the nutritional status of a resident



A diet-related event to which local residents were invited

The Registered Dietitian attends various meetings and visits various stakeholders on the island so that they will remember him as *Himegahamaso's Registered Dietitian*, and he builds relationships of trust with local residents as an approachable professional while promoting activities.

■ Actively heading out into the community from the facility to build relationships and effectively promote local nutrition improvement

While promoting activities related to community welfare, the Registered Dietitian has maintained an awareness of three key points.

The first is to understand the island's social resources. The Registered Dietitian has therefore directly met with island stakeholders in an effort to build the interpersonal relationships that serve as the foundation for activities in the region. The second key point is the importance of being recognized by local residents as Himegahamaso's Registered Dietitian, so the Registered Dietitian has strived to participate in local meetings and to communicate with elderly people and other professionals on the island. Finally, the third thing the Registered Dietitian has tried to do is reinvigorate the region while building sustainable cooperative relationships with its residents, such as by purchasing food products used at the facility from stores on the island.

As a result, people in the region have started to increasingly recognize him as Himegahamaso's Registered Dietitian, which is serving as a major foundation for promoting activities outside the facility, such as by giving him the ability to procure food products for the facility during communication with local stores and otherwise enabling him to establish connections with various stakeholders in the region.



Communicating with the community



A nutrition seminar for care managers

■ Starting with simple connections to build a collaboration system

The Registered Dietitian is also building a system that enables the sharing of information on nutrition and health issues faced by the region with other local professionals to collaborate on resolving such issues. For example, while exchanging information with local care managers and public health nurses, he received a request from the Community General Support Center to hold a seminar for care managers, so he did so. He is currently utilizing the connections formed as a result to enhance local collaboration even more.

The relationships of trust cultivated by the Registered Dietitian with stakeholders outside the facility since he started his job have developed considerably, ultimately resulting in the establishment of a collaboration system aimed at achieving nutritional improvement throughout the region. This system is expected to serve as a driving force behind the future promotion of activities.

Introduction of Registered Dietitians

Contributing to community welfare as an approachable Registered Dietitian

Affiliation and name

IMAI Ryota, Registered Dietitian,
Himegahamaso, Tojukai Social Welfare Corporation

Personal history and work since starting the job

Mr. Imai started working for Himegahamaso (a special nursing home for the elderly) in 2020. He is in charge of handling nutritional care and management for facility residents while also working on nutrition improvement for elderly people in the region.

Future goals and ambitions

This is my third year since I was appointed as the Registered Dietitian of my facility. My first goal is to flesh out the diets of facility residents and help ensure that they enjoy their lives here as I strive to improve their nutritional status.

In addition, as a Registered Dietitian, I hope to plan and establish events that lead to nutrition improvement so as to contribute to the welfare of my community and regional revitalization. I also want to conduct activities as a Registered Dietitian who is easy for anyone in the region to approach so that professionals from outside our facility will come to me for consultation on nutrition and dietary habits.



A care plan meeting

Case 7

Amami region, Kagoshima Prefecture | Kagoshima Dietetic Association: Disaster Assistance Team

The association has trained Japan's first Disaster Assistance Team in the remote island region, and this team strives to improve the self-help and mutual assistance abilities of residents while respecting the local culture.

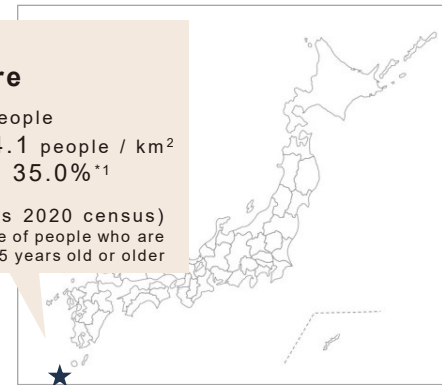
Introduction to the region

The Amami region consists of a group of islands located approximately 380 kilometers southwest of the Kagoshima Prefecture mainland, starting with Amami Oshima. Due to its subtropical oceanic climate, the region is warm throughout the year (with an average annual temperature of 21.8 degrees) and has relatively high precipitation. There are a lot of disasters due to typhoons in the summer. During the Amami heavy rainfall disaster of 2010, the region was hammered by record-high torrential rain, resulting in river flooding and landslides that simultaneously disrupted not only road transportation networks but also information communication networks, ultimately resulting in a catastrophic disaster of unprecedented scale.

Amami region, Kagoshima Prefecture

Population: 104,281 people
Population density: 84.1 people / km²
Population aging rate: 35.0%*1

(Japan's 2020 census)
*1. Percentage of people who are
65 years old or older



Kagoshima Dietetic Association has trained Japan's first Disaster Assistance Team in remote island region. The Registered Dietitians who have completed this training conduct activities to raise public awareness among local residents as they engage in their own daily work.

■ Training experts capable of providing nutrition and dietary habit support during disasters in remote islands

The Kagoshima Dietetic Association Disaster Assistance Team (called JDA-DAT Kagoshima below) holds training sessions to train experts capable of providing nutrition and dietary habit support during disasters.

The training in the Amami region is intended for Registered Dietitians and Dietitians engaged in various occupations, and it is based on a three-day curriculum that includes not only classroom lectures but also exercises related to emergency food cooking and taste testing.

In addition, this training is not limited only to suitable diets during disasters but also includes a wide range of content necessary to effectively respond to disasters, including running evacuation sites and developing skills for communicating with disaster victims.



A training session (emergency food cooking)

■ 11 disaster support experts have been trained during 3 years from launch.

JDA-DAT Kagoshima has held a total of four training sessions since 2007. In 2020, the first training session was held in the Amami region with the support of related organizations and stakeholders.

Currently, due in part to workplace transfers and other changes, the Amami Group includes a total of 11 members. All of them are Registered Dietitians in their thirties to sixties, and they participate in voluntary activities even while occupying various positions in hospitals, elderly care facilities, municipalities, etc.

Because the act of cooking food in heat-resistant plastic bags—which is utilized for nutrition and dietary habit support during disasters—is an easy cooking method to use during normal times, many participants are extremely happy when this approach is introduced during classes to prevent the need for nursing care, etc.



Members who have completed the training

To complete disaster responses within the region, the trained Registered Dietitians are striving to improve the self-help and mutual assistance capabilities of residents and build a system for collaborating with local organizations.

■ Program graduates conduct activities aimed at raising the awareness of local residents to improve their self-help and mutual assistance capabilities.

Program graduates conduct public awareness raising activities to enable not only experts but also ordinary local residents to effectively respond to disasters, such as by learning how to cook food in heat-resistant plastic bags.

In response to a request from Amami's Community General Support Center, these graduates hold nutrition seminars at classes to prevent the need for nursing care—which are intended for elderly people—to raise public awareness of how to respond to disasters, etc.

In addition, these graduates conduct various other awareness raising activities, including speaking on local radio, participating in the Civil Engineering Festival (organized by the Kagoshima Construction Industry Association), and holding cooking demonstrations, workshops and exhibitions.



Participating in a community event

■ Collaborating not only with health and medical institutions but also with local companies and media outlets to improve the disaster management capabilities of the whole region

In the Amami region, it is essential to be able to achieve nutrition and dietary habit support during disasters that can be completed on the island. To accomplish this, it is extremely important to build relationships with organizations on the island.

Therefore, they are striving to build local relationships, such as by requesting that major disaster management stakeholders in the region—including hub hospitals for disaster response and doctors, which are assumed to be important in the event of actual disasters—provide instructors at the training planning stage.

In addition, we confirm the details of cooperative relationships in writing to clearly spell out the roles of local stakeholders and organizations while also increasing the effects of related activities. In such cases, the office procedures are handled by the prefectural dietetic association, which facilitates activities in the region through logistical support.



Exercises related to running evacuation sites

Introduction of Registered Dietitians

Increasing local colleagues and expanding the scope of activities

Affiliation and name

JDA-DAT Kagoshima

Supervising leader: YAMASHITA Masayo (on the right)

Amami Group: MIYAZAKI Mutsuko (on the left)

Personal history and work since starting the job

Ms. Yamashita) Ms. Yamashita is in charge of work at prefectural offices, health centers, and elsewhere as a Kagoshima Prefecture staff member. In 2007, she held the Kagoshima Dietetic Association's first staff training session, and she helped to establish JDA-DAT Kagoshima in 2008, which she remains involved with. In 2012, as a member of the first Japan Dietetic Association JDA-DAT steering committee, she worked on expanding the system throughout Japan.

Ms. Miyazaki) Ms. Miyazaki is engaged in work that includes hospital and clinic-based food service management, dietary management, and at-home nutritional guidance. She started participating in JDA-DAT Kagoshima in 2021.

Future goals and ambitions

Ms. Yamashita) In line with the philosophy of JDA-DAT Kagoshima, which is to value the wishes of each individual, one for all-all for one, I will continue to work with my colleagues to conduct nutrition support activities that protect the lives of prefectural residents.

Ms. Miyazaki) Although there is no end of things to worry about when it comes to training the next generation of Registered Dietitians, Dietitians and other staff members, I hope to increase the number of like-minded colleagues and expand the scope of narrowly focused activities to cover broader areas.



An activity to raise the awareness of residents

Towards Future Developments, International Contributions

Towards Future Developments, International Contributions

■ The experience in remote islands and mountainous areas will further promote activities across Japan.

We believe that this document will serve as a reference to not only remote islands and mountainous areas that are similar to the seven examples introduced in this report but also to health centers and municipalities collaborating with these areas, persons who aspire to become Registered Dietitians and Dietitians going forward, and the faculty members at training schools. Furthermore, in urban areas as well, the awareness of activities in remote islands and mountainous areas will help to gain a perspective to reflect on the activities in those areas.

We hope that these findings will be shared to further promote nutrition improve activities in Japan and make them sustainable.

■ We hope to contribute internationally with Japan's knowledge of over 100 years.

As mentioned above, Japan started training diet professionals more than 100 years ago and has been deploying Registered Dietitians and Dietitians throughout the country including remote islands and mountainous areas. Moreover, these specialists have implemented “Nutrition Improvement Activities To Leave No One and No Region Behind” nationwide with the four promotional factors related to expanding/leveraging resources inside/outside of organizations as well as the thoughts and expertise of the professionals becoming important points.

We believe that such knowledge from nutrition improvement activities in remote islands and mountainous areas over many years contain many hints that can be applied to the activities of other countries.

Japan would like to use the hosting of the Tokyo Nutrition for Growth Summit 2021 as an opportunity to further increase the momentum of nutrition improvement, and disseminate its experience and knowledge obtained from over 100 years of nutrition improvement activities to solve nutrition challenges and realize sustainable societies.