



**MHLW**

Ministry of Health,  
Labour and Welfare of Japan



# **Nutrition Policy in Japan to Leave No One Behind**

**-For Achieving Sustainable Societies-**

# KEY POINTS

## Global Nutrition Challenges and the History of Japan's Nutrition Policy

### Global nutrition challenges hindering us from achieving sustainable societies

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- ▶ Actions to improve nutrition outcomes are vital to achieve the SDGs
- ▶ Despite various actions around the world, every country still has its own nutrition challenges

### History and the three pillars of Japan's nutrition policy

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- ▶ Japan has responded to nutrition challenges that change with the times even before its economic growth
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  - Nutrition policy focused on "diets"
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  - The process of policy making based on scientific "evidence"

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- ▶ Japan has long been committed to training nutrition professionals and legally codifying their roles
- ▶ High standards of nutrition and food service management are being implemented through deployment based on the laws

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- ▶ Deployment of nutrition professionals nationwide, including remote islands and mountainous areas

### Nutrition professionals as the foundation for nutrition improvement activities to leave no one behind

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- ▶ The skill to build a network for sharing issues and collaborating amongst persons concerned
- ▶ The skill to utilize of programs and systems for regional implementation
- ▶ A sense of mission and leadership
- ▶ Self-improvement and gaining opportunities for growth

## For Further International Contribution...

We hope to contribute to achieving sustainable societies with our experience of over 100 years in nutrition policy

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# Global nutrition challenges hindering us from achieving sustainable societies

## Actions to improve nutrition outcomes are vital to achieve the SDGs

The Sustainable Development Goals (SDGs), adopted at the UN Sustainable Development Summit in September 2015, are a set of 17 global goals to be achieved by 2030, which aim to achieve sustainable, diverse, and inclusive societies that leave no one behind. **Actions to end malnutrition in all its forms can contribute to achieving all 17 goals, especially “Goal 2: Zero hunger” and “Goal 3: Good health and well-being”** that cover nutrition and health challenges.

2

ZERO HUNGER



### Goal 2: Zero hunger

End hunger, achieve food security and improved nutrition, and promote sustainable agriculture

3

GOOD HEALTH AND WELL-BEING



### Goal 3: Good health and well-being

Ensure healthy lives and promote well-being for all at all ages

After rising sharply from 2019 to 2021 in the wake of the COVID-19 pandemic, global hunger, food insecurity and malnutrition remained persistently high and almost unchanged. In 2023, one in 11 people globally faced hunger. Malnutrition among children under age 5 remains a significant concern, with 6.8% experiencing wasting while 5.6% were overweight. It is estimated that one in five children under age 5 will be affected by stunting in 2030.

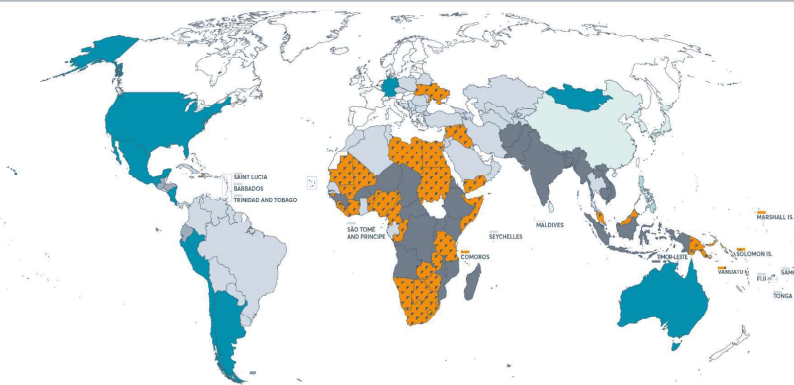
Actions to address nutrition challenges not only help people of all ages maintain and improve their nutritional status and promote good health, but also **contribute to the development of society as a whole by supporting various social activities** such as education and work. **To achieve the SDGs, efforts to end malnutrition in all its forms are essential.**

Source: United Nations. The Sustainable Development Goals Report 2024.



## Despite various actions around the world, every country still has its own nutrition challenges

COUNTRY BURDEN			
○ Insufficient data	○ Anaemia only	○ Overweight and anaemia	○ Anaemia and stunting
● Overweight only	● Stunting only	● Overweight and stunting	● Overweight, anaemia and stunting



Source: 2020 Global Nutrition Report (2020)

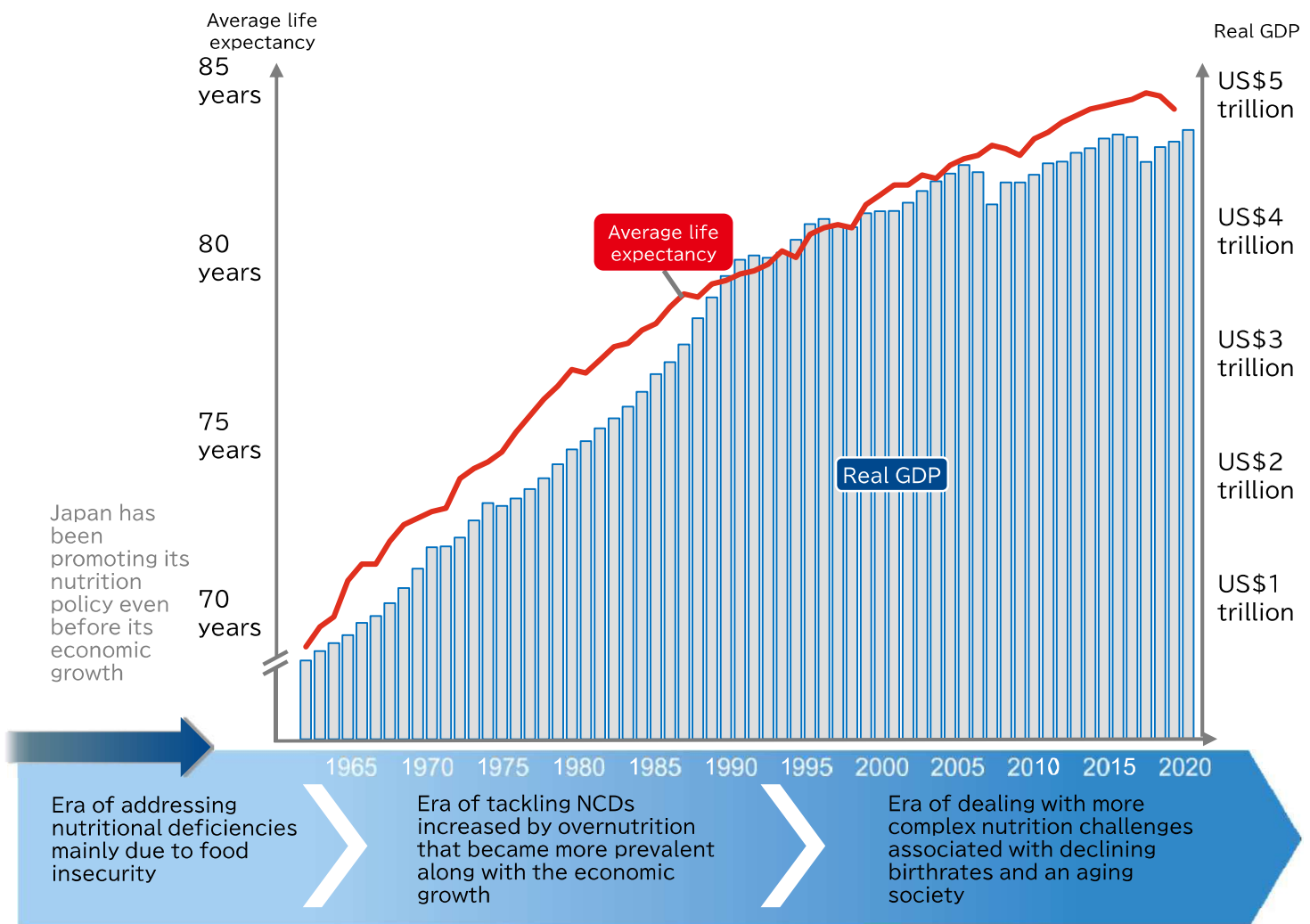
The “**double burden of malnutrition**,” in which undernutrition (such as underweight and stunting), and overnutrition (such as overweight and obesity) coexist within a population, as well as the “**triple burden of malnutrition**” that includes micronutrient deficiencies, has become a **global challenge that impedes the development of sustainable societies**.

The Tokyo Nutrition for Growth Summit 2021 held in 2021 was the first summit to address the double burden of malnutrition, and many commitments were made by governments, businesses, and civil societies to improve nutrition worldwide (see P8).

In order to tackle all forms of malnutrition, **comprehensive measures that combine various approaches are required, including all life-stages as well as social environments.**

# History of Japan's nutrition policy

Japan has responded to nutrition challenges that change with the times even before its economic growth



※Source for average life expectancies: OECD, Life expectancy at birth (Total) - Japan (1960-2022)  
※Source for real GDPs: World Bank, GDP (constant 2015 US\$) - Japan (1960-2023)

Since around the Meiji Restoration (late 1800s), nutrition-related activities have been undertaken in Japan. With the establishment of the National Institute of Nutrition in 1920 and the founding of the Private Nutrition School in 1924, Japan started to develop its own **nutrition policy combining the three core elements of “diets,” “specialists,” and “evidence.”**

Japan has been building a compassionate and resilient society where **no one is left behind** through nutritional efforts that support throughout the life-course of the people from infancy to old age, together with measures to support the sick and wounded, and disaster victims.

After World War II, with support from international organizations and other countries, Japan promoted various activities to improve nutrition, for instance, nationwide nutrition surveys conducted by nutrition professionals that started in 1945, school lunch programs that started based on Act on School Lunch Program enacted in 1954. These efforts were initiated even before the rise in Japan's GDP and increase in average life expectancy of the Japanese citizens.

In addition, **Japan continued to enhance its nutrition policy in response to nutrition challenges that changed with the times**, from the prewar to postwar era of addressing nutritional deficiencies mainly due to food insecurity, to the era of addressing non-communicable diseases (NCDs) increased by overnutrition that became more prevalent with economic growth from the late 1960s to the 1990s. At the same time, Japan not only achieved economic growth, but also became the world's top country in terms of longevity.



# The three pillars of Japan's nutrition policy

The following three elements have been at the heart of Japan's nutrition policy

## Nutrition policy focused on “diets”



Japan's nutrition policy has been particularly focusing on the concept of “diets,” which includes what to eat, when to eat, and eating with others.

The core concept is “staple dish, main dish, and side dish.” That is, properly combining these three types of dishes can help people maintain ideal nutritional balance. Staple dishes, such as rice, are the major source of energy, main dishes (such as meat and fish) supply mainly protein and fat, while side dishes mainly consist of vegetables that are the source of vitamins and minerals.

Furthermore, in the concept of “diets,” Japan also places special importance on eating style, such as interacting with others through meals and eating at the appropriate time of the day, a recommendation also found in the “Dietary Guidelines for Japanese.”

## Training and nationwide deployment of “specialists”

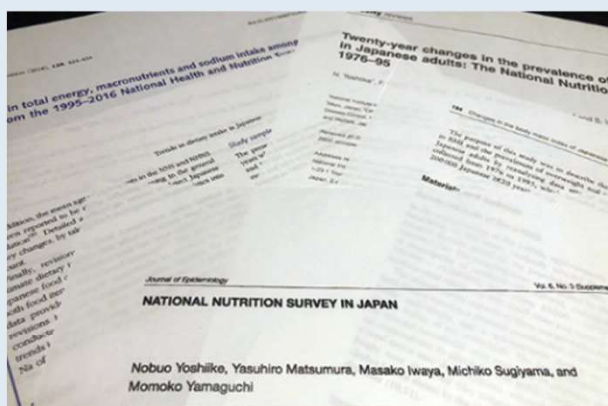


Nutrition professionals play indispensable roles in achieving effective nutrition improvement.

In Japan, the training of nutrition professionals began with the establishment of the Nutrition School in 1924. This was followed by the enactment of the Dietitians Act in 1947, which legally codified the training of nutrition professionals.

Since then, the legal framework involving training programs, qualifications, and deployment of nutrition professionals has been constantly revised in order to respond to the nutrition challenges of each period. Today, nutrition professionals are deployed to various facilities nationwide and are working to improve nutrition through close collaboration with professionals from other fields.

## The process of policy making based on scientific “evidence”



The history of research on nutrition in Japan began with measures against beriberi in the late 1800s. To prevent beriberi, people were encouraged to change the content of diets based on white rice, which was found to cause vitamin B1 deficiency at that time.

In 1914, the Institute of Nutrition was established as the world's first nutrition research institute, then was renamed the National Institute of Nutrition in 1920 (and is currently the National Institute of Health and Nutrition).

In addition, Japan has been conducting the National Health and Nutrition Survey annually for more than 70 years in order to understand the health and nutritional status of its people.

The scientific data thus accumulated for over 100 years serves as the basis for Japan's nutrition policy and nutrition research, and based on this, policies have been formulated and continuously improved to achieve better nutrition outcomes.

Please refer to the booklet at the following URL

Overview of nutrition policy in Japan to leave no one behind



[https://www.mhlw.go.jp/nutrition\\_policy/global/pdfs/leave\\_no\\_one\\_behind\\_en.pdf](https://www.mhlw.go.jp/nutrition_policy/global/pdfs/leave_no_one_behind_en.pdf)

# Training and deployment of nutrition professionals to support Japan's nutrition policy

## Japan has long been committed to training nutrition professionals and legally codifying their roles

In 1924, Dr. SAIKI Tadasu established the Nutrition School to train nutrition specialists who can provide dietary guidance and operate food service management in order to eliminate nutritional deficiencies, marking the inception of the history of dietitian training. This was followed by the enactment of the Dietitians Act in 1947, which legally codified the training of dietitians.

More advanced dietary management became necessary to tackle non-communicable diseases during the period of rapid economic growth, and the Dietitians Act was partially revised in 1962 to establish the Registered Dietitian System. Subsequently, partial revision of the Dietitians Act in 2000 clarified the roles of registered dietitians as specialists who are engaged in the dietary management of people with complex nutrition problems, such as the sick and wounded, and the elderly.



Based on the provisions of this Dietitians Act, there are two certifications for nutrition professionals in Japan: dietitians and registered dietitians. They are specialists with the necessary knowledge and skills for nutritional guidance and food service management. In particular, the registered dietitian's license is granted to those with more advanced specialized knowledge and skills, and who have passed the national examination for registered dietitians.

## Overview of nutrition professional certifications in Japan

License category	Registered Dietitian	Dietitian
	License granted by the Minister of Health, Labour and Welfare	License granted by prefectural governors
Main facilities with deployment regulations	Facilities that require <b>special nutritional guidance and food service management</b> <ul style="list-style-type: none"> <li>•Hospitals that provide advanced medical care</li> <li>•Food service facilities that require medical nutrition management</li> </ul>	<b>General facilities</b> that require nutritional guidance and food service management <ul style="list-style-type: none"> <li>•Hospitals •Child welfare facilities</li> <li>•Company cafeterias •Schools</li> <li>•Elderly care facilities •Correctional facilities</li> </ul>
Licensing requirements	Acquisition of the required credits at training schools	
	Pass of the national examination for registered dietitians (Examination subjects: clinical nutrition, public health nutrition, etc.)	—

The duties of dietitians are defined in the Dietitians Act as being “engaged in the service of providing nutritional guidance.” Registered dietitians are professionals with more advanced specialized knowledge and skills such as providing nutritional guidance necessary for medical treatment of the sick and injured and food service management that requires special consideration. For example, in medical institutions and elderly care facilities, registered dietitians collaborate with specialists from various fields to provide nutritional management.

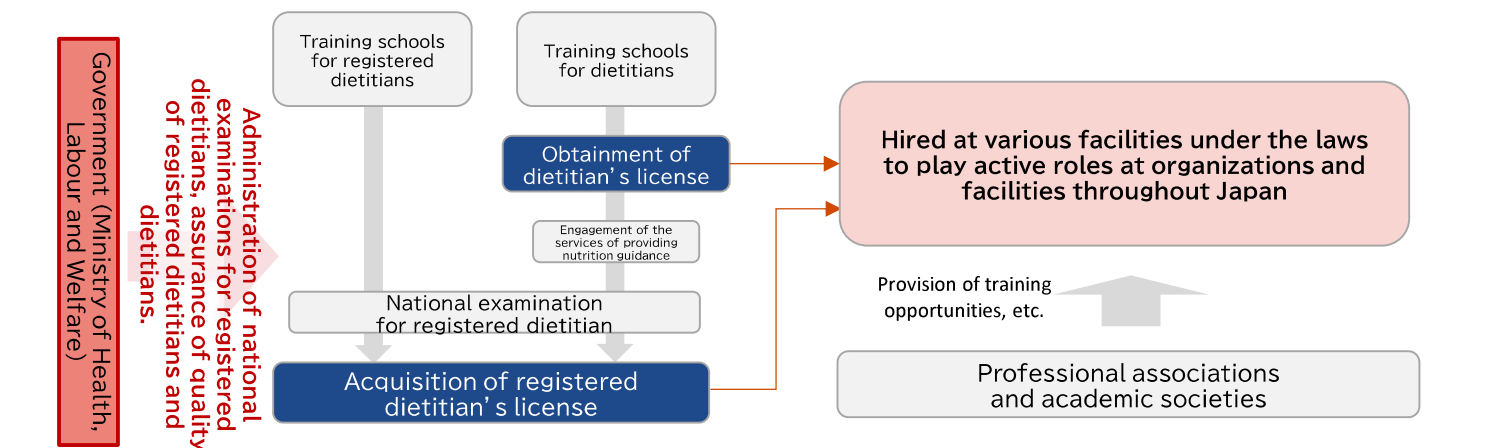
In this way, dietitians and registered dietitians trained as nutrition professionals are engaged in nutritional management work at various facilities throughout Japan, thereby raising the health standards of the nation as a whole.

# High standards of nutrition and food service management are being implemented through deployment based on the laws

Training facilities for dietitians and registered dietitians exist throughout Japan and provide training education to obtain the knowledge necessary for the profession. Those who have undergone training curriculums and become certified as dietitians and registered dietitians will then work at various facilities\*. There are various laws and regulations pertaining to their deployment.

\* Examples of facilities where dietitians and registered dietitians work : hospitals, child welfare facilities, elderly care facilities, schools, health centers, relief facilities, and correctional facilities.

## Overview of training and deployment of nutrition professionals

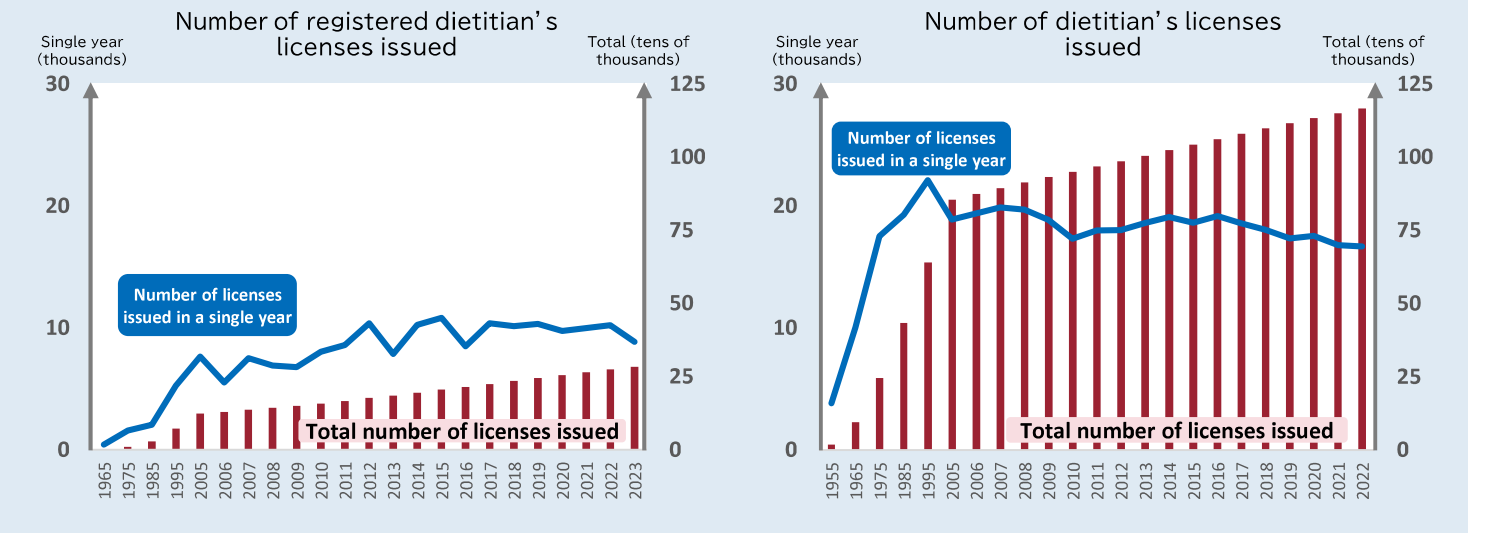


(Note) Due to a partial revision of the Dietitians Act, from April 1, 2025, graduates of training schools for registered dietitian will no longer be required to obtain a dietitian license to be eligible to take the national examination for registered dietitians.

## Supplementary information: Number of training schools and licenses issued for dietitians and registered dietitians

There are 153 training schools for registered dietitians (capacity of 11,624 in 2024) and 137 training schools for dietitians (capacity of 8,775 in 2024) that are providing training courses for nutrition professionals throughout Japan.

In addition, the total numbers of registered dietitian's licenses and dietitian's licenses issued are 280,000 (as of 2023) and 1,160,000 (as of 2022), respectively. Many of these nutrition professionals are working to improve nutrition throughout Japan.





## Overview of the Tokyo Nutrition for Growth Summit 2021



[Schedule] December 7 - December 8, 2021

[Host] The Government of Japan

[Participants]

Speeches were delivered by more than 90 VIPs including heads of state and ministers from around 60 countries, heads of international organizations, representatives from the private sector, civil society and academia

## Main Results of the Tokyo Nutrition for Growth Summit 2021

- The Tokyo N4G Summit addressed the double burden of malnutrition, which indicates the coexistence of undernutrition and overnutrition, for the first time as a N4G Summit. Japan, as a host, led the discussion focused on five areas: (i) Health, (ii) Food, (iii) Resilience, (iv) Accountability, and (v) Financing, to tackle nutritional issues aggregated by the COVID-19 pandemic.
- The Tokyo Compact on Global Nutrition for Growth was issued as an outcome document that indicates a direction for the international society to improve nutrition. The Tokyo Compact was endorsed by 215 stakeholders including 65 governments, 11 international organizations, 60 private sectors, and 58 civil society.
- Moreover, 396 commitments were submitted from 181 stakeholders including 66 countries, 26 private sectors, and 51 civil society and over US\$27 billion of financial commitment were announced. Japan led global efforts to nutrition improvement by promoting specific actions by a wide range of stakeholders.
- Then Prime Minister Mr. KISHIDA announced that Japan would provide nutrition-related overseas assistance, which will amount to over JP¥300 billion, equivalent to US\$2.8 billion, for the next three years, and would contribute to achieving Universal Health Coverage (UHC). Prime Minister Mr. KISHIDA also stated that improve nutritional improvement in the country by promoting healthy diet and sustainable dietary environment, balanced dietary habits, and health and productivity management in companies.

## Communication of information from Japan on the basis of the Tokyo Nutrition for Growth Summit 2021

The Japanese government announced its intention to further promote Japan's nutrition policies to leave no one behind, and to publish the progress and achievements annually starting from FY2023 as a commitment at the Tokyo Nutrition for Growth Summit 2021. Based on this commitment, the MHLW compiles an annual report on the progress and achievements of Japan's nutrition policies.

### Commitment

**Further promotion of Japan's Nutrition policy in Japan to Leave No One Behind**

**Strategic Initiative for a Healthy and Sustainable Food Environment**

See P9 of this document for an overview of the actions

### Commitment

**Publishing the progress and achievements of Japan's nutrition policy to leave no one behind**

Fiscal year

Theme reported

FY2023

**Nutrition improvement activities through multisectoral collaboration and cooperation**

See P10 of this document for an overview of the theme

FY2024

**Nutrition improvement activities nationwide, including remote islands and mountainous areas**

See P11 of this document for an overview of the theme

FY2025

**Promotion of systematic and effective nutrition improvement activities through close communication between nutrition professionals and Champions**

To be published in 2025

## Overview of Strategic Initiative for a Healthy and Sustainable Food Environment

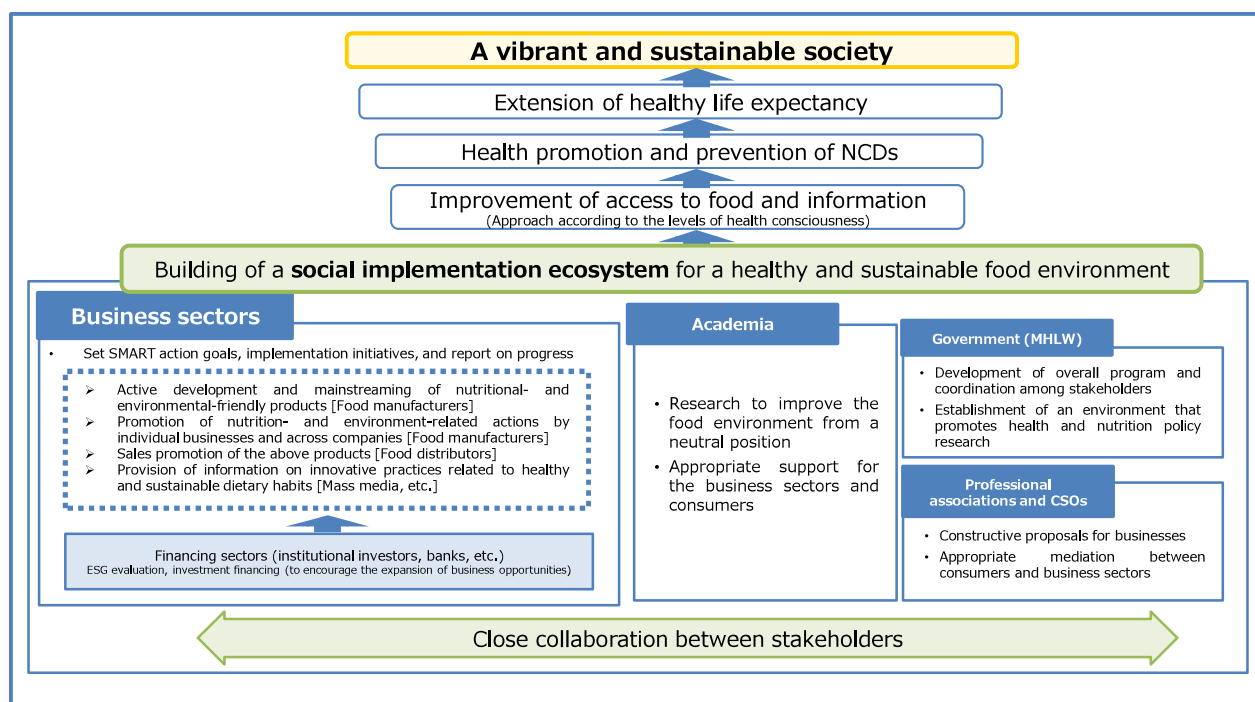
The Ministry of Health, Labour and Welfare (MHLW), based on the Report of the Expert Committee held from February to June 2021 (released in June 2021) and the Japanese government's commitment delivered at the Tokyo Nutrition for Growth Summit 2021, launched the Strategic Initiative for a Healthy and Sustainable Food Environment in March 2022 as a system to promote the creation of a food environment through collaboration between industry, academia, government, professional associations, and civil society.

The Japanese government made a commitment at the Tokyo Nutrition for Growth Summit 2021 to further promote the Japan's nutrition policies to leave no one behind through cooperation among the government, businesses, academia, professional associations, and civil societies, in order to create a healthy and sustainable food environment. Since the promotion of a healthy and sustainable food environment requires diverse perspectives with nutrition at the core, the MHLW, which serves as the secretariat, is working on the initiative's activities while collaborating with related ministries and agencies.

The purpose of this Initiative is to develop a food environment for transforming unhealthy diets, which are a major risk factor for non-communicable diseases (NCDs), through collaboration and cooperation among the government, businesses, academia and civil society. In Japan, many people across all age groups have excess sodium intake, which makes this issue a top priority to be addressed. In addition, other nutritional issues such as underweight among young women and nutritional disparities caused by economic conditions, as well as environmental issues have also been recognized as critical social issues.

To promote the actions under the Initiative, a Steering Committee and Action Goal Implementation Subcommittee have been established, and the progress made each year is shared at Plenary Sessions with the attendance of various stakeholders including the government, businesses, and academia. Through the activities under the Initiative, the MHLW has succeeded in raising awareness of the importance of addressing excess sodium intake as a top priority for the government to achieve a healthy and sustainable food environment.

The Initiative promotes the creation of a food environment in which everyone can be naturally healthy, regardless of their health consciousness, through collaboration and cooperation among industry, academia, and government. Through these activities, the Initiative aims to extend healthy life expectancy and realize a vibrant and sustainable society for people in Japan as well as around the world. The MHLW applied to the WHO Call for National Proposals for Multisectoral Actions to Strengthen Prevention and Control of Noncommunicable Diseases and Mental Health Conditions, and this Initiative was selected as one of 20 cases that should be presented in detail globally (and was published in the WHO report in May 2024).



The world envisioned by the Strategic Initiative for a Healthy and Sustainable Food Environment





## Necessity of multisectoral collaboration and cooperation in nutrition improvement activities to leave no one behind

Collaboration between nutrition professionals and different discipline professionals is imperative to effectively promote nutrition improvement actions to leave no one behind. In addition to activities for medical care, *shokuiku* (food and nutrition education), occupational health, maternal and child health, medical insurance, long-term care insurance, nutrition improvement in Japan is also conducted in active collaboration with projects in the fields of education, sports, agriculture, economy and industry, and urban development, to not only improve nutrition of the people throughout life-course from infancy to old age, but also support the sick and wounded, and disaster victims. It is essential that nutritional improvement activities are conducted in a collaboration with various fields to create an environment in which even people with little interest in health and nutrition can be involved in activities to improve nutrition in an effortless way.

Such collaboration between nutrition improvement activities with various fields should ideally entail effective collaboration among various organizations such as health, medical, and welfare institutions and groups, universities and other research institutions, businesses, educational institutions, NPOs, NGOs, and community organizations. In order to promote such collaboration across different organizations more seamlessly and effectively, it is important to have cross-department collaboration (multisectoral collaboration) led by nutrition professionals within local governments.

In each region of Japan, nutrition professionals demonstrate their leadership and share information on nutrition and diet issues and the importance of nutrition improvement with various local stakeholders, while building robust relationships where they respect each other's thoughts and a sense of urgency. These relationships serve as the foundation for multisectoral collaboration and cooperation, and by leveraging the various plans and systems of each department, effective nutrition improvement activities are made possible with the involvement of a diverse range of stakeholders.

## Examples of major activities to improve nutrition in Japan through multisectoral collaboration and cooperation

	Practice and ingraining of appropriate dietary habits from school age	Improvement of underweight and other health issues among young women	Improvement of lifestyle of adults and working-aged people	Prevention of undernutrition and frailty in the elderly
Relevant departments & organizations	<ul style="list-style-type: none"> <li>• Relevant local government departments</li> <li>• After-school daycare clubs, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Relevant local government departments</li> <li>• Local medical associations, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Relevant organizations of companies</li> <li>• Food catering companies, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Relevant prefectural government departments</li> <li>• Professional associations, etc.</li> </ul>
Details of collaboration	<ul style="list-style-type: none"> <li>• E.g. Shokuiku classes and cooking lessons at after-school daycare clubs</li> </ul>	<ul style="list-style-type: none"> <li>• E.g. Consultation support by registered dietitians and dietitians, based on referrals from family doctors</li> </ul>	<ul style="list-style-type: none"> <li>• E.g. Menu development based on information related to the health problems of employees</li> </ul>	<ul style="list-style-type: none"> <li>• E.g. Creation of programs to illustrate examples of methods to conduct and evaluate frailty measures</li> </ul>
Impact of collaboration	<ul style="list-style-type: none"> <li>• E.g. Decrease in the percentage of obese children</li> </ul>	<ul style="list-style-type: none"> <li>• E.g. Decrease in the percentage of underweight women among those undergoing health checkups</li> </ul>	<ul style="list-style-type: none"> <li>• E.g. Improvement in the health awareness of employees</li> </ul>	<ul style="list-style-type: none"> <li>• E.g. Decrease in the percentage of the elderly with undernutrition</li> </ul>

Please refer to the FY2023 Report, slides, and video at the following URL.

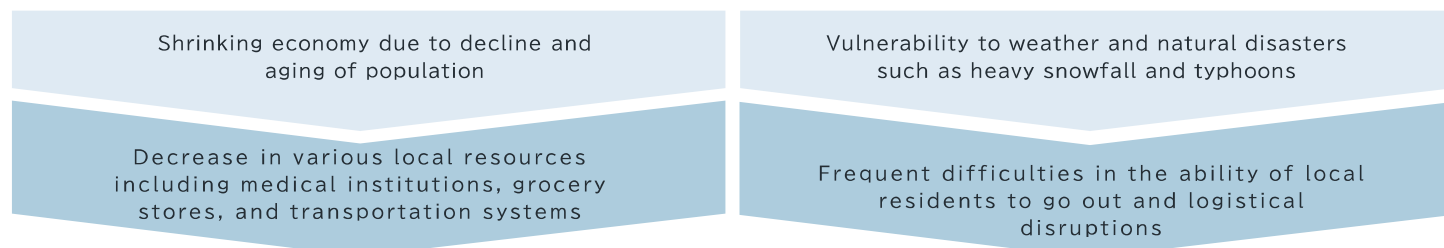


# Nutrition improvement activities nationwide, including remote islands and mountainous areas

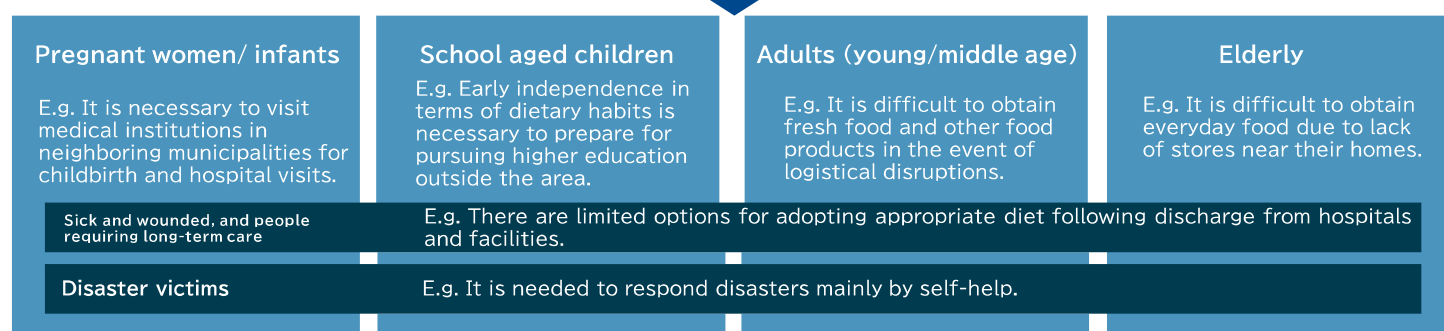
## Unique health and nutrition-related problems exist in remote islands and mountainous areas

Japan has over 14,000 islands, and approximately 70% of the country is mountainous. Many residents inhabit these remote islands and in mountainous areas. Remote islands and mountainous areas face unique health and nutrition-related problems at all life stages for reasons including various local resource decreases due to population decline and aging population as well as the vulnerability of such areas to weather and natural disasters in many cases.

### Health- and nutrition-related problems on remote islands and in mountainous areas



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



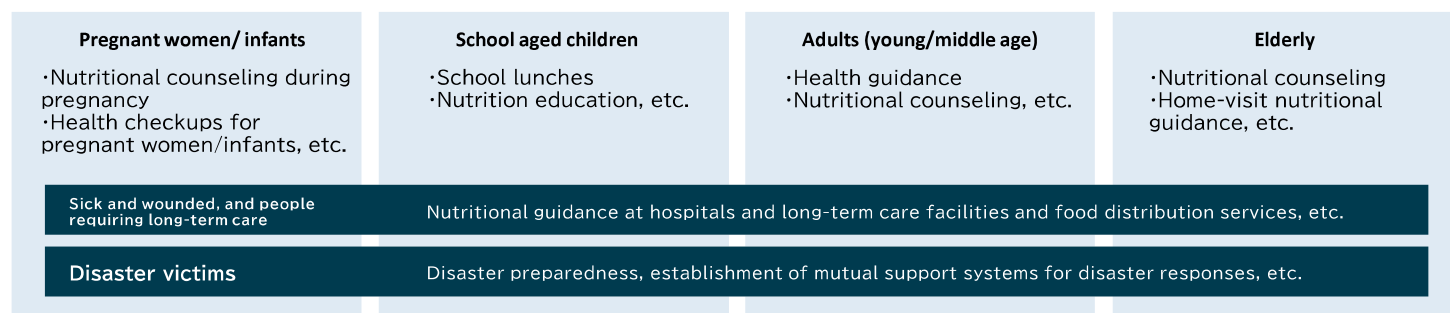
## Japan promotes nutrition improvement activities to leave no one and no region behind

Japan is engaged in nutrition improvement activities for all stages of life and the sick and wounded, people requiring long-term care, and disaster victims, covering remote islands and in mountainous areas as well.

In making these efforts, nutrition professionals work to gain deep understanding of local residents to ensure that no one is left behind in terms of health and nutrition. They collect data to support what they notice through their day-to-day work and develop effective evidence-based measures.

Such activities are being conducted throughout Japan, including on remote islands and in mountainous areas, as part of efforts to promote nutrition improvement activities to leave no one and no region behind.

### Examples of major nutrition improvement activities at each life stage as well as for the sick and wounded, and people requiring long-term care



Please refer to the FY2024 Report, slides, and video at the following URL

Nutrition improvement activities in remote islands and mountainous areas to leave no region behind



[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000089299\\_00015.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000089299_00015.html)

# Nutrition professionals as the foundation for nutrition improvement activities to leave no one behind

## Dietitians and registered dietitians nationwide are working on nutrition improvement activities in their respective regions to leave no one behind

Japan stipulates the deployment of dietitians and registered dietitians to a wide range of facilities such as hospitals, elderly care facilities, and schools. This requirement started in 1947 when related laws such as the Health Center Law (currently the Community Health Act) and the Medical Care Act were enacted and required health centers and hospitals, etc. to hire dietitians.

Since then, various laws have prescribed the placement of dietitians and registered dietitians to a variety of facilities, and Japan has been ensuring nationwide deployment of nutrition professionals under these laws. Additionally, dietitians and registered dietitians also work for other organizations such as private companies and research institutions, and are involved in nutrition improvement at various sites.

### Major facilities to which dietitians and registered dietitians are deployed and number deployed



#### Local governments

They mainly plan, implement, and evaluate health promotion activities and nutrition and dietary policies in their area in cooperation with public health nurses, other professionals, and volunteers.

About 8,000 staff



#### Schools

They operate school lunch programs and educate students about nutritionally balanced diets and food culture through school lunches and experiential learning in agriculture/fishery.

About 14,000 staff



#### Hospitals

They provide dietary management and operate hospital food services for patients in collaboration with doctors, nurses, pharmacists, etc.

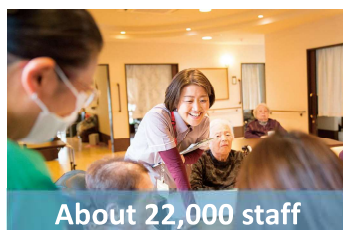
About 33,000 staff



#### Pre-schools, etc.

They provide dietary management and operate food services for children and support the healthy development of children in cooperation with professionals from other fields.

About 27,000 staff



#### Elderly care facilities

They cooperate with nursing/care staff to provide nutritional care management and operate food services for the elderly.

About 22,000 staff



#### Other facilities where many nutrition professionals play active roles

They are also active in a wide variety of fields, including private companies, research institutions, and other facilities such as Self-Defense Forces facilities, prisons.



The qualities and ingenuity of dietitians and registered dietitians, as well as the systems and opportunities for growth that support them, are facilitating these nutrition improvement efforts



In Japan, nutrition professionals with the necessary qualities to provide healthy diets and engage in nutrition improvement activities play indispensable roles, and deployment of them to diverse organizations nationwide is a key foundation of Japan’s nutrition policy.

There are four qualities that nutrition professionals must acquire, which play an essential role in their activities: (i) the skill to **build a network for sharing issues and collaborating amongst persons concerned within and outside organizations** to expand and maximize the use of local resources; (ii) the skill to **utilize programs and systems for continuous and steady promotion of nutrition improvement activities**; (iii) **a sense of mission and leadership**; and (iv) **self-improvement and gaining opportunities for growth** to continue to proactively take on new challenges.



While the degree of importance of these four qualities varies depending on local circumstances and ongoing activities, they are vital across all regions of Japan.

Four qualities required for nutrition professionals for nutrition improvement activities to leave no one behind

The skill to build a network for sharing issues and collaborating amongst persons concerned

To build a foundation for the entire region to collaborate and cooperate beyond sectors: In order to do so, it is required to share information on nutrition- and diet -related issues identified through interactions with local residents and the importance of nutrition improvement with various stakeholders inside and outside the organization while building robust relationships where they respect each other’s thoughts and a sense of urgency.

The skill to utilize of programs and systems for regional implementation

To ensure the work is carried out with the involvement of all stakeholders: In order to do so, it is required to plan feasible and effective activities even under limited conditions while leveraging various plans and systems of the organization.

A sense of mission and leadership

To promote nutrition improvement adopting perspectives beyond the organizational framework: It is required for nutrition professionals to embrace a sense of mission to contribute to tackling nutrition challenges in the region, and demonstrate leadership in response to expectations from the organization and community, particularly in regions where the number of nutrition professionals is limited.

Self-improvement and gaining opportunities for growth

To deal with nutrition challenges changing amid the backdrop of population decline and aging population: It is required for nutrition professionals to pursue self-improvement and renew knowledge and skills on a daily basis. Additionally, it is important to seek out opportunities for growth by participating in trainings of other organizations and scientific conferences, as their own organizations may not have sufficient resources for the development of human resources.

We hope to contribute to achieving sustainable societies with our experience of over 100 years in nutrition policy



(Photo courtesy of Kenshiro Imamura, JICA)

Most nutrition challenges are chronic, which **requires continuous efforts** to deal with. Additionally, in order to tackle nutrition challenges and achieve the sustainable growth of society, it is imperative to **respond promptly to nutrition challenges as they change along with economic development** and to establish a framework to improve and maintain nutritional status by **taking into account the legal systems and cultures of each country**.

Many of the nutrition challenges that countries are currently facing have already been addressed in Japan, so the knowledge and experience from “Japan’s nutrition policy to leave no one behind” as well as the training of nutrition professionals who support these efforts **contain many implications that may prove useful for countries** that are confronted with the double burden of malnutrition.

Japan has been leading efforts to improve global nutrition and sharing **knowledge and experience related to its nutrition policy** to help tackle global nutrition challenges.

In the Japanese government’s commitments at the Tokyo Nutrition for Growth Summit 2021, Japan announced that the country will **promote Japan’s nutrition policy to leave no one behind as the foundation for a sustainable society**, communicating information on its benefits to the outside world, and **contribute to global nutrition improvement** by providing support through bilateral and multilateral frameworks.

Making the most out of the opportunity of the Paris Nutrition for Growth Summit 2025, Japan would like to make further efforts to build momentum for international nutrition improvement, and to share with the world the **knowledge and experience that Japan has cultivated for more than 100 years** along with its economic development, thereby contributing to **tackling nutrition challenges** and, ultimately, to **achieving sustainable societies** for the future.



\*From the Prime Minister’s Office website  
[https://www.kantei.go.jp/jp/101\\_kishida/actions/202112/07eiyou.html](https://www.kantei.go.jp/jp/101_kishida/actions/202112/07eiyou.html)





Published by: Office of Nutrition, Health Promotion Division, Public Health Bureau, Ministry of Health,  
Labour and Welfare, Government of Japan  
(March 2025)

This booklet mainly summarizes the nutrition policy governed by the Ministry of Health, Labour and Welfare  
under the Ministry's FY2024 Budget Project (Contractor: PwC Consulting LLC).