

Overview of the Health Promotion Act

Chapter 1. General Provisions

(1) Purpose

Provide basic matters regarding comprehensive promotion of people's health and make the effort to improve public health through implementation of measures for promoting people's health.

(2) Responsibilities

- ① People: Improved interest and understanding of the importance of healthy lifestyle habits in being aware of one's own health status and make the effort to stay healthy throughout life.
- ② The government and local governments: Make efforts to disseminate the appropriate knowledge on health promotion, collect/organize/analyze/make available information, develop and improve the quality of human resources, and provide the required technical support.
- ③ Health promotion service providers (insurers, business operators, municipalities, schools, etc.): Make an active effort to promote health promotion programs for people including health consultations.

(3) Cooperation between the government, local governments, health promotion service providers, and other related entities.

Chapter 2. Basic Policies (legally establish “Healthy Japan 21”)

(1) Basic policies

Basic policies for comprehensive promotion of people's health are formulated by the Minister of Health, Labour and Welfare.

- ① Basic direction with promoting people's health
- ② Matters regarding goals in promoting people's health
- ③ Basic matters regarding formulation of health promotion plans of prefectures and municipalities
- ④ Basic matters regarding national health and nutrition surveys in Japan and others
- ⑤ Basic matters regarding cooperation between health promotion service providers
- ⑥ Matters regarding dissemination of the appropriate knowledge on dietary habits, exercise, rest, smoking, drinking, dental health, and other lifestyle habits
- ⑦ Other important matters regarding promotion of people's health

(2) Formulation of health promotion plans for prefectures and municipalities (health promotion measure plans for the people)

(3) Guidelines on implementation of health checkups

Guidelines on implementation of health checkups by health promotion service providers, notification of the results, a health handbook being issued, and other measures are formulated by the Minister of Health, Labour and Welfare in supporting people's lifelong self management of health.