

Overview

Changes in National Health Promotion Measures

The 1st National Health Promotion Measures (FY 1978-1988)	The 2nd National Health Promotion Measures (FY 1988-) (Active 80 Health Plan)	The 3rd National Health Promotion Measures (FY 2000-) (21st Century Measures for National Health Promotion (Healthy Japan 21))
<p>(Basic idea)</p> <p>1. Lifetime health promotion } Promote primary prevention of geriatric diseases</p> <p>2. Encourage health promotion projects through three major elements (diet, fitness exercises, and rest) (special focus on diet)</p>	<p>(Basic idea)</p> <p>1. Lifetime health promotion</p> <p>2. Encourage health promotion projects with the focus on exercise habits as they are lagging behind the other two of the three elements (diet, fitness exercise, and rest)</p>	<p>(Basic idea)</p> <p>1. Lifetime health promotion } Focusing on primary prevention, extending healthy life expectancy and enhancing people's quality of life</p> <p>2. Setting specific targets to serve as an index for national health and medical care standards and promoting health building programs based on evaluations</p> <p>3. Creating social environments that support individuals' health promotion</p>
<p>(Outline of measures)</p> <p>(1)Lifetime health promotion</p> <ul style="list-style-type: none"> Establishment of health checkups and a complete health guidance system from infants and small children through to the elderly <p>(2)Establishment of health promotion bases</p> <ul style="list-style-type: none"> Establishment of health promotion centers, municipal health centers, etc. Securing sufficient manpower such as public health nurses and dieticians <p>(3)Dissemination and enlightenment of health promotion</p> <ul style="list-style-type: none"> Establishment of municipal health promotion councils Promoting the use of recommended dietary allowances Nutritional content labelling for processed food Conducting studies on health promotion, etc. <p style="text-align: right;">etc.</p>	<p>(Outline of measures)</p> <p>(1)Lifetime health promotion</p> <ul style="list-style-type: none"> Enhanced health checkup and guidance system from infants and small children through to the elderly <p>(2)Establishment of health promotion bases</p> <ul style="list-style-type: none"> Establishment of health science centers, municipal health centers, health promotion facilities, etc. Securing sufficient manpower such as health fitness instructors, registered dieticians, and public health nurses <p>(3)Dissemination and enlightenment of health promotion</p> <ul style="list-style-type: none"> Promoting the use of and revising recommended dietary allowances Promoting recommended exercise allowance Promoting the system to approve health promotion facilities Promoting Tobacco Action Program Promoting a system of nutrition information labelling for meals eaten outside home Promoting cities with health oriented cultures and health resorts Conducting studies on health promotion, etc. <p style="text-align: right;">etc.</p>	<p>(Outline of measures)</p> <p>(1)National health promotion campaign</p> <ul style="list-style-type: none"> Dissemination and enlightenment of effective programs and tools with regular revision Dissemination and enlightenment of the acquisition of good exercise habits and improved dietary habits with a focus on metabolic syndrome <p>(2) Implementation of effective medical examinations and health guidance</p> <ul style="list-style-type: none"> Steady implementation of health checkups and health guidance with a focus on metabolic syndrome for insured persons/dependents aged 40 or older by Health Care Insurers (since FY 2008) <p>(3)Cooperation with industry</p> <ul style="list-style-type: none"> Further cooperation in voluntary measures of industries <p>(4) Human resource development (improving the quality of medical professionals)</p> <ul style="list-style-type: none"> Improved training for human resource development in cooperation between the government, prefectures, related medical organizations, and medical insurance organizations <p>(5)Development of evidence-based measures</p> <ul style="list-style-type: none"> Revision of data identification methods to enable outcome evaluations <p style="text-align: right;">etc.</p>
<p>(Guidelines)</p> <ul style="list-style-type: none"> Dietary guidelines for health promotion (1985) Report on nutritional content labelling for processed food (1986) Announcement of a weight scale diagram and table (1986) Report on smoking and health-related issues (1987) 	<p>(Guidelines)</p> <ul style="list-style-type: none"> Dietary guidelines for health promotion (by individual characteristics: 1990) Guidelines for nutrition information labelling for meals eaten outside home (1990) Report on smoking and health-related issues (Revised) (1993) Exercise guidelines for good health (1993) Promoting guidelines on rest for health promotion (1994) Report on the study group on Tobacco Action Program (1995) Report by the study group on separate smoking areas in public places (1996) Physical activity guidelines by age (1997) 	<p>(Guidelines)</p> <ul style="list-style-type: none"> Dietary guidelines (2000) Report by the committee for establishing standards to determine the effect of separating smoking areas (2002) Sleep guidelines for health promotion (2003) Guidelines on implementation of health checkups (2004) Japanese Dietary Reference Intake (2005 edition) (2004) Guidelines for well-balanced diet (2005) Smoking cessation support manual (2006) Exercise and Physical Activity Reference for Health Promotion 2006 (2006) Exercise guidelines for good health 2006 (exercise guide 2006) (2006) Japanese Dietary Reference Intake (2010 edition) (2009)