

Course Title	Health Determinants in Japan
Course Description	Students will be introduced to the principles of health determinants in the social contexts of Japan (i.e., economy, culture and history). This course will offer ten sessions of lecture with small group discussions.
Prerequisite	None
Instructor	Dr. Yuko Takeda, Dr. Motoyuki Yuasa, Dr. Ai Noda
Goals	Students will be able to understand and explain the concepts of wider health determinants, the principles of Primary Health Care and Health Promotion, the possible reasons why Japan has become rapidly healthier after World War II, and the recent situation of Japanese ageing society.
Textbook	Reading materials will be provided by each lecture
Grading	Final course grades will be based on the results of: Participation 60% Reports 40% A: 100-90% B:89 – 80% C:79-70% D:69-60% F: Below 59%
Notes	In the case of absences, as general policy, NO make-up work will be given without a valid, documented excuse.

Schedule

No	Date	Instructor	Title	Test/Quiz	Homework
1	4 July	Yuko Takeda	Society of Japan and health: overview	Needs Assessment	Reading: “Does income inequality cause health and social problems?” (Chapter 1 p.5-19) https://www.jrf.org.uk/sites/default/files/jrf/migrated/files/inequality-income-social-problems-full.pdf
2	5 July	Motoyuki Yuasa	Primary Health Care and Health Promotion		Required Reading: <ul style="list-style-type: none"> ● WHO (1978). Declaration of Alma-Ata ● WHO (1986). Ottawa Charter for Health Promotion ● WHO (2005). Bangkok Charter for Health Promotion
3	6 July	Motoyuki Yuasa	Health Improvement after WWII		Required Reading: <ul style="list-style-type: none"> ● Mine S. (2011). Promoting gender equality by facilitating women’s collective problem-solving capacity development. World Development Report 2012. p.1-9.
4	7 July	Motoyuki Yuasa	Aging in Health		Required Reading: <ul style="list-style-type: none"> ● International Longevity Center Japan (2013). A Profile of Older Japanese 2013 Contents.

5	8 July	Motoyuki Yuasa	Social Construction of Health		<p>Required Reading:</p> <ul style="list-style-type: none"> ● WHO (1998). Review of the Constitution of the World Health Organization: report of the Executive Board special group. EB101.R2. <p>Recommended Reading:</p> <ul style="list-style-type: none"> ● Nagase M. (2012). Does a Multi-dimensional concept of health include spirituality? Analysis of Japan Health Science Council's discussions on WHO's 'definition of health' (1998). <i>Int J App Soc</i> 2; 71-77.
6	11 July	Ai Noda	Lifestyle and Health		<p>Required Reading:</p> <ul style="list-style-type: none"> ● Ikeda N, et al. (2011). What has made the population of Japan healthy? <i>Lancet</i>. 378:1094-1105
7	12 July	Ai Noda	Social Inequalities and Health		<p>Required Reading:</p> <ul style="list-style-type: none"> ● Phelan JC, et al. (2010). Social conditions as fundamental causes of health inequalities: theory, evidence, and policy implications. <i>J Health Soc Behav</i>. 51: S28-40. ● Kawachi I, et al., (2007) The Health of Japanese - What Can We Learn from America? <i>J Natl. Inst. Public Health</i>. 56: 114-121. ● Tabuchi T, et al. (2012). Geographically-based discrimination is a social determinant of mental health in a deprived or stigmatized area in Japan: a cross-sectional study. <i>Soc Sci Med</i>. 75: 1015-1021.
8	13 July	Ai Noda	Social Networks and Health		<p>Required Reading:</p> <ul style="list-style-type: none"> ● Kawachi I, & Berkman LF. (2001). Social ties and mental health. <i>J Urban Health</i>. 78: 458-467. ● Park J, et al. (2013) Clarifying the links between social support and health: culture, stress, and neuroticism matter. <i>J Health Psychol</i>. 18:226-235.
9	14 July	Ai Noda	Women, Gender, and		<p>Required Reading:</p> <ul style="list-style-type: none"> ● Gentry JHH. (1987). Social factors affecting

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			Health		<p>women's health. <i>Public Health Rep.</i> 102: 8–9.</p> <ul style="list-style-type: none"> ● Doyal L. (2001). Sex, gender, and health: the need for a new approach. <i>BMJ.</i> 323:1061-1063. ● Holding back half the nation. (2014) <i>The Economist</i>. http://www.economist.com/news/briefing/21599763-womens-lowly-status-japanese-workplace-has-barely-improved-decades-and-country
10	15 July	Yuko Takeda	Increasing control over the health determinants: future challenges	Post course survey	<p>Essay (2000 words): What are the social determinants of health in your country and how those affect people's health? What you and/or your community could do to overcome the challenges?</p>