

ILSI Japan CHP

Newsletter

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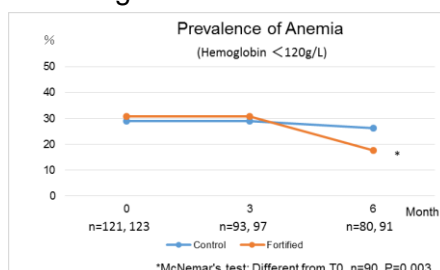
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Project IDEA

The consumption of iron fortified rice reduces the prevalence of anemia: a randomized controlled trial

The results of a trial demonstrated that the prevalence of anemia was reduced in a group of women of reproductive age who consumed iron fortified rice for 6 months. This trial was conducted in Hung Yen Province in Vietnam starting in May 2010. The results provide important evidence that iron fortified rice can be an effective strategy to reduce the prevalence of anemia in Vietnam.



Pilot Study on fortified rice with iron and lysine will be made in India

ILSI CHP and ILSI India have been studying rice fortification with iron and lysine, which is most important among amino acids, for past two years. It was agreed to conduct a pilot study to preliminary evaluate possible efficacy to improve anemia and lysine deficiency in collaboration with St. John's Research Institute.

This study aims to see the difference in anthropometrics and muscle strength between two groups of young students by providing mid-day meal fortified differently. The study will be conducted in Bangalore for three months. National Institute of Nutrition in India is invited to this study to provide professional advice.

What's Project IDEA (Iron Deficiency Elimination Action) ?

The difficulty in maintaining a variety of food sources results in malnutrition and micronutrient deficiencies in the developing countries. Iron deficiency anemia, one of the most prevalent threats to public health, impairs brain development, immune system functioning, and learning ability in infants and children. It can also be a major cause of death among pregnant women, and dramatically reduces productivity among working adults, which in turn hinders the struggle against poverty. The UN ACC/SCN (the United Nations Administrative Committee on Coordination/ Sub-Committee on Nutrition) reported that 3.5 billion people suffer from iron deficiency anemia, and that it has been more difficult to overcome this than other micronutrient deficiencies.

Project IDEA works to reduce iron deficiency anemia (IDA) in developing countries by adding iron to commonly-eaten and commercially-produced foods such as condiments and staples, based on the dietary patterns unique to each country.

Achievements of Project IDEA to Date

In the Philippines, ILSI CHP has worked with FNRI on the stability and acceptability of several alternatives for the fortification of rice with iron. The overall evaluation indicated that extruded rice with ferrous sulfate and micronized ferric pyrophosphate are the most stable and have the most acceptable taste and color. An efficacy study was conducted for 6 months in 2004 by means of an intervention program using primary school pupils 6-8 years old in Metro Manila. The intervention program demonstrated that both of fortification alternatives significantly improved anemia prevalence. A market trial started in April 2008 and confirmed the effectiveness in Orion Municipality.

In Cambodia, fish sauce fortified with NaFeEDTA was introduced in Kampot in March 2007 and Siem Reap in August. ILSI Japan CHP is working with RACHA to promote social marketing programs, to establish quality monitoring of the market and to establish a surveillance system for monitoring IDA. The effectiveness of the fortification was confirmed. Akzo Nobel is supporting the project by donating NaFeEDTA.

A literature search on complementary feeding resulted in the report "Towards improved infant and young child nutrition in Asia through appropriate complementary feeding" which can be used as a basis for the research and development of complementary feeding.

In Vietnam, in collaboration with National Institute of Nutrition (NIN), ILSI CHP has pursued iron fortification (NaFeEDTA) of fish sauce. A series of studies verified that regular consumption of iron-fortified fish sauce significantly reduced the prevalence of anemia. Iron-fortified fish sauce was launched in 2006 based on the scientific outcomes of the research and development. The plan calls for 10 large production plants to produce fortified fish sauce by 2009. With financial support from GAIN, the national launch is scheduled in 5 years, which will include programs for production/distribution, quality assurance, communication of nutrition and health and monitoring/surveillance. ILSI Japan CHP will continue to provide professional support to ensure a successful national launch.

In China, the Iron Fortified Soy Sauce Program has been launched since 2004 as the national policy to prevent anemia by ILSI Focal Point in China and CDC China.



Project SWAN

The Recently Completed SWAN2 in Vietnam Leads the Expansion of SWAN outside Japan



SWAN2 is a project to improve the nutritional status of residents and provide for clean water supplies by improving the capabilities of local authorities in Vietnam. Upon its completion in March 2013 and in order to support the introduction of the SWAN model to other

areas, we proceeded with the 2 following activities.

Project SWAN's guidelines and manuals were developed to target provincial and district implementers and incorporates materials that clearly explain the theory, as well as practical materials such as recording and reporting formats that have accumulated over the 6 years since the introduction of SWAN1. It consists of 4 parts; i) team formation and situation analysis, ii) information, education and communication (IEC) activities; plan, implementation and evaluation, iii) technical activities related to water treatment facilities (WTF), including renovation plans, operation and maintenance materials, and iv) information on the role of the water management union (WMU) to assure SWAN's sustainability and proper handling of expansion procedures.

The project completion workshop was organized at 3 levels (commune, district/provincial, and national) and each workshop generated useful outcomes for participants. Particularly at the national level, SWAN experienced provinces (Hanoi and Nam Dinh province) shared knowledge and experience with representatives of 5 provinces of the Red River Delta Region. Meanwhile, the Vietnamese SWAN Working Team called for proposals from those who were willing to implement the SWAN in their provinces.

The first step of expansion, province/district-led SWAN, is now underway in Hanoi and Nam Dinh Province. In Hanoi, 1,200 flip charts have been printed and the focus is on IEC activities, whereas Nam Dinh Province plans to renovate 10 WTFs and conduct IEC activities.

In line with efforts to achieve the Millennium Development Goals (MDGs), crosssectoral cooperation has been gaining increased attention an efficient solution to water supply, public health and education issues. Therefore, we expect SWAN to be used as a good example of crosssectoral cooperation by other organizations around the world.

Achievements of Project SWAN to Date

With an emphasis on rural areas in developing countries in Asia, where public water works are lacking, ILSI Japan CHP has since 2001 been investigating the quality of drinking water and the needs of local residents toward safe water supplies, food safety and environmental hygiene. Through experiments we have confirmed that water quality can be improved to meet Vietnamese standards for drinking water by optimizing the operation of existing water treatment facilities.

Based on the preliminary investigations, a proposal titled "Participatory approach for improving safe water supply, nutrition and health environment" was submitted and approved by JICA (Japanese International Cooperation Agency) as a 3--year grassroots technical assistance project. In November 2005, the project was started in three communities (Hanoi-Tam Hiep · Hanoi-Dai Mo · Nam Dinh-Quang Trung) in northern Vietnam where 2,500 households are supplied from local water treatment facilities. The Water Management Union which is composed of a technical group and an IEC group has been working to generate synergy to improve the water supply and health management systems. We have confirmed that the water quality was improved in the three communities following WTF renovation. Project SWAN was completed with great success in November 2008. Since April 2013, we started SWAN2 to enhance crosssectoral cooperation and improve community-support by forming Working Teams at the national government level and Support Teams at the provincial/district level.

What's Project SWAN (Safe Water and Nutrition)?

WHO has reported that 780 million people do not have access to safe drinking water, and in many developing countries the intake of unsafe water and unhygienic environments cause diarrhea and other infectious diseases in children. This interferes with the intake of necessary nutrients, and results in malnutrition. Even if water treatment facilities exist, often these facilities are not properly designed and that proper treatment, including the use of chemicals to remove contaminants, is not conducted which results in the failure to meet WHO microbiological and chemical standards.

Project SWAN aims to establish sustainable water supplies and health management models in rural and suburban areas through a participatory approach with inhabitants by teaching drinking water, nutrition, food hygiene and sanitation at the household level, optimizing the operation of water treatment facilities to meet Vietnamese standards, establishing effective management systems to sustain safe water supplies and promoting health communication via community -based participatory approaches.

It is expected that these models will be applicable to and can be expanded to other rural and suburban areas in Vietnam.

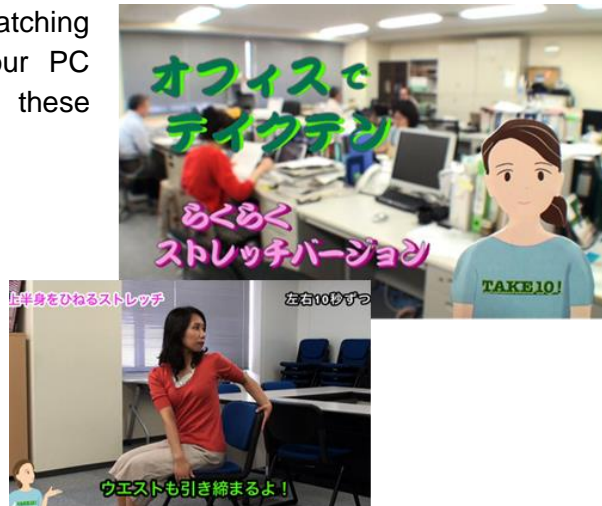
Project PAN

“TAKE10!” for Office Workers



“Balanced meals and proper physical activity for good health” is the basic concept behind the TAKE10! Program. That is important, not only for the elderly, but for all generations.

We have uploaded short videos on our website, which showed people how to perform stretching and muscle training exercises that take 4 and half minutes and 3 and 2/3minutes, respectively, while sitting in a chair at the office. Regardless of your age, why don't you take the time to try watching these videos on your PC and performing these exercises?



<http://www.take10.jp/office.html>

TAKE10! Featured at Supermarket Chain Aeon Group “G.G. Collection” Trade Show



The TAKE10! Program was introduced by Ajinomoto at their demonstration booth at the Aeon Group “G.G. Collection” Fair which was held at the Tokyo International Forum, 24-26th May, 2013. Sixty-eight thousand visitors attended and enjoyed food samples. Twelve thousands of the visitors took TAKE10! leaflets and magnets as souvenirs.

It was a very good opportunity to make TAKE10! known to the public.

Article Published in International Journal – First Year of the Sumida TAKE10! Intervention Study

This article was published in the international journal "BMC Geriatrics" based on one year (2005) of results from the Sumida TAKE10! intervention study. This is an open access journal, so anyone can download the paper freely at the internet address below. Thanks to everyone involved, the article is ranked very high due to frequent access.

What's Project PAN (Physical Activity and Nutrition)?

To promote healthier aging, Project PAN seeks to prevent **lifestyle-related diseases** including **obesity** among middle-aged people and **keep the elderly out of being bedridden**. Project PAN develops science-evidenced programs to promote physical exercise and to improve nutritional status of people through changing their lifestyles.

ILSI Japan CHP is pursuing two programs named “TAKE10!®” and “LiSM10!®”.

LiSM10!®

ILSI Japan CHP developed “LiSM10!®” (Lifestyle Modification) that supports improvements of risk factors of lifestyle-related diseases of employees in **worksites**. This program focuses on health promotion for physical activity and dieting after medical check-ups in worksites.

“LiSM10!®” is consists of 1) Individual objective setting and recording implementation. 2) Individual and periodical counseling by professionals to support individual program for 6 months, and 3) Support programs from worksites and families of individuals.

TAKE10!® for the elderly

Aiming to support “Healthier longevity” among the elderly and to reduce costs of the national health care program, ILSI Japan CHP developed TAKE10!® for the elderly. The program is featured by effective and unique combination of **appropriate physical activity** and **proper dieting habits**, which is different from conventional programs for preventing lifestyle-related diseases of adults.

In the article we showed scientifically that “TAKE10! Program for Adults” is a beneficial health promotion program for older adults who live in the community. Not only in Japan, but many people internationally have taken an interest in this program, so we have introduced the tools for implementing “TAKE10! Program for Adults” on the internet.

<http://www.biomedcentral.com/content/pdf/1471-2318-13-8.pdf>

Community-based intervention to improve dietary habits and promote physical activity among older adults: a cluster randomized trial.

Achievements of Sumida TAKE10! in 2012, and the Start of 2013 Activities

We finished “Sumida TAKE10! for Elderly 2012” with good results similar to previous years. Classes for beginners showed that they changed to more balanced and nutritious eating habits to adopted more frequent fitness habits. The physical strength of the participants also improved, and their attendance was over 82%. That means the “Sumida TAKE10!” program enhanced their sociability and got them out of the house.

We received quite good results for the physical fitness assessment of the “Sumida TAKE10 for elderly Follow-up Class 2012” participants, which ended in February 2013. As in past years, they maintained their good eating and fitness habits. In general, grip strength, walking speed and balance gradually decline with advancing age. However, the participants of this program showed improvements in all physical fitness assessment categories with no decline. Furthermore the average measured index in all categories exceeded the “target level of physical fitness”, which is used to predict whether elderly people will require nursing care. According to these results, we can say that the people who participate in this program on a continuous basis are healthy seniors.

“Sumida TAKE10 for Elderly Follow-up Class 2013” started in May with 203 participants at 6 venues, and was so popular that it was oversubscribed. Sumida Ward will accept applications for “Sumida TAKE10! for Beginners” in August, and the program starts in September.

平成25年度「すみだイクテン」～いつまでも元気でいるための運動・栄養教室～ 実施スケジュール

1 「栄養講座」1会場×1回 午後2時開始～4時終了（定員1時30分～）定員200人（先着）

会場	所在地	日程
すみだ市民センター	〒160-0001	8月23日（水）

2 「運動・栄養教室」①初心者参加（本教室）4会場×5日 ②経験者参加（フォローアップ教室）6会場×5日 定員各会場①初心者30人（先着）②経験者30人（先着）

会場	所在地	対象	日程										
			1	2	3	4	5	6	7	8	9	10	11
① 市民センター （多目的ホール4階） 〒1600-2011		初心者参加 （先着30人）	5月23日	5月27日	7月1日	8月1日	8月20日	10月10日	10月24日	11月7日	11月20日	12月3日	2月20日
		経験者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日
② 市民センター （多目的ホール4階） 〒1601-4251		初心者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日
		経験者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日
③ 市民センター （多目的ホール4階） 〒16025-2177		初心者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日
		経験者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日
④ すみだ市民センター （多目的ホール4階） 〒16008-1771		初心者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日
		経験者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日
⑤ 市民センター （多目的ホール4階） 〒16002-0000		初心者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日
		経験者参加 （先着30人）	5月1日	5月20日	7月1日	8月5日	10月1日	10月20日	11月1日	11月15日	12月2日	1月10日	2月20日

TAKE10!® Up To Now

An intervention study was conducted for 1400 elderly population in Nangai village, Akita Prefecture from July 2002 for one year. The study proved that TAKE10!® for the elderly can effectively be introduced to local communities and can improve regular physical exercise practices and dieting habits, maintain muscle strength and improve physiological functions.

The result of the study was reported at the Annual meeting of Japanese Society of Public Health in November 2004. Three national newspapers and eight local newspapers covered the study. More than 8,000 inquiries have been received, including inquiries from local government offices and organizations, and more than 20,000 copies of the booklets have been sold. Many lecture sessions by ILSI Japan CHP have been conducted.

The “Sumida TAKE10!®” program was started by Sumida Ward Government of Tokyo in October 2005. The program was conducted at six sites and included lecture sessions on the program and physical exercise practices.

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