

ILSI Japan CHP Newsletter

January 2016 Number 22

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Project PAN



“ISHINOMAKI TAKE10!®” gets to the next step

The Ishinomaki TAKE10!® Program was started with the aimed of promoting better health for the people and regional recovery in this disaster-affected area. Fortunately, we have received grants for three consecutive years from the SUMITOMO Life Health Foundation as a part of the SUMISEI Community Sports Promotion Support Program. As of last September, we had reached the first stage by establishing a three pattern approach for a self-sustaining program run by local residents themselves as described below.

1) To improve the health of people living in temporary housing, we asked the volunteers there for help in running the TAKE10!® classes, trained them to be TAKE10!® peer leaders and encouraged them to hold the classes by themselves. 2) In cooperation with the local social welfare council, we held the TAKE10!® classes at nine locations in the disaster-affected area for people living in their own homes. 3) In the cooperation with Professor Yamazaki of Ishinomaki Senshu University, the student-volunteers performed activities to spread TAKE10!® in several temporary housing locations around the university.

These efforts are reported at the top of the list of activities of the grant from “SUMISEI Community Sports Promotion Support Program” on the SUMITOMO Life Health Foundation website.

http://www.skzaidan.or.jp/pdf/sportsjyosei_report01.pdf

The ILSI staff have been making monthly visits to the field to develop TAKE10!® peer leaders and hold TAKE10!® classes. However the program reached a watershed at the end of the 3-years of grants in October 2015, and will proceed to the next step of entrusting the main administrative role of all activities to people of the community.

1) TAKE10!® peer leaders will continue to hold the TAKE10!® meetings. 2) ILSI has brought together the local social welfare council and the university students who will organize and hold TAKE10!® activities on their own. 3) The student-volunteers will continue TAKE10!® activities as one of their academic extracurricular activities.

Currently, temporary housings are being dismantled little by little, and disaster restoration housing is being newly constructed instead. This will mean that the communities and relationships formed after the earthquake disaster must be reorganized. With the cooperation of the university and the local Ishinomaki-City government, the activities of the student-volunteers in



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 **enhance the QOL of the elderly**. Project PAN develops scientific evidence based programs to promote physical exercise and to improve the nutritional status of people by improving 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.



the disaster restoration housings have already started. As the local recovery progresses, Ishinomaki TAKE10![®] self-sustaining program with community-based activities can be expected to make a contribution to the improved health of local people.

“YAMAKURA TAKE10![®]” start!

The local autonomous resident council in the Yamakura/Osumi Area of Katori City in Chiba Prefecture started a project named “MINNA NO IE” (which means “A Home for Everyone” in Japanese) as a place for the community members to casually stop by and enjoy activities together, in 2014. These kind of efforts are being considered by the Ministry of Land, Infrastructure and Transport as part of the creation of “small activity spots” for sustainable community improvement especially in rural areas whose populations are aging and declining. TAKE10![®] classes were started in December 2014, as one program in the “MINNA NO IE” project. We have received requests to continue TAKE10![®] meetings conducted by community-members and have carried out training sessions for TAKE10![®] supporters. Yamakura TAKE10![®] was started in October 2015 by five new community supporters.



TAKE10![®] Progress to Date

The first intervention study was conducted with 1,418 elderly in Nangai village, Akita Prefecture from July 2002 for one year. This study showed 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 2004. Three national newspapers and eight local newspapers covered the study. More than 9,000 inquiries have been received, including inquiries from local government offices and organizations, and more than 25,000 copies of the booklets have been sold. DVD and cooking booklets (both in Japanese only) also can be available from the TAKE10![®] website, <http://take10.jp/chapter5.html#item01>.

The “Sumida TAKE10![®]” program was started by Sumida Ward Government of Tokyo in October 2005, and more than 1,100 elderly people have taken part in the program over eleven years. The program was conducted at four to six sites and included lecture sessions on the program and physical exercise practices. This is also designed as an intervention study and the results have consistently been reported at the annual meeting of Japanese Society of Public Health. Particularly, the results of the 2005 Sumida TAKE10![®] intervention study was published in the international journal “BMC Geriatrics”.

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

Having receiving mandates from local governments all over Japan, social welfare councils, Silver Human Resources Centers, and some volunteer groups, we have trained TAKE10![®] peer leaders and supporters. TAKE10![®] programs are continuously being implemented in many regions around Japan.

Project IDEA

“The 2nd Consortium Meeting on Multiple Nutrients Fortification of Rice”

ILSI Japan CHP and FNRI Philippines organized the 2nd Consortium Meeting on Multiple Nutrients Fortification of Rice, inviting around 20 representatives of public and private research institutions, NGOs and private sectors from Vietnam, the Philippines, Singapore and Japan. The following points were agreed to among the participants on September 17 -18, 2015, in Davao, the Philippines.

- 1)FNRI Philippines has been conducting a scaling-up study on fortified rice with iron in Mindanao region with harmonized coordination of all stakeholders.
- 2)NIN Vietnam will conduct a planned market trial on fortified rice with iron and zinc as the first priority project.
- 3) A food intake survey will be conducted in the first half of 2016 to clarify the status of lysine intake among Vietnamese school students (ages 8-9).
- 4) A Review of lysine intake and requirement amount in India will be conducted.
- 5) A 3rd consortium meeting will be held in the first half of 2016 in India.



Memorandum of understanding was signed

On October 21, 2015, all representatives of 9 participants of the Consortium on Multiple Nutrients Fortification of Rice signed a Memorandum of Understanding (MOU) that became effective the same day. Nine participants are as follows; GAIN, ILSI South East Asia Region, ILSI-India, St. Johns Research Institute, NIN Vietnam, FNRI Philippines, Taiyo Kagaku Co., Ltd., Ajinomoto Co., Inc. and ILSI Japan CHP.

ILSI Japan CHP attended “the Future Fortified Global Summit on Food Fortification”

Future Fortified Global Summit on Food Fortification was held in Arusha, Tanzania, September 9-11, 2015. The summit was hosted by the Global Alliance for Improved Nutrition and the Government of Tanzania, together with 20 co-conveners that include the Bill & Melinda Gates Foundation, UNICEF, WFP and other international organizations. Approximately 450 delegates from 57 countries participated, including leaders from government, academia, business and international organizations that push forward the food fortification efforts.

The progress of food fortification efforts was affirmed by introducing salt iodization programs that have been implemented in approximately 140 countries worldwide, as well as staple food fortification such as wheat and maize flour, rice, sugar, oil and other ingredient fortification. The central message of the Summit was that food fortification should become a critical pillar of national food and nutrition security plans. The critical areas for action proposed at the Summit include new investment, enforcement of food fortification standards and regulations, generation of more evidence, global reporting, and continuous advocacy.

Achievements of Project IDEA to Date

In the Philippines, ILSI Japan 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 Japan 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.

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 1.6 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.

Project SWAN



SWAN3 has made sustainable development

Since 2013, Nam Dinh Province has been taking the initiative in implementing the 3rd phase of the Project SWAN based on the lessons and learned from the 1st and 2nd phase of Project SWAN. At the end of the 2nd phase, Nam Dinh Province developed a plan to deploy SWAN’s activities to 66 communes where water treatment facilities existed. The project covered 12 communes in 2013, 18 communes in 2014, and 29 communes in 2015.

In the province, Preventive Medicine Center and Center for Rural Water Supply and Sanitation have been renovating water treatment facilities, supplying safe water and supporting village health workers in order to provide health related educational messages to mothers using flip charts. ILSI Japan has been providing flip charts and has been supporting the training of village health workers.

In November 2015, this project was selected as one of the 10 most sustainable projects from among 60 JICA's grassroots technical assistance projects that JICA Vietnam has implemented from 2001 to 2015. Prior to the selection, a questionnaire survey was conducted for all 60 projects in June, and the 10 short listed projects were subjected to a detailed survey. Consequently, Nam Dinh Province received a visit of delegates composed of JICA Vietnam and external investigators, and the delegates directly interviewed to relevant people and observed the community activities. This survey is planned to be used to analyze factors influencing the sustainable development and the results are ultimately expected to be used to formulate policies of JICA and the Vietnamese government.



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 infectious diseases among children. This interferes with the intake of necessary nutrients, resulting in malnutrition. Even if water treatment facilities exist, it is often found that these facilities are not properly designed and that proper treatment is not conducted, including the use of chemicals to remove contaminants, resulting in the failure to meet WHO microbiological and chemical standards.

Project SWAN aims to establish sustainable water supply and health management models in rural and suburban areas through a participatory approach with inhabitants by enhancing knowledge of 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 by 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.

Baseline survey in Thai Nguyen Province and Bac Giang Province

In a collaboration between National Institute of Nutrition and Provincial Preventive Medicine Center, a baseline survey was conducted in Thai Nguyen and Bac Giang Provinces in July 2015 in order to understand the baseline situation prior to implementation of the educational activities for mothers to improve the quality of complementary food. From 10 target communes in 2 provinces, randomly selected 402 mother-child (6 to 23 months) pairs participated in the survey. The survey consisted of anthropometric measurements, and questionnaires related to proper complementary feeding, food safety including handwashing, information sources. NIN and ILSI Japan CHP have been analyzing the data and it is planned that by early 2016 the results will be shared among the communes and districts through the Provincial Preventive Medical Center.

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Achievements of Project SWAN to Date

Vietnam: With an emphasis on rural areas in developing countries in Asia, where public water works are lacking, ILSI Japan CHP has been working on the Project SWAN in collaboration with the National Institute of Nutrition since 2001. Project SWAN features a unique concept, combining a water technological program and an IEC (Information, Education and Communication) program into one project, taking a cross-sector approach.

Based on the preliminary investigations, a project "Participatory approach for improving safe water supply, nutrition and health environment: SWAN1 (2005-2008)" and the SWAN2 (2010-2013) in Hanoi and Nam Dinh Province were supported by JICA (Japanese International Cooperation Agency) as a grassroots technical assistance project. The SWAN1 was completed in 3 villages with great successes at the community level such as safe water supply by water management unions, and the improvements of nutrition and health conditions. The Phase 2 intended to enhance cross-sectional cooperation and to improve community-support by building up Working Team at national government level and Support Team at provincial/district level. Almost 120,000 people across 16 villages benefited by the SWAN2. Since 2013, the SWAN3 has been carried out in Hanoi and Nam Dinh Province, where we intend that Vietnamese provincial authorities adopt SWAN's programs for their water and health related programs. Since 2014, with a focus on the nutritional aspects, we have been implementing a 3 years project "Project to support educational activities for mothers to improve the quality of complementary food in rural Vietnam" in Thai Nguyen and Bac Giang Provinces. The project has been supported by AIN (Ajinomoto International Cooperation Network for Nutrition and Health).

Indonesia: Since 2013, in collaboration with ILSI SEAR (Southeast Asia Region), we are developing project components in Indonesia.