Contents

Part I  Asian Ideas and Activities on Health Promotion and Education

Asian Ideas on Health Promotion and Education from Historical Perspectives of the Theory of Yajo as an Interface of Health, Self, and Society .................................................. 3 Toshiyuki Takizawa

Developing the Curriculum and Instruction Model for Suicide Prevention and Life Education in Taiwan .......................................................... 13 Ya-Wen Huang, Po-San Wang, and Chia-Chia Lin

The Yogo Teacher, the Health Room, and Health Education at School in Japan ........................................................................................... 21 Kanako Okada

New Strategy on Prevention and Control of Noncommunicable Lifestyle-Related Diseases Focusing on Metabolic Syndrome in Japan .......................................................... 31 Shunsaku Mizushima and Kazuyo Tsushita

Sensory Awakening as a New Approach to Health Promotion ................. 40 Masaki Moriyama

Health Promotion and Education in Thailand in Comparison with the Japanese Health Care System and Health Informatics .......................... 50 Masami Matsuda, Khanitta Nuntaboot, Katsumasa Ota, and Shoichiro Hara
Development of a Robot-Assisted Activity Program for Elderly People Incorporating Reading Aloud and Arithmetic Calculation
........................................................................................................ 67
Yukio Oida, Masayoshi Kanoh, Masashi Inagaki, Yoko Konagaya, and Kenji Kimura

Health Promotion for Cancer Survivors: New Paradigm Beyond Prevention and Treatment
........................................................................................................ 78
Miyako Takahashi

Alternative Medicine and Health Promotion ................................................................ 87
Shinko Ichinohe

Part II Asian Perspectives on Health Promotion and Education

Key Players in Health Promotion Policy in the Northern Part of the Western Pacific
........................................................................................................ 101
Toshitaka Nakahara

Community-Based Participatory Research: A Promising Approach to Address Social Determinants of Health
........................................................................................................ 106
Seunghyun Yoo

Toward Development of Intervention Methods for Strengthening the Sense of Coherence: Suggestions from Japan
........................................................................................................ 118
Yoshihiko Yamazaki, Taisuke Togari, and Junko Sakano

Social Capital and Population Approach ................................................................ 133
Toshiyuki Ojima

Health Promotion and Healthy City Projects in Korea
........................................................................................................ 141
Eun Woo Nam

A Network of Healthy Cities in Asia and the Pacific: The Alliance for Healthy Cities
........................................................................................................ 155
Keiko Nakamura

Empowerment in Health and Community Settings .................................................. 162
Tokie Anme and Mary E. McCall

Health Communication .............................................................................................. 173
Yoshiharu Fukuda and Ryoko Ebina

Cost-Benefit of Health Promotion: Will It Pay Off? Japan’s Venture Against Metabolic Syndrome
........................................................................................................ 182
Etsuji Okamoto
Contents

Part III  Asian Activities and Evidence on Health Promotion and Education in Terms of Settings

Health Promotion Activity and Outcomes in the Community ................................................................. 199
Tanji Hoshi, Kumiko Fukumoto, Naoko Nakayama, and Chika Takagi

Japan’s Current Health Issues and Health Promotion in the Community Setting: Focus on Public Health Nurses’ Activities .......................................................... 207
Mikako Arakida

Outcomes of Lifestyle Improvement Programs in the Last Ten Years in Asia........................................ 214
Yasuo Haruyama

Health Promoting Schools in Taiwan: Present Status and Future Perspectives ...................................... 223
Song-Yuan Huang

Workplace Health Promotion in Korea .................................................. 241
Kang Sook Lee

Characteristics of Workplace Health Promotion in Japan ........................................ 253
Takashi Muto

Tokyo Gas Health Promotion Program .................................................. 261
Susumu S. Sawada

Part IV  Asian Activities and Evidence on Health Promotion and Education in terms of Lifestyles

Evidence of Physical Activity for Disease Control and Health Promotion ........................................ 275
Takashi Arao

Using Computer-Tailored Technology to Promote Physical Activity and Healthy Eating: A Review of the Literature and Asian-Pacific Evidence ........................................ 287
Yukio Yamaguchi, Hideaki Nanba, and Noriko Takeda

Dietary Lifestyle Interventions of Energy Restriction for Weight Control and Salt Reduction for Prevention of Hypertensive Risk in Asian Adults ........................................ 307
Hiroko Fujii
Building Capacity in Smoking Cessation Counseling Among Health Care Professionals in China................................. 317
Sophia S.C. Chan, Doris Y.P. Leung, Chaoqiang Jiang,
Li Yang, Lie-zhen Deng, and Tai-hing Lam

Issues of Korean Alcohol Policy Perspectives........................................ 326
Sungsoo Chun, Michael E. Welch, and Mary Shin

Part V Asian Activities and Evidence on Health Promotion and Education in Terms of Disease

Current Status and Prevention of Obesity........................................ 343
Yumi Matsushita

Waist-to-Height Ratio Is the Best Anthropometric Index for Screening the Risk of Obesity-Related Disorders .......... 358
Shiun Dong Hsieh and Takashi Muto

Health Promotion and Education Based on the Features of Cardiovascular Disease in Asia ........................................... 366
Toshimi Sairenchi

Prevention and Psychological Intervention in Depression and Stress-Related Conditions........................................... 374
Mutsuhiro Nakao, Takeaki Takeuchi, Peisen He,
Hirono Ishikawa, and Hiroaki Kumano

Principles and Activities of Oral Health Promotion in Asian Countries ................................................................. 389
Masayuki Ueno and Yoko Kawaguchi

New Development in Education to Prevent Sexual Transmitted Infections, Especially HIV/AIDS: Actual Practice of Sexuality Health Education by Means of Peer Counseling Approach ........................................ 404
Hisako Takamura

School-Based Safety Promotion in Japan ........................................ 416
Nobuki Nishioka

“Safe Community” in Asia: Safety Promotion Based on Injury Prevention ................................................................. 426
Yoko Shiraishi

Index........................................................................................................... 435
Asian Perspectives and Evidence on Health Promotion and Education
Muto, T.; Nam, E.W.; Nakahara, T. (Eds.)
2011, XX, 445 p., Hardcover
ISBN: 978-4-431-53888-2