

Table1 Summary of the first term (2001-2014) of Healthy Parents and Children 21

Agenda	Specific initiative	Indicators	Final evaluation (2013)				
Measure 1 Strengthening adolescent health measures and promoting health education	<p>Measures to promote adolescent and sexual health</p> <p>Quantitatively</p> <p>1) To expand the consultation system at school</p> <p>2) To expand the consultation system in areas such as public health centers</p> <p>3) To strengthen publicity and awareness-raising activities through media that attract youth's interest</p> <p>Qualitatively</p> <p>1) To promote cooperative efforts with experts at school</p> <p>2) To promote initiatives that are primarily based on adolescent children such as peer educators and peer counselors who acquire knowledge from the same generation</p> <p>3) To assist in improving media literacy as an approach to combat harmful information in the media</p> <p>4) To promote the dissemination of information and consultation of adolescents through media such as the Internet</p> <p>Measures against psychological problems in adolescence</p> <p>1) To strengthen consultations concerning psychological problems at home, school, and other community organizations and to establish a place where mutual learning and information exchange can occur regularly</p> <p>2) To improve the system that responds to the psychological problems of adolescents, especially in terms of medical treatment remuneration, open courses at medical universities, training doctors who can deal with adolescents' psychological problems, promoting the employment of a child psychiatrist at school, a child guidance center, and a child care facility for emotionally handicapped children</p>	<p>①Mortality rate owing to suicide among teens</p> <p>②Incidence of induced abortions among teens</p> <p>③Morbidity rate of sexually transmitted diseases (STDs) among teens</p> <p>④Frequency of female puerperal degeneration (anorexia nervosa) of a 15-year-old female</p> <p>⑤Percentage of obese children among children and students</p> <p>⑥Percentage of elementary, junior high, and high school students who accurately understand the hazards of drug abuse</p> <p>⑦Smoking rate in teens (※ "Health Japan 21" 4.2 Eliminate smoking by underaged teens)</p> <p>⑧Drinking rate in teens (※ "Health Japan 21" 5.2 Eliminate drinking by underaged teens)</p> <p>⑨Percentage of high school students who are aware of the physical effects, such as sexually transmitted diseases, caused by sexual behavior</p> <p>⑩Percentage of schools organizing school health committees</p> <p>⑪Percentage of junior high schools and high schools implementing drug abuse prevention education in collaboration with external organizations</p> <p>⑫Percentage of junior high schools (above a certain scale) that employ school counselors</p> <p>⑬Number of adolescent outpatients (including records from the mental health welfare center's consultation desk)</p> <p>⑭Percentage of local governments engaged in adolescent health measures</p> <p>⑮Percentage of local government promoting food education (4-⑮ relisted)</p> <p>⑯Percentage of children who do not have breakfast</p>	<p>① : D</p> <p>② : B</p> <p>③ : A</p> <p>④ : A</p> <p>⑤ : A</p> <p>⑥ : B</p> <p>⑦ : B</p> <p>⑧ : B</p> <p>⑨ : A</p> <p>⑩ : B</p> <p>⑪ : B</p> <p>⑫ : B</p> <p>⑬ : C</p> <p>⑭ : B</p> <p>⑮ : B</p> <p>⑯ : E</p>				
		Measure 2 Securing safety and comfort in terms of pregnancy and childbirth and offering supporting for infertility	<p>Securing safety and comfort during pregnancy and childbirth</p> <p>1) To collaborate among medical institutions and improve holidays and the night-shift system to ensure safety at obstetric medical institutions</p> <p>2) To adopt multidisciplinary team care by offering various delivery forms according to risks, functioning midwives, and taking measures such as the open system of hospitals</p> <p>3) To establish a perinatal care network system centered on advanced perinatal maternal and child medical centers to promote a secure transport system for mothers and children, provide information on perinatal care, and to recruit and train medical professionals</p> <p>4) To provide information on medical services related to pregnancy and childbirth at medical facilities so that users can select desired services</p> <p>5) To review the adaptation of obstetric technology and Evidence-Based Medicine according to risks from the viewpoint of ensuring QOL and pursuing effective medical care</p> <p>6) To adopt a health examination system and various delivery forms that respond to the psychological problems of pregnant women and strengthen the counseling system</p> <p>7) To advance collaboration among medical institutions, midwifery stations, public health centers, and municipalities in secondary medical care areas and provide information and opportunities for learning about maternal and child health, for example, by organizing classes for parents or clubs centered on public health centers and municipalities</p> <p>8) To establish a pregnant-women-friendly working environment that takes into account the situation of female workers during pregnancy and after delivery by utilization of contact cards on maternity health at the workplace and collaboration between physicians and obstetricians</p> <p>Support for infertility</p> <p>1) To improve the medical delivery system concerning infertility treatment</p> <p>2) To care for the mind appropriately with regard to anxiety and mental stress while receiving treatment by establishing guidelines on infertility treatment and by standardizing treatment</p> <p>3) To establish a consultation system so that proper treatments can be selected after providing appropriate information on infertility treatment</p>	<p>①Maternal mortality rate</p> <p>②Percentage of those who are satisfied with pregnancy and childbirth</p> <p>③Incidence of postpartum depression (9 point or over on the EPDS)</p> <p>④Percentage of mothers who submit their pregnancy report at or before 11 weeks</p> <p>⑤Percentage of pregnant women who are aware of contact cards for Maternity Health Management Instructions</p> <p>⑥Improvement of the perinatal care medical network</p> <p>⑦Preparation of guidelines for responding to emergencies for a normal delivery (reference index)</p> <p>⑧Number of gynecologists/number of midwives</p> <p>⑨Maintenance of a special consultation center for infertility</p> <p>⑩Percentage of patients receiving counseling by experts when undergoing infertility treatment</p> <p>⑪Preparation of guidelines on adaptation of assisted reproductive medical technology in infertility treatment (reference index)</p> <p>⑫Percentage of mothers who are breastfeeding one month after birth (A-⑨ relisted)</p> <p>⑬Percentage of mothers who felt the effect of using the maternity mark</p>	<p>① : B</p> <p>② : B</p> <p>③ : A</p> <p>④ : B</p> <p>⑤ : B</p> <p>⑥ : A</p> <p>⑦ : A</p> <p>⑧ : C/A</p> <p>⑨ : A</p> <p>⑩ : B</p> <p>⑪ : A</p> <p>⑫ : B</p> <p>⑬ : A</p>		
				Measure 3 Developing the environment for the maintenance and improvement of healthcare standards for children	<p>Community health</p> <p>1) To maintain the highest level of maternal and child health in the world led by local governments' effort by ensuring the recruitment of technical experts such as doctors and enhancing training for other related staff</p> <p>2) To maintain and improve the quality of medical examination and environments with regard to caring in communities</p> <p>3) To provide information on concrete accident prevention methods according to the developmental stage of children and learning opportunities for the families and staff at facilities</p> <p>4) As a nationwide campaign for a preventive measure for Sudden Infant Death Syndrome (SIDS), to promote 1, lying on the back, 2, breastfeeding 3, parents' smoking cessation and to expand public relation activities through collaboration with mass media</p> <p>5) To enhance the quality of information dissemination on vaccination to alleviate the concerns of stakeholders</p> <p>Pediatric medical services</p> <p>1) To promote measures to secure hospital beds for children in prefectures with local stakeholders from the viewpoint of establishing an appropriate pediatric health care delivery system based on local circumstances</p> <p>2) To recruit pediatricians by considering measures for improving the environment so as to make it attractive for pediatric medical care and creating a system that enables female doctors to enjoy a work-life balance</p> <p>3) To strengthen emergency medical care systems for children by enhancing the functions of the emergency outpatient center during holidays and at night as a primary emergency medical care concern enhancing emergency hospital pediatricians' rotation system as a secondary concern and ensuring advanced emergency medical facilities for children as a tertiary concern in a local medical plan</p> <p>4) To improve the hospital environment for hospitalized children and their families, improve the home medical care system for children with long-term chronic illness, and enhance collaborations with child welfare and educational facilities in communities</p>	<p>①Perinatal mortality rate</p> <p>②Percentage of very low birth weight infants in all births/Percentage of low birth weight infants in all births</p> <p>③Neonatal mortality rate · Infant (under 1 year) mortality rate</p> <p>④Infant SIDS mortality rate</p> <p>⑤Infant (under 5 years) mortality rate</p> <p>⑥Accidental mortality rate</p> <p>⑦Percentage of 3-year-old children without tooth decay</p> <p>⑧Incidence of maternal smoking during pregnancy/Incidence of parents' smoking at home during child-rearing</p> <p>⑨Incidence of maternal alcoholic beverage intake during pregnancy</p> <p>⑩Percentage of parents with a family pediatrician</p> <p>⑪Percentage of parents who know of pediatric emergency medical institutions on holidays and at night</p> <p>⑫Percentage of households implementing accident prevention measures</p> <p>⑬Percentage of households with infants that use devices to prevent babies from opening the bathroom door</p> <p>⑭Percentage of parents who know how to perform cardiopulmonary resuscitation</p> <p>⑮Percentage of parents lying down in infancy</p> <p>⑯Percentage of infants who have received the BCG vaccine by one year of age</p> <p>⑰Percentage of infants who have received the DPT/measles vaccines by the age of one year six months</p> <p>⑱Percentage of prefectures where primary, secondary, and tertiary pediatric emergency medical systems are in place</p> <p>⑲Percentage of municipalities implementing accident prevention measures</p> <p>⑳Number of pediatrician, neonatologists, and child psychiatrists per 1000 population of children</p> <p>㉑Percentage of pediatric wards with in-hospital classroom/playroom</p> <p>㉒Maintenance of visiting nursing stations and respite care services that temporarily take care of children</p>	<p>① : A</p> <p>② : D/D</p> <p>③ : A</p> <p>④ : B</p> <p>⑤ : B</p> <p>⑥ : A</p> <p>⑦ : A</p> <p>⑧ : B/B</p> <p>⑨ : B</p> <p>⑩ : B</p> <p>⑪ : C</p> <p>⑫ : B</p> <p>⑬ : B</p> <p>⑭ : B</p> <p>⑮ : B</p> <p>⑯ : A</p> <p>⑰ : B/B</p> <p>⑱ : B</p> <p>⑲ : B</p> <p>⑳ : A/A/A</p> <p>㉑ : B/B</p> <p>㉒ : B</p>

Measure 4	Promoting the peaceful development of children's minds and mitigating parental child-care anxiety	<p>Ensuring children's peace of mind and mitigating parents' anxiety about child care</p> <p>1) To review community maternal and child health measures from the viewpoint of child care support and to utilize mass health checkups by municipalities as a place for not only discovering diseases and disorders, but also observing parent-child relationships, exchanging information, and listening to parents' experiences</p> <p>2) With regard to public health centers, to establish care systems for high-risk groups from the perinatal period after discharge through collaboration with staff related to community medicine and welfare and to foster voluntary child-rearing groups</p> <p>3) With regard to obstetric hospitals, to observe consciousness and anxiety of mothers and introduce them to municipalities and to assist parents and children to form an attachment</p> <p>4) With regard to pediatric hospitals, to observe and analyze parent-child relationships, the mental condition of mothers, and children's mental development and to promote the development of a system that can respond to psychological problems</p>	<p>①Mortality rate owing to child abuse</p> <p>②Number of abused children reported to child consultation centers according to the law</p> <p>③Percentage of mothers who are not be confident about parenting</p> <p>④Percentage of parents who think they are committing child abuse</p> <p>⑤Percentage of mothers who have time to spend with their children in a relaxed atmosphere</p> <p>⑥Percentage of mothers who have someone they can consult about parenting</p> <p>⑦Percentage of fathers participating in child care</p> <p>⑧Percentage of fathers playing with children</p> <p>⑨Percentage of mothers breastfeeding at one month after birth (2-⑫ relisted)</p> <p>⑩Percentage of public health centers that have established a follow-up system for high-risk children discharged from perinatal care facilities</p> <p>⑪Percentage of those who are satisfied with infant health checkup</p> <p>⑫Percentage of municipalities conducting infant health checkup focusing on child care support</p> <p>⑬Percentage of municipalities working on grasping the condition of all infants by 4 months of age, such as infants who have not undergone infant health checkups</p> <p>⑭Percentage of local governments promoting food education (1-⑮ relisted)</p> <p>⑮Percentage of child consultation centers that employ physicians who can provide specialized mental care to children</p> <p>⑯Number of short-term stay centers for children with emotional disturbances</p> <p>⑰Percentage of public health centers that support group activities for parents who are anxious about child rearing or child abuse</p> <p>⑱Number of pediatricians who have skills dealing with parent-child psychological problems</p>	<p>① : C</p> <p>② : E</p> <p>③ : C</p> <p>④ : B</p> <p>⑤ : C</p> <p>⑥ : C</p> <p>⑦ : B</p> <p>⑧ : B</p> <p>⑨ : B</p> <p>⑩ : B</p> <p>⑪ : E</p> <p>⑫ : B</p> <p>⑬ : B</p> <p>⑭ : B</p> <p>⑮ : C</p> <p>⑯ : B</p> <p>⑰ : E</p> <p>⑱ : A</p>
<p>Evaluation: A=achieved, B=improved, C=no change, D=worsened, E=unable to evaluate</p> <p>Refer to [9]</p>				