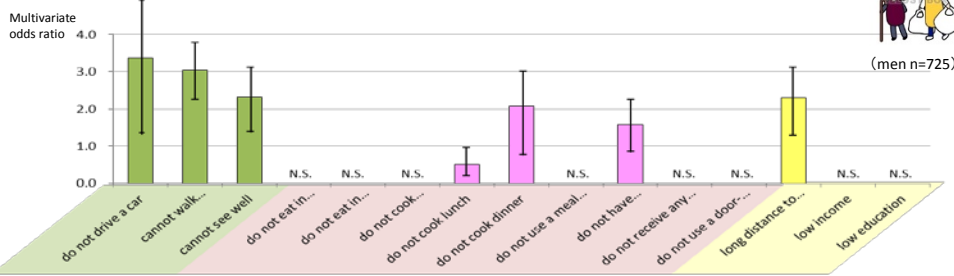


I conduct a study on a methodology that enables people to have sustainable access to healthy food and diet in community. My goal is to contribute to the solution of global health issue through action research within Japan and international cooperation activities.

## Food security for older adults living alone

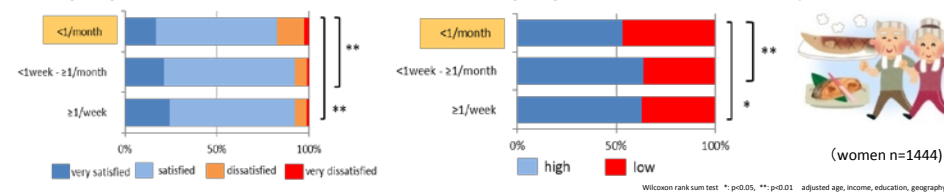
### Healthy food and diet for community-dwelling older people

#### Shopping difficulty related with food accessibility, behaviors and geography

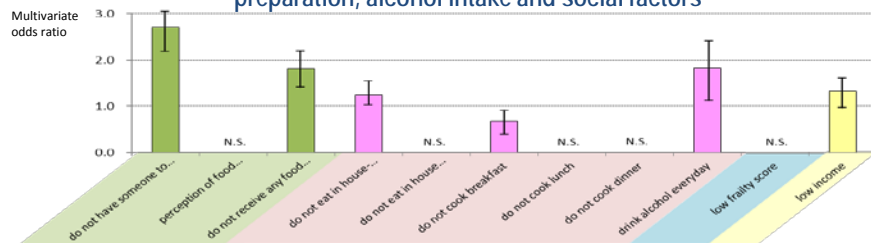


#### Eating together and meal satisfaction

#### Eating together and food diversity



#### Factors affect eating together include food accessibility, food production, meal preparation, alcohol intake and social factors



## Standardization of health and nutritional guidance multi-occupational collaboration in maternal and child health

### Nutritionally adequate and safe food for all children

#### Contents of group / individual nutritional guidance in health check

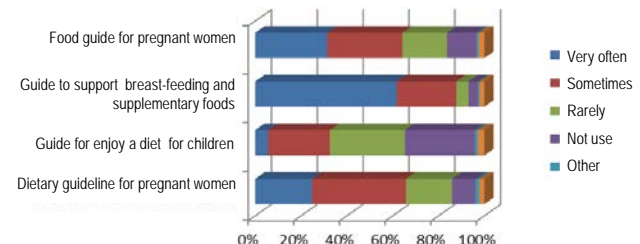


Manual for standard health check and guidance for children

- |   |   |
|---|---|
| <b>Food Quality of Life</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Enjoy a food and diet</li> <li><input type="checkbox"/> Enjoy eating with family</li> <li><input type="checkbox"/> Enjoy eating with friends or relatives</li> </ul>  | <b>Health and eating behavior</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Rhythm of meal and snack</li> <li><input type="checkbox"/> Eating various foods</li> <li><input type="checkbox"/> Chewing well</li> <li><input type="checkbox"/> Assess own dietary life</li> <li><input type="checkbox"/> Importance of healthy diet</li> <li><input type="checkbox"/> Ability to taste</li> <li><input type="checkbox"/> Adjusting amount of eat</li> <li><input type="checkbox"/> Impact of tobacco</li> <li><input type="checkbox"/> Impact of alcohol</li> <li><input type="checkbox"/> Eating meal actively</li> <li><input type="checkbox"/> Manner of eating meal</li> <li><input type="checkbox"/> Expression a meal the child want to eat</li> <li><input type="checkbox"/> Cultivate, harvest and cook foods</li> <li><input type="checkbox"/> Appetite</li> <li><input type="checkbox"/> Increase favorite foods</li> </ul> |
| <b>Health and nutritional status</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Food allergy</li> </ul>  | <b>Social support</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Social network</li> <li><input type="checkbox"/> Father's activity in childcare</li> </ul>  |
| <b>Diet</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> "Staple dish" adequate intake of energy</li> <li><input type="checkbox"/> "Side dish" adequate intake of green and yellow veg.</li> <li><input type="checkbox"/> "Main dish" well balanced diet of meat, fish and egg</li> <li><input type="checkbox"/> "Milk and milk products" a source of calcium intake</li> <li><input type="checkbox"/> "Fruits" proper amount intakes</li> <li><input type="checkbox"/> Balanced diet</li> <li><input type="checkbox"/> Proper amount of meal</li> <li><input type="checkbox"/> Snack</li> <li><input type="checkbox"/> Supplementary nutrients</li> <li><input type="checkbox"/> Folic acid</li> <li><input type="checkbox"/> Mercury in food</li> <li><input type="checkbox"/> Breastfeeding</li> <li><input type="checkbox"/> Supplementary foods</li> <li><input type="checkbox"/> How to provide supplementary foods</li> </ul> |   |

#### Use of national guidelines / tools for nutrition education in municipalities

(n=1052)



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