

Food Behavior and Obesity Management Programs for Japanese Children

– Children's Castle Program –

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Children's health problems have been serious in all over the world now. We also have many health problem in younger generation related to food intake and life style. As the risk factors for life-style related diseases such as obesity, coronary heart disease and other non-communicable diseases have been identified.

There are many programs nationally and privately which are intervene by professional stuffs, medical doctor, nutritionist, health educator, exercise trainer, and clinical psychologist. I am very pleased to introduce you our activities which are involved such activities. I would like to show you two projects today, which I have been involved for almost 20 years for children's health care activity.

1. Project of community health activity collaborated with University education.

This project consists of community health center, nursing home, schools and University.

This project results have indicated that nutrition education intervention should be on- going effort to children in order to decrease their risk of developing life related diseases in later life.

2. Health and sports class project in Children's Castle.

The national Children's castle opened its doors the world in 1985. The Castle has been providing artistic, athletic, healthy, cultural and imaginative opportunities for all ages and nationalities. In the Castle there is Division of child Care and Development, in this Division "Well Child Clinic" is opened to obese children. In the clinic children can get consultation service on medical care, clinical psychology, nutrition counseling and sport exercise as obese care. The clinic opened every Saturday for 3 semesters per year.

I would like to introduce about the activities and result after evaluation of the projects.

Beside I will discuss on the changes of life style and food intake behavior in terms of the risk factors for obese children.