



## 郭 昉宸

**勤務先：**遼寧省疾病予防コントロールセンター/中国

**研修分野：**予防保健、栄養学、公衆衛生の資金管理等

**研修機関：**神奈川県立保健福祉大学、神奈川県衛生研究所

**Name:** Guo Fang Chen

**Employment :** Liaoning Province Center for Disease Control and Prevention

**Training Subject:** Preventive health, nutrition, fund management of public health, etc.

**Place of training :** Kangawa University of Human Services,  
Kanagawa Prefectural Institute of Public Health

### 来日前について

勤め先は遼寧省疾病予防コントロールセンターという機構であり、遼寧省 CDC とも略称されます。神奈川県衛生研究所のような存在です。主な業務として、重大疾病の予防コントロール、疾病流行トレードの予報警報、公衆衛生緊急事態対応チームの育成、公衆衛生緊急事態の調査と処置、病原性微生物の同定、毒物と汚染物の同定、公衆衛生損害原因の同定、労働衛生科学、放射線科学と環境科学などの領域のリスク評価、検査と予報、及び公衆衛生事務管理などがあります。

所属する部門は公衆衛生プロジェクト資金管理オフィスという課です。主役は遼寧省における疾病予防コントロール資金（主に公的資金）の管理、監督、報告、及び管轄各市の間の調整などの事業を行います。私の担当業務は省における疾病予防コントロール資金の内訳を国に報告することです。専用報告システムを利用し、国側の交付金と本省の公的資金の内訳を国に報告し、管轄各市に通知します。また、各市と区の報告係員にその専用システムの使用方法の指導、疑問対応、及び最新情報のお知らせなども仕事の一部です。

工作中、同僚から伝染病と生活習慣病の原因で、多数の人が苦しんでいることを聞くことがあり、私たち人間にとって、健康の重要さに痛感していました。日本は世界一の長寿国だと認められ、疾病予防と治療のシステムが先進的であり、福祉制度もよく整備されているので、栄養学の基礎知識、日本の福祉制度の学習や疾病予防とコントロールの基礎的な知識も学びたいと思い、この研修に応募しました。

### 専門研修について

神奈川県立保健福祉大学と神奈川県衛生研究所で研修を行い、栄養学と社会福祉分野の授業を受講し、日本の感染症報告システムと疾病予防関係の知識を簡単に勉強しました。

栄養学関係の授業では、栄養学の基礎知識、栄養バランス、及び管理栄養士につき、詳しく勉強しました。

日本は現時点、過剰栄養と低栄養（PEM）の二重の問題に直面しています。近年来、高エネルギー食と運動不足の原因で、栄養の過剰摂取に導いています。肥満と生活習慣病を患うリスクが高いです。日本では男性の肥満率が高いです。一方、女性は痩せ型が多く、低栄養のリスクが高いです。他の世界諸国のデータを見ると、同じ国の男女肥満傾向がほぼ同じであり、日本は唯一の男女肥満傾向が逆になる国です。先進国の中で、女性の高痩せ率が注目されています。年齢別で見ると、1980～2010年代に、20代の女性平均BMIは20～21であり、全体的に痩せる傾向です。しかし、20代の女性は、妊娠と子育ての予備軍であり、痩せすぎると、不妊症と流産に導く可能性が高いため、少子化の一つの原因だと考えられています。

糖質、脂質、タンパク質、ビタミンとミネラルの五種類の栄養素の分類、主な動きなどを学習し、生命を維持するため、各種の栄養素は不可欠であり、バランスよく摂取することが大事だと考えます。

栄養バランスは基本的に食事バランスガイドを基本にしています。しかし、身体活動の強度、年齢、体格、

及び健康状態により、標準が違うため、同一に定めることが難しいです。そのために、管理栄養士の指示に従い、適当に栄養素を摂取することが大事です。例えば、現役のスポーツ選手、スーパーの販売員と一般の会社員は、日常身体活動の強度が違うため、カロリーの消費量と各種の栄養素の必要量も違います。ライフステージから見ると、新生児期、成長期、思春期と成人期とは、エネルギー摂取量と必要栄養素も異なります。新生児期には、成長が著しいため、基礎代謝基準値が成人期の2倍以上で、カロリーの摂取量も成人より遥かに多いはずで、老年期には、身体機能が衰退し、基礎エネルギー代謝量も減少しつつあり、生活習慣病の予防とコントロールのために、カロリーと塩分の摂取も減量すべきだと思います。妊娠期には、エネルギーを適当に多めに摂取する以上、細胞分裂促進と胎児奇形予防のために、葉酸の増量とビタミンAの制限も必要です。脂肪とタンパク質のエネルギー消費量が違うため、体重が同じでも、体格の異なる人の基礎エネルギー代謝量が異なるので、カロリーの必要量も異なります。臨床栄養の視点で、患者向けの治療食は、病院の栄養科が個々人の病状により、献立を指示した食事である。一般治療食（流動食、軟食と常食）、特別治療食（栄養成分コントロール）と検査食（規定された特別検査を受ける場合）の三種類に分類されます。高脂血症、高血圧、糖尿病と腎疾患などの疾患は、エネルギー、塩分、糖質とタンパク質などの摂取量をコントロールすべきため、特別治療食で栄養のバランスを維持する必要があります。社会福祉関係の授業で、日本の福祉制度と福祉施設について、勉強しました。

日本の福祉制度は、1946年に制定された「旧生活保護法」を始めとし、「身体障害者福祉法」、「生活保護法」と「社会福祉事業法」などが相次ぎに定められました。1989年に、「高齢者保健福祉推進十カ年戦略」（ゴールドプラン）が策定され、行政側の義務が定められました。更に、1994年に「高齢者保健福祉5カ年計画（新ゴールドプラン）」が策定されました。また、高齢者に住みやすい環境を整備するために、地域包括ケアシステムが建築されました。一方、障害者等が暮らしやすい社会環境づくりのために、「身体障害者福祉モデル都市制度」、「交通バリアフリー法」と「バリアフリー新法」などの法律と制度が相次ぎに制定され、バリアフリーデザインとユニバーサルデザインを取り入れて、環境

改善に力を注ぎました。

衛生研究所では、感染症と生活習慣病の予防と治療、及び行政組織の管理システムと日本の財政の仕組みにつき、簡単に把握しました。

日本で、感染症は五種類に分けられます。感染症報告システムは病院、診療所、保健所と衛生研究所などの医療機関からなり、日報、週報、及び月報の形で、発症情報を国に報告します。感染予防と感染拡大防止のために、県の衛生研究所は定点当たりの報告数により、注意報と警報を公表します。長く健康に過ごすためには、生活習慣病の予防、つまり、食生活、運動習慣、と社会参加は不可欠だと考えます。

結核研究所を見学し、第67回結核予防全国大会に参加しました。日本での結核の発症情報、検査方法と予防対応の取り組みについて、簡単に勉強しました。地方衛生研究所協議会関東甲信静支部細菌研究会に参加させ、主に食中毒関係の細菌の最新研究情報について、発表しました。ユーコープとイオン株式会社の見学で、食品安全確認制度と食品安全検査方法を簡単に学びました。テルモ湘南センターを見学し、高齢者向けの医療器具開発と人材育成事業に感動しました。小田原保健福祉事務所の見学では、福祉事務所の勤務を把握しました。神奈川県衛生研究所小田原分室を拝見し、先進な設備と職員の真剣な態度に感動しました。神奈川県温泉地学研究所で、所長講座を受講し、地震の発生機構と防災対策につき、勉強しました。日本は地震の多発地域に位置し、全員の国民は日常生活の中で、防災教育を行う。自分を守るだけでなく、隣の人を助かることも大事だと教えられます。その上、建築の面でも色々注意しなければなりません。国立感染症研究所での見学で、感染症の予防と研究システム、特にAIDS関連研究、発症情報と問題点につき、詳しく説明してくれ、P3の実験室も拝見させていただきました。神奈川県庁健康増進課で、神奈川健康プラン21の取り組み、「未病を治す」取り組みについて、詳しく説明してくれました。

## 帰国後について

周りの人々に栄養素と栄養バランスの知識、健康づくりのために、食生活、運動習慣、と社会参加の積極的な役割、タバコと生活習慣病の関係などを教え、健康な生活習慣の重要性に対する関心と理解を深め、健

康状態を自覚するように進めたいと思います。特にライフステージに合わせる栄養バランス知識の応用が一番重要であり、効果も出やすいです。効果が出るからこそ、みんなもっと信じ、もっとやりたいと思うでしょう。

日本人の仕事への強い責任感と真剣な態度を同僚に伝え、勤務中、同僚と協力しながら、効率よく仕事に集中したいと思います。

来日後、研修先の関係者と近所の人々が熱心に面倒を見て頂き、大変助けられました。帰国後、研修での経験を周りの人々に伝え、日本の方々の好意と友情を国の人々に広げ、両国の絆を深めるようかけ橋として力を注ぎたいと思います。

#### ・長期的取り組み

管理栄養士の役割を行政側に紹介し、公衆の健康維持・増進するために、管理栄養士が不可欠であることを強く伝えたいです。公的医療機構と学校に管理栄養士の職を設置・普及させ、給食や、食育を導入させ、管理栄養士の人材育成について、訴えたいと思います。その上、禁煙補助剤の役割と効果をみんなに伝え、中国の禁煙事業に役に立ちたいと思います。

日本では、行政制度と計画を策定する際に、国民からのニーズ把握と住民参加の推進の取り組みが重視されます。その理念を中国の行政側に伝え、中国で制度と方策を立てる際に、住民のニーズを全面的に把握した上で、最適な制度と計画を策定するように進みたいと思います。

機会があれば、日本の介護保険と介護施設などの福祉事業を中国の行政側に紹介し、日本の経験を参照しながら、中国に最適な福祉制度と介護施設を整備し、高齢者と障害者向けの商品開発事業の推進の取り組みに力を尽くしたいと思います。

### 日本での7か月間

この度、神奈川県国際課と日本青年海外協力協会のおかげで、日本での技術研修に参加させて頂き、誠にありがとうございます。この7ヶ月の間に、関係機構の方々、及びボランティアの方々にお世話になり、研修を円滑に終わることができ、心から感謝しています。

短い7ヶ月の間に、歓迎会、太鼓のお祭り、海老名のバービーキュー、新年会、留学生交流会、及び送別会など、色々なイベントに誘って頂き、多彩な思い出

が残り、とても貴重な経験になりました。

気になったのは、通勤中、電車とバスの中で、みんなは周りの人に迷惑をかからないように、静かに本を読んだり、携帯を見たり、休憩したりして過ごすことでした。電車を待つ間は勿論、福袋を買う時も、みんな順番を守り、一列に並びます。旅行中、道を伺う時、いつも親切に教えてくれ、時々目的地まで連れて行ってくれることもありました。サービスがとても良く、銀行で何かの手続きをする時とスーパーで買い物をする時、いつも親切に対応してくれます。その上、みんなは資源を大切にします。昼休みの時に、消灯し、最寄りの階に行く時は、エレベーターを使わず、階段を利用し、省エネと運動の両立のために工夫をします。

日本は先進国とし、国民が生活しやすい社会環境づくりに努力しながら、発展途上国への技術援助も持続的に実行しています。毎年、プロジェクトを立ち上げ、世界諸国から研修員を募集し、先進な技術を教えるだけではなく、多彩なイベントにも参加させます。例えば、ホームステイ、ブルーベリー狩りなどの活動を通じ、近所の人々を交流させたり、茶道、餅作り、及び太鼓、ちぎり絵、折り紙などの伝統文化を教えてくれたり、京都、鎌倉、江ノ島、東京、ズーラシア動物園などの有名地への観光の機会も与えてくれました。技術研修の他にも、日本人の親切さと世界平和を祈る気持ちを諸国に伝えるというとてもいいプロジェクトだと思います。今後、技術と文化などの分野の研修と交流を持続的に開催していただけたら、幸いです。

長い間、関係機関の方々と他国の研修員のお陰で、研修が無事に終了しました。専門技術向上の上に、他の研修員との交流で、英語と日本語能力も向上しました。他国の文化と慣習も分かった気がしました。多彩な体験と貴重な思い出を頂き、心からの感謝を伝えたいと思います。

### Before coming to Japan

I work at an institution called Liaoning Province Center for Disease Control and Prevention, or Liaoning Province CDC in short, which has similar function as that of Kanagawa Prefectural Institute of Public Health. Its main task includes prevention and control of severe diseases, prediction of disease

trends and issuance of warning, training of public health emergency team, investigation and treatment at time of public health emergency, identification of pathogenic microorganisms, identification of poisonous/pollutant substances, identification of obstructive factors for public health, risk assessment in areas such as industrial health science, radiation science and environmental science, examination and prediction, and clerical and administrative work related to public health.

In this institution, I work at the fund management office for the public health projects. The section is in charge of management of funds, most of which are public, for disease prevention and control initiatives in Liaoning Province, while monitoring, reporting, and liaison with municipalities under the jurisdiction are also included in its duties. My job is to report breakdown of the fund (used) for disease prevention/control activities within the province to the national government. By using a dedicated platform, I report to the national government breakdown of (used) subsidies from the national government and the province's fund, and to give notice to municipalities under the jurisdiction. In my work, I also give training to city/ward officials to use the dedicated platform, as well as answering their inquiries and providing them with the latest information.

By hearing from my colleagues that many people suffer from infectious diseases and lifestyle diseases, I came to keenly feel the importance of health to all humans. Japan is known as the country with the world's longest life expectancy and it also has advanced disease prevention and treatment systems, along with well-organized welfare programs. Because I wanted to acquire elementary knowledge about nutrition, Japanese welfare systems, and the basics of disease prevention and control, I decided to apply for this training program.

### **On specialized training**

I got training at Kanagawa University of Human

Services and Kanagawa Prefectural Institute for Public Health, in order to take the courses on nutrition and social welfare systems, and also to gain basic knowledge about of Japanese infectious disease surveillance system and disease prevention.

In the nutrition course, aside from the basics of nutrition, I extensively studied about nutrient balance and registered dietitian system.

Japan is currently facing a dual problem comprised of overnutrition and undernutrition

(PEM: protein energy malnutrition.) High-energy diet and lack of physical activity in recent years have lead people to face overnutrition which could cause obesity and increase the risk of lifestyle diseases. In Japan, males have higher obesity rate while many females are being underweight which is linked to higher risk of PEM. According to a data on worldwide study, Japan is the only country where male and female show contrasting obesity rate, while in other countries the rate tends to be almost the same among both sexes within a country. Females' high underweight rate is now an emerging issue in developed countries. By age, females in their twenties had the average BMI of 20-21, between 1980-2010, reflecting overall tendency of underweight. However, females in twenties are mothers-to-be. Being underweight may be one of the reasons for declining birthrate because being seriously underweight is likely cause of infertility and miscarriage.

It is important to eat balanced diet and to know about five major nutrition groups –carbohydrate, fat, protein, vitamin and mineral– and their major functions that are all essential to sustain our life.

Although “The Japanese Food Guide Spinning Top” provides a general idea of balanced diet, it is difficult to determine one common guideline as people have different age, body type, health condition and intensity of daily physical activity so guideline should vary accordingly. Therefore, it is important to comply with dietitian's instruction and

consume nutrition properly. For instance, calorie consumption and requirements for each nutrition vary for an active athlete, a grocery store clerk, and an office worker because they have different intensity of daily physical activity. Similarly, people on different life stages, such as neonatal stage, infancy, adolescence and adulthood, have different energy and nutrient requirements. Newborn babies need far more calories as they grow rapidly in this stage, having basal metabolism level higher than twice as much as adults. Elderly people must reduce intake of calories and salt in order to prevent and control lifestyle diseases, as their physical function declines and basal energy requirement decreases. Pregnant women need to take in extra calories, as well as to increase intake of folic acid, while restricting vitamin A, to enhance cell division and to avoid fetal malformation. Even if two people had the same body weight, if they had different body type from one another, their basal energy metabolism volume is not the same. Therefore, they require different amount of protein and energy. Hospitals serve patients therapeutic meals that are planned by dietitians at clinical nutrition department, according to each person's condition. The planned meals are classified into three categories: general therapeutic diet (liquid, soft and solid diet); special diet for treatment with controlled nutrients; and diet to eat before special examination. Patients with hyperlipidemia, hypertension, diabetes and kidney disease must keep a good balance of nutrients by the special diet for treatment as they need to control intake of energy, salt, carbohydrate and protein.

In social-welfare courses, I studied about welfare systems and welfare institutions in Japan. Japanese social welfare systems began with the former Public Assistance Act enacted in 1946, followed by the Physically Disabled Persons Welfare Act, the current Public Assistance Act and the Social Welfare Services Act. In 1989, Ten-Year

Strategy to Promote Health Care and Welfare for the Elderly (The Gold Plan) was enacted to require municipal governments to make further effort. Then in 1994, it was revised into the New Five-Year Strategy to Promote Health Care and Welfare for the Elderly (The New Gold Plan). To create a better living environment for the elderly, the integrated community care system was also established. Meanwhile, Japan also established the Model City Program for Welfare of the Physically Disabled, the Barrier-Free Transportation Act and the Act on Buildings Accessible and Usable by the Elderly and Physically Handicapped (Heartful Building Law), to create a better social environment for people with disability, introducing barrier-free and universal design to create a better environment.

At Kanagawa Prefectural Institute of Public Health, I gained basic knowledge about prevention and treatment of infectious diseases and lifestyle diseases, management system of governmental organizations and financial systems in Japan.

In Japan, infectious diseases are classified into five groups. Through the infectious disease surveillance system, with cooperation of medical institutions such as hospitals, clinics, health centers and prefectural public health institutes, daily, weekly and monthly report on confirmed infection cases are made to the national government. Prefectural public health institutions issue alert or warning according to the number of confirmed cases per fixed point to prevent infection and wider spread. To have a long and healthy life, it is essential to prevent lifestyle diseases by healthy diet, regular exercise and social participation. I also had an opportunity to visit the Research Institute of Tuberculosis and participated in the 67<sup>th</sup> National Convention for Tuberculosis Prevention and got general information on prevalence of tuberculosis in Japan, as well as examination method and their effort for prevention. At the Association of Prefectural and Municipal Public Health Institutes'

Greater Kanto area branch, I made a presentation in a meeting of study group on bacteria, mainly on the latest study on food poisoning bacteria. Visit to Ucoop and Aeon Co., Ltd. gave me an opportunity to learn about food-safety confirmation system and the inspection method for food-safety. I also visited Terumo Shonan Center, whose R&D activities for devices for the elderly and was very impressive, while their human resource development projects were also remarkable. At Odawara Health and Welfare Office, I learned about operations at welfare office. At Odawara branch of Kanagawa Prefectural Institute for Public Health, I was quite impressed by its officials' diligence, as well as its advanced facility. At Hot Springs Research Institute of Kanagawa Prefecture, I was given an opportunity to receive a lecture from the director and learned about seismogenic mechanism and disaster management. As Japan is an earthquake-prone country, citizens are educated about disaster management in their everyday life. They are taught that while it is absolutely necessary to protect themselves, helping others is also important. Earthquake again needs to be taken into account when designing buildings. The National Institute of Infectious Diseases offered me an extensive explanation about prevention and research system of infectious diseases, focusing on their AIDS-related study, AIDS prevalence and their challenges. I also visited their P3 laboratory. At Kanagawa Prefectural Office's Health Promotion Section, I learned about their effort for Kanagawa Health Plan 21, and their initiatives for treatment of "mibyoun (pre-symptomatic state)."

### **After going back home**

#### **1. Short-term goals**

I would like to teach people around me the importance of nutrition and nutrient balance, balanced diet, regular exercise and social participation for one's health. At the same time, I would like to encourage them to know about

relationship between smoking and lifestyle diseases, as well as to raise their awareness for importance of healthy lifestyle and their own health condition. I would especially focus on nutrient balance and emphasize that it varies depending on each life stage, as well as to tell them how to apply the knowledge, because I believe it is most important and effective. People would be motivated to practice what they know when it shows significant effect.

I would also like to share with my colleague what learned from Japanese people's strong sense of responsibility and dedication for their work, so that we can better cooperate with one another and efficiently carry out our duties.

I am very grateful to people at the training sites and my neighbors for helping me so much during my stay in Japan. After going back to China, I am willing to share my experience I had during the training program, as well as to tell about kindness and friendship expressed by Japanese people, to strengthen the ties between Japan and China.

#### **2. Long term goals**

By introducing the role of registered dietitian, I would like to strongly urge the government that dietitians are essential to sustain and to promote public health. I am willing to take actions to introduce registered dietitian system in public medical institutions and schools, as well as human resource development of registered dietitians. I also would like to introduce school lunch system and dietary education. Besides that, I hope to educate people about the role of smoking-cessation aid to help China's effort for smoking cessation.

In Japan, when the government formulates its systems and plans, assessment of the citizens' needs and participation of local people are highly encouraged. I would like to introduce this idea to the government of China, to encourage them to understand general needs of citizens so that we can create systems and plans most appropriate for our society.

If given the chance, I would like to tell the government in my country about welfare services in Japan including nursing care insurance system and nursing care facilities, because referring to cases in Japan would help China to plan welfare systems and nursing care facilities best suited to our country. I am also interested in promotion of product development projects for the elderly and the disabled persons.

### Life in Japan

I would like to express my heartfelt thanks to Kanagawa Prefecture International Division and Japan Overseas Cooperative Association for giving me an opportunity to participate in this technical training program. Thanks to all the help given by people at related institutions and volunteers through those past seven months, I am now finishing my training course and I am very grateful to them.

Even though seven months was a short time, I had chances to join many activities such as welcome party, drum festival, barbecue in Ebina, New Year's party, exchange program for foreign students and farewell party. I will cherish all the memories of these precious experiences.

What was impressing to me in Japan was people's behavior on commuting trains and buses. They are so considerate of others and spend their time quietly reading books, using cell phones, or simply resting. People wait for their turns in lines when waiting for trains, or even when buying Fukubukuro. When I asked for directions while traveling, people always kindly told me the way, or sometimes even took me to my destination. Japanese service is so good and clerks at banks or supermarkets always kindly helped me. In addition, people save energy. During lunch break they turn off lights and use stairways instead of elevator when going to one floor up or down, so that they can save energy and do some exercise at the same time.

Japan, as a developed country, is making effort to

build a better social environment for its citizens while continuously conducting technical assistance for developing countries. Every year, Japan launches new projects and offers training courses in which foreign participants are taught not only advanced techniques but also given opportunities to join various events. For instance, I was given chances to communicate with my neighbors through activities such as home-stay and blueberry picking, and also to learn about Japanese traditional culture including tea ceremony, rice cake pounding, Japanese drum and chigiri-e (Japanese torn paper art). There were also opportunities to go sightseeing in major tourist sites like Kyoto, Kamakura, Enoshima, Tokyo and Zoorasia Yokohama Zoological Gardens. Aside from its technical aspects, this program serves as an excellent platform to express Japanese people's kindness and their wish for global peace to the rest of the world. I hope that Japan will continue this technical training and cultural exchange program.

With support given by people at related institutions and fellow trainees over this long training period, I have completed my training course. This training strengthened my expertise and also improved my English and Japanese ability thanks to needing to talk with other trainees. It also helped me to understand more about different cultures and customs. I would like to extend my most sincere gratitude to all the relevant persons for the precious experiences and memories.

