

Activity Report

Healthy Living and Diabetes Campaign

Public Health Officer 2012-2013

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Title : Activity Report of Healthy Living & Diabetes Campaign in Japan

Country : Japan

Organizing Association : APS-Japan

Related IPSF Portfolio: Public Health

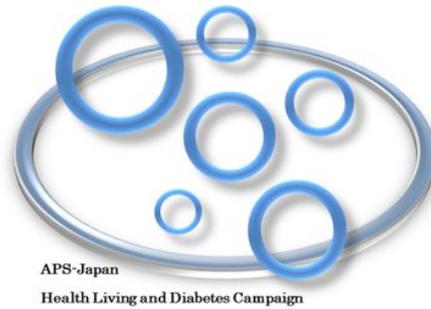
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1. Circumstances surrounding diabetes in Japan



The number of diabetics in Japan has increased by about 320,000 in the last three years. As for 2011, there were about 2.7million diabetics. This is the 6th largest amount per country in the world. Because Japan is the universal care, medical expenses suppress the finance of the country. In order to reduce the medical cost, it is important to discover Uncontrolled Diabetes and Prediabetes early. When somebody is tested and the results are abnormal, they are sent to a hospital for treatment. In Japanese law, only doctors, nurses and clinical laboratory technicians can take a blood sample from a patient. A pharmacist cannot. This means the screening participation rate in Japan is very low because other than workplace health checks, the only way to receive the blood test is at a hospital. People often find this too inconvenient or psychologically challenging and therefore do not get tested.

In 2009, machinery which can accurately measure HbA1c in about 6 minutes from 1 μ L of blood from the fingertip, was developed. This technology enables blood testing to be conducted by anyone, even the patients themselves, without a doctor being present.

In 2010, some parts of Japan began a project to install HbA1c measurement machines in pharmacies, allowing anyone to be tested wherever the pharmacies were open.

We pharmaceutical students learned about diabetes, participated in that project and created the Blue circle symbol, which is the global symbol for Diabetes awareness in order to draw attention to diabetes prevention, early detection and early treatment.

2. Healthy Living & Diabetes Campaign in Japan

This year, we organized the following events as part of the Healthy Living & Diabetes Campaign.

- (1) Pharmacy visits 12th May 2012, 16th June 2012
- (2) Study session and workshop on diabetes 10th June 2012, 26th August 2012
- (3) Fingertip HbA1c measurement class 20th October 2012
- (4) Fingertip HbA1c measurement public awareness/diagnosis event 24th June 2012
- (5) World Diabetes Day event 14th November 2012, 17th November 2012

(1) Visit to pharmacies which have HbA1c measurement machines Date :12th May 2012, 16th June 2012 Place:Nagoya and Tokyo, Japan



■ Background

Visit two pharmacies which have HbA1c measurement machines, study how to measure HbA1c from the blood samples which were taken from fingertips and experience the test for ourselves.



■ Contents

- Learned how to measure HbA1c from a fingertip blood sample.(The purpose of measuring HbA1c → Description of the methods of self blood sampling → How to use that machine)
- Studied how to communicate with patients while waiting for measurement results.
- Learned about what the pharmacist can do for diabetics.

(2) Study session and workshop on diabetes
Date :10th June 2012, 26th August 2012
Place:Ginza, Tyuou-ward, Tokyo, Japan



■ Background

Study about diabetes and the current practices of a health check company when measuring HbA1c and lipids, share what we learn about the diabetes campaign at the world conference.



■ Contents

- Had a discussion about our aims for the Workshop for the Healthy Living & Diabetes Campaign.
- Made a poster to promote awareness of diabetes prevention for World Diabetes Day.
- Did a quiz about diabetes.
- Shared what we learned about the diabetes campaign at the world conference.
- Listened to a lecture about current status and future prospects of a health check company regarding measuring HbA1c and lipids.

(3)Fingertip HbA1c measurement class

Date :20th October 2012

Place:University of Tokyo, Tokyo, Japan



■Background

Learned about diabetes, the methods for self blood sampling and the use of the HbA1c measurement machine (which we do not learn in University class).

■Contents

Part 1:Lecture by Dr. Yahagi

Dr. Yahagi is the host of the project to install this HbA1c measurement machine in pharmacies to detect diabetes earlier in people who don't have access to tests elsewhere. His lecture covered information on diabetes necessary for pharmaceutical students, his reasons for starting the project, and a summary and results of the project.

Part2: Fingertip HbA1c Measurement Event report

We reported on the event that was held by APS-Japan and Dr. Yahagi at the shopping mall. (see section 4)



Part3: Demonstration using HbA1c measurement machine

We demonstrated to the pharmaceutical students how to use the HbA1c measuring machine.

Part4: Role-Playing

Participants worked in pairs, one person played the role of the pharmacist, the other played the role of the patient. Those who playing pharmacists learned how to explain the method of self- puncture and how to use the HbA1c measurement instrument. People playing patients experienced puncturing their own fingertips and learned the correct method.

Part5: Workshop

We made a group work on the following questions. "Where should an event be held in order to reach people who have not been able to receive other medical checkups?" and "What can a pharmacist or pharmaceutical student do to increase awareness of diabetes prevention?"

(4)Fingertip HbA1c measurement public awareness/diagnosis event
Time and Date:24th June 2012 11a.m.~15p.m.
Place:Kitasenju shopping mall, Adachi-ward, Tokyo, Japan
Testee:130 cooperators



■Background

Doctors, pharmacists and pharmaceutical students carried out an event to measure HbA1c and blood glucose levels in a short time in the shopping mall, in order to find undiagnosed diabetes and create more awareness of diabetes.



■Contents

We carried out the following activities.

Part 1: Approaching members of the public

We told passersby that they could check blood glucose levels and HbA1c here and now. We handed out pamphlets about diabetes to people who had no time to check, to raise awareness of health and diabetes.

Part 2: Describing the purpose to anyone interested

We told people that this test is carried out for the early detection of diabetes using just a small amount of blood, and explained the difference in blood glucose levels and HbA1c.

Part 3: Filling in out questionnaires

We gave out a questionnaire to the subject before their checkup. It asked about age, gender, BMI, height, weight, history of checkups, and treatment history of diabetes. We talked about how to fine BMI, for those who didn't know.



Part 4: Measurement by self-puncture: 1. Blood glucose measurement, 2. HbA1c measurement

First, before subjects came to the measurement booth, we prepared the self-puncture tool, glucose meters, test kits for measuring HbA1c, cotton wool and rubbing alcohol. We physically demonstrated the method of self-puncture. We asked whether subjects had an allergy to ethanol. If they had an allergy, they disinfected their finger using isopropanol. They wiped their non-dominant middle finger once and punctured themselves. We collected blood from the puncture wound. For the measurement of HbA1c, we inserted the kit including the blood sample into the machine and waited for the result. For blood glucose measurement, the machine told the results immediately.



Part 5: Hospitality while awaiting the results

We told the subject how long they would need to wait, and discussed daily health problems and diabetes with the aid of brochures.

(5)World Diabetes Day event

○The action of World Diabetes Day

Date:14th November 2012

Time and Place: 6 : 00p.m.~ Osaka, Japan, 7 : 00p.m.~ Tokyo, Japan

○Event about Fingertip measurement

Date: 17th November 2012

Time: 9 : 00a.m.~3 : 00p.m.

Place: Usiku Sports Park gymnasium, Ibaraki, Japan

Testee : 150 cooperaters



■Background

For World Diabetes Day, to educate on the importance of diabetes prevention, early detection and early treatment, we created the Blue Circle which is the symbol of the fight against diabetes and awareness-raising activities. In addition, we took part in an event for the early detection by fingertip HbA1c measurement.



■Contents

○The action of World Diabetes Day in Osaka

We carried out health promotion activities and walked wearing blue T-shirts. In JR Osaka Station, at the bottom of a set of stairs we held placards saying things like "If you use this stairs instead of these escalator, you could consume ○○ kcal." and told to passersby " Try to use the stairs for your health! " After that, went to see Osaka Castle lit up with blue lighting and walked around Osaka Castle Park wearing blue T-shirts.



○The action of World Diabetes Day in Tokyo

We gathered in Oshiage Station which is the nearest station to Tokyo Sky Tree, we walked wearing blue T-shirts from Tokyo Sky Tree to Kaminarimon, made a blue circle in many places and took photos at famous places in Tokyo. We shared these photos with the world via facebook, publicized the prevention of diabetes and early detection of diabetics and let people know about World Diabetes Day.



○Event about Fingertip HbA1c measurement

We joined the staff at the health festival booth that measured HbA1c by fingertip. Did reception, induction, how to insert the specimen into the HbA1c measuring device and made records of test results.



3.The future prospects



Until now, pharmaceutical students all over the world have taken part in World Diabetes Day but pharmaceutical students in Japan had not. This year, for the first time in Japan, we pharmaceutical students were able to take action for World Diabetes Day and the early detection of diabetes. Before we held the event about diabetes, even pharmaceutical students did not have much interest in prevention of diabetes and the awareness of World Diabetes Day was very low. However, by repeating the events, little by little, I think we could provide to both students and community members an opportunity to learn about diabetes and to know World Diabetes Day.

This year, we focused on action related to early detection of diabetes. Next year, we will continue this effort and also focus on the field of prevention and therapy for diabetes patients. In particular, in order to improve the health awareness of the people of the region, we want to create a place where we can talk with local people directly and provide information for living healthy and play games which can teach methods to stay healthy. In the field of diabetes therapy, we want to hold for diabetes by pharmacists and pharmaceutical students.

Thank you for reading ! I'd be happy to take your questions!