

Report of ILSI Japan CHP Organized Seminar “Up-skilling for Supporting Health Behavior Change in Health Guidance”

HISASHI OKUMURA

Business Planning Group

Health Value added Foods Business Division

Nichirei Foods Inc.

< Summary >

It is a trend toward that method of health education attracts attention in the background of administrative institutionalization of health-guidance.

We organized the seminar “Up-skilling for Supporting Health Behavior Change in Health-Guidance” for the participants to learn the method of health behavior change referring to “LiSM10!®” developed by the PAN project of ILSI Japan CHP.

The participants for the seminar was over 70 persons, the majority was specialists (such as health nurse, dietician) belonging to corporate health insurance society. They learned theoretical system in the first session, theory of health behavior change built-in real tool “LiSM10!®” in the second session.

We report the brief summary of the seminar and front-line problems about health guidance discussed at the seminar.