

# 学位論文の要旨

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<p>主論文の題名</p> <p>The “Healthy Akame!” community – government – university collaboration for health: a community-based participatory mixed-method approach to address health issue in rural Japan</p> <p>主論文の要旨</p> <p>A survey conducted in 2010 showed that insufficient public participation and lack of fairness in decision making were the main reasons for dissatisfaction with the healthcare system among Japanese people. Community-based participatory research (CBPR), which involves the community actively from planning up to evaluation process, may promotes effective program implementation and community empowerment. This sequential exploratory mixed-method study (qualitative followed by quantitative) aimed to assess health needs and develop a tailored health program for a rural community in Japan. We conducted 10 group discussions with 68 community residents to identify community’s health issues and strengths, then analyzed it using thematic analysis. The health issues were identified as following: 1) diseases; 2) unhealthy behaviors; and 3) unsupportive environment. Nature, vacant lots, and local farms were considered local strengths. These results were used to develop a questionnaire, which was sent to all households in the community to obtain priority scores for health issues and proposed action. Questionnaires were collected from 773 households. Cancer, lifestyle-related diseases, and cerebrovascular diseases were ranked as the most important health problems. Improving services and access to medical checkups, use of public space for exercise, local farming, and collaboration with the community health office were considered necessary to address these health problems. Considering feasibility and availability of resources in the community, the community advisory board (CAB) decided to focus on lifestyle-related diseases and designed activities centered on health awareness, nutrition, and exercise; which drew on community’s strengths and were adapted to Japanese culture. This study showed that community’s priority health problem was closely related to the epidemiology of diseases. The CBPR approach was useful for identifying community’s needs and for designing a unique community health program that made use of local strengths.</p>			