

* Public Health / Public Cleanliness Lesson learn from experience in Japan

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Outline of Today's lecture

- ◆ Introduction
- ◆ Video “A new Public Health Center”
Produced by GHQ, MOH in 1949
- ◆ “Better life without mosquitoes and flies” Program
- ◆ Several factors which may relate to good public cleanliness
- ◆ Outline of environmental hygiene inspection services

The constitution of JAPAN (effected on May 3, 1947)

Article 25. All people shall have the right to maintain the minimum standards of wholesome and cultured living. In all spheres of life, the State shall use its endeavors for the promotion and extension of social welfare and security, and of **public health**.

Public Health

Public
cleanliness

Health seeking
knowledge / behavior

Social system and technology

Measures of environmental health

Past 1945 – 1970's

Bureau of health/hygiene
Public Health center (PHC)

Public space
Community meeting space
/hall
<outer environment>

Mice/vector control
disinfection
cleaning ditch
garbage disposal

Present 1980 -

Bureau of welfare & public
health , PHC

House/ room
<inner environment>

Housedust
Chemical material
(i.e. Formaldehyde)
Legionella (bath water) , etc.

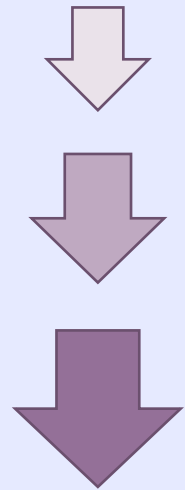
Private sectors
Bureau of sewerage
Local government

Effects from “ Better life without Mosquitoes and Flies” program

1. Improvement of Public health
 - ◆ Environmental health/ cleanliness
 - ◆ Prevention of infectious diseases (dysentery)
 - ◆ Uplift of sanitation behavior (hand washing)
2. Reduction of family expenditure
 - ◆ Expense for pesticides, medical expense, etc.
3. Promotion of citizen awareness
 - ◆ Increase of tax payment
 - ◆ Voluntary to community development
4. Increase of domestic animal products (cow milk, eggs, etc)

Learn from “ Better life without Mosquitoes and Flies” program

Small scale program



Government initiation
Community participation
Inter-sectoral cooperation
Public campaign

Big national movement

Community participation

- ◆ Neighborhood association, housewives association, youth association
- ◆ Community welfare commissioner, Maternal and child health volunteer
- ◆ Effort to expansion and sustain
 - ◆ Award as a good practice by a local government
 - ◆ Mass campaign by multi media
 - ◆ Standardize the activities by a local government
 - ◆ Budgeting

Discipline / moral education

clean toilet, sweep and wipe house/ classroom,
hand washing and gargling,

- ◆ At home, neighbor
- ◆ At nursery home, kindergarten, elementary school



Health education

By *public health nurse,
*life improvement facilitator,
*maternal and child health volunteer, etc.

At *community hall, public health center
*elementary school
*home (outreach)



Instruction of proper hand washing

Poster in front of a washstand

手を洗いましょう。

手洗い前の準備

- ・爪は短く切っていますか？
- ・マニキュアは塗っていませんか？
- ・時計や指輪をはずしていますか？



汚れが残りやすいところ

- ・指先
- ・指の間
- ・親指の周り
- ・手首
- ・手のしわ

①手のひらをよくこする



②手の甲をのばすようにこする



③指先・ツメの間を念入りにこする



④指の間を洗う



⑤親指と手のひらをねじり洗いする



⑥手首も忘れずに洗う



手を拭く時は個人用手ふきかペーパータオルを使いましょう

感染症のご相談は 東京都南多摩保健所へ 042-371-7661

Public campaign

厚生労働省

みんなで予防! インフルエンザ

あいらっすん (渋谷区)

インフルエンザの予防には
みんな「かからない」「うつさない」という
気持ちがとても大切です。
手洗いでインフルエンザを予防して、
かかったら、マスク等の使いエチケットも
忘れないでください。

インフルエンザに関する情報

<http://www.mhlw.go.jp/bunya/kenkou/influenza/index.html>

マメにマスクに
インフルエンザ予防
啓発キャラクター
マメソウくん

マメに手洗い
インフルエンザ予防
啓発キャラクター
アズキちゃん

コホッ!

The character
of each local government

Characters of MOHLW

Combination of uniformity and diversity



📄 うまべえ(東大和市)

[272KB]



📄 手賀沼のうなぎちさん(我孫子市)

[302KB]



📄 あら坊(荒川区)

[3,208KB]



📄 はばたん2(兵庫県)

[325KB]



📄 ひたまる(常陸大宮市)

[465KB]



📄 わんこぎょうだい(岩手県)

[130KB]

Mame(Japanese) = Beans ; frequency, diligence

5Ss

- ◆ A workplace organization method
- ◆ Developed in 1950 in Japanese manufacturing industry
- ◆ Sort; “seiri” (orderliness)
- ◆ Straighten; “seiton”
(set in order, streamline, neatness & tidiness)
- ◆ Shine; “seisou” (sweep, sanitize, cleaning)
- ◆ Standardize; “seiketsu” (cleanliness)
Keep above 3Ss at all times
- ◆ Sustain; “shitsuke”