



# Knowledge Co-Creation Program (Group & Region Focus)

General information on

**Lifestyle-Related Diseases Prevention**

**課題別研修「生活習慣病予防対策」**

**JFY 2024**

**Course No.: 202311466J001**

**Course Period in Japan: From November 19, 2024 to December 13, 2024**

This information pertains to one of the JICA Knowledge Co-Creation Programs (Group & Region Focus) of the Japan International Cooperation Agency (JICA) implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.

JICA Knowledge Co-Creation Program (KCCP)

The Japanese Cabinet released the Development Cooperation Charter in June 2023, which stated, *“In its development cooperation, Japan has maintained the spirit of jointly creating things that suit partner countries while respecting ownership, intentions and intrinsic characteristics of the country concerned based on a field-oriented approach through dialogue and collaboration. It has also maintained the approach of building reciprocal relationships with developing countries in which both sides learn from each other and grow and develop together.”* JICA believes that this ‘Knowledge Co-Creation Program’ will serve as a foundation of mutual learning process.

# I. Concept

## **Background**

Recently, as reported by World Health Organization (WHO) and other organizations, developing countries are increasingly facing spread of lifestyle-related diseases (LSRD, here after), otherwise known as non-communicable diseases (NCD), and they are expected to increase in the future. LSRD is a syndrome whose onset or progression is provoked by human lifestyles, such as less balanced daily diet, lack of exercise, stress, smoking and drinking habits. As LSRD leads to premature death and lowers quality of lives (QOL), effective LSRD prevention/control policies are urgently sought in developing countries.

Primary prevention (health promotion, behavior change and social support) and the secondary prevention (early detection and prompt treatment) are both important LSRD measures and coalition of prevention and medical care is indispensable. It is also important to formulate LSRD prevention/control policies based on the local contexts and to select most effective measures in accordance with the stage of LSRDs in the country.

Japan has a long-term experience of taking measures against major LSRDs and thus we believe that we can utilize such experiences to support solve those problems in developing countries, though there are some differences in types and causes of LSRDs.

## **For what?**

This program aims to contribute to better health and welfare of the people in developing countries by transferring the knowledge and skills related to LSRD control measures. Participants will acquire Japanese knowledge and application skills to take effective measures in area of responsibility.

## **For whom?**

The target of this program is the government officials who are responsible for the LSRD control policy in the countries that are currently facing or expected to have an increase of LSRD in the future.

## **How?**

Participants shall have opportunities to learn effective measures against LSRD, such as health check-up system, health education and physical exercise through lectures, practices and observations. In the end of the program, each participant will select suitable measures to control LSRD in one's country and formulate an action plan describing what one will do after going home. Participants will receive advice and comments from the lecturers and fellow participants in consultation and presentation sessions.

## II. Description

**1. Title (Course No.)**

Lifestyle-Related Diseases Prevention (202311466J001)

**2. Course Duration in Japan**

November 19, 2024 to December 13, 2024

**3. Target Regions or Countries**

Antigua and Barbuda, Bangladesh, Cambodia, Egypt, Guyana, India, Kyrgyz, Laos, Marshall Islands, Nauru, Suriname, Uzbekistan, Viet Nam

**4. Eligible / Target Organization**

This program is designed for Offices/ Divisions/ Departments in charge of Lifestyle-Related Diseases policy in the health administration of central or local government.

**5. Capacity**

13 participants

**6. Language**

English

**7. Objective(s)**

To be able to formulate Action Plan in consideration of current circumstances of each country, by acquiring the practical knowledge to promote Lifestyle Related Diseases Prevention.

## 8. Output and Contents

This course consists of the following components. Details on each component are given below.

### **【Preliminary Phase in a participant's home country 】**

Inception report preparation

### **【Core Phase in Japan】**

#### Expected Output

1. To understand and analyze the current situation, support, local resource and problems of Lifestyle-Related Diseases (LSRD) in area of responsibility.
2. To understand Japanese experiences, programs and measures of LSRD control.
3. To compile the direction of policies, programs and projects for LSRD control.
4. To formulate Action Plan on LSRD prevention/control.

#### Subjects/Agendas

(Methodology: Lecture, Site visit, Practice, Discussion, Presentation)

- Inception Report Presentation
- To learn about policies and systems of LSRD control in Japan, prefectures and municipalities.
- To learn about LSRD control activities; such as exercise/ meals guidance, enlightenment campaign, health promotion measure, and advice at health care.
- To learn about methods of human resource development.
- To specify the problems of LSRD, and to select effective and concrete measures.
- Action Plan Formulation and Presentation

### **Reference: Program in previous year (2023)**

#### Lecture:

- Health system in Japan
- Lifestyle-related disease prevention measures in Aichi Prefecture
- Health promotion activities in community
- Metabolic syndrome among children
- JICA projects on lifestyle-related disease
- Physical activities for healthy life
- Practical health guidance about eating habit
- Human resource development for health promotion
- Health management for middle age workers
- Guidance and control of nutrition for lifestyle-related disease prevention, etc

#### Observation/ Practice

- Health checkup and evaluation
- Health education to kindergarten
- Dietary education promotion at elementary school, etc

**Reference: List of countries participated in the past**

		2021	2022	2023
		Online Program	Online Program	In Japan Program
Latin America	Nicaragua	3	1	
	Dominican Republic		1	
Africa	Gabon		1	
	Ghana	1		
	Mauritius		1	
	Senegal			1
	Tanzania		1	
Middle East	Egypt	1		
	Iran		1	
	Palestine			1
Asia	Bangladesh		1	1
	Cambodia		1	1
	Nepal		1	1
	Sri Lanka	3	1	1
	Viet Num			1
	Kyrgyz	1		1
	Mongolia			1
	Uzbekistan		1	1
Oceania	Fiji		1	
	Kiribati			1
	Papua New Guinea			1
	Vanuatu			1
	<b>Total</b>	<b>9</b>	<b>12</b>	<b>13</b>

## III. Eligibility and Procedures

### 1. Expectations to the Applying Organizations

- (1) This course is designed primarily for organizations that intend to address specific issues or problems identified in their operation. Applying organizations are expected to use the program for those specific purposes.
- (2) This program is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan. These special features enable the project to meet specific requirements of applying organizations and effectively facilitate them toward solutions for the issues and problems.

### 2. Nominee Qualifications

Applying organizations are expected to select nominees who meet the following qualifications.

#### (1) Essential Qualifications

- 1) Current Duties: be an officer who is currently engaged in public health service, and responsible for the LSRD control activities in the central or local government.
- 2) Experience in the Relevant Field: have at least 5 years or more of experience in this field
- 3) Educational Background: be a graduate of university
- 4) Language Proficiency: have a competent command of spoken and written English proficiency equivalent to TOEFL iBT 100 or above (This workshop includes active participation in discussions, which requires high competence in English. Please attach an official certificate for English ability such as TOEFL, TOEIC etc, if possible)
- 5) Computer skills: to be proficient in Microsoft Excel and Power Point
- 6) Health: must be in good health, both physically and mentally, to participate in the 3-weeks program in Japan. To reduce the risk of worsening symptoms associated with respiratory tract infection, please be honest to declare in the Medical History (QUESTIONNAIRE ON MEDICAL STATUS RESTRICTION of the application form) if you have been a patient of following illnesses; Hypertension / Diabetes / Cardiovascular illness / Heart failure / Chronic respiratory illness. Pregnant applicants are not recommended to apply due to the potential risk of health and life issues of mother and fetus.

**\*The participants are required to do physical exercise, such as walking, running, pedaling etc, in the program.**

## **(2) Recommended Qualifications**

- 1) Age: between the ages of twenty-five (30) and fifty (50) years
- 2) Gender Equality and Women's Empowerment: Women are encouraged to apply for the program. JICA is committed to promoting gender equality and women's empowerment, and provides equal opportunities for all applicants regardless of their sexual orientation or gender identity.
- 3) PC Skills: having basic computer skills of MS-Word, Excel and Power Point is desirable, because this program have a lot of exercises to prepare the reports and presentation materials by laptop.

## **3. Required Documents for Application**

**(1) Application Form:** The Application Form is available at **the JICA overseas office (or the Embassy of Japan)**. Please submit a type-written application form.

**(2) Photocopy of Passport:** You should submit it with the application form if you possess your passport which you will carry when entering Japan for this program. If not, you are requested to submit its photocopy as soon as you obtain it.

\*The following information should be included in the photocopy:

Name, Date of Birth, Nationality, Sex, Passport Number and Expiry Date

**(3) English Score Sheet:** to be submitted with the application form, if the nominees have any official English examination scores. (e.g., TOEFL, TOEIC, IELTS)

**(4) Questionnaire:** to be submitted with the application form. Fill in Annex of this General Information.

## **4. Procedures for Application and Selection**

### **(1) Submission of the Application Documents**

Closing date for applications: **Please confirm the local deadline with the JICA overseas office (or the Embassy of Japan).**

All required material must arrive at **JICA Chubu Center in Japan** by **September 30, 2024.**

### **(2) Selection**

Primary screening is conducted at the JICA overseas office (or the embassy of Japan) after receiving official documents from your government. JICA Center will consult with concerned organizations in Japan in the process of final selection. Applying organizations with the best intentions to utilize the opportunity will be highly valued.

The Government of Japan will examine applicants who belong to the military or other military-related organizations and/or who are enlisted in the military, taking into consideration of their duties, positions in the organization and other relevant information in a comprehensive manner to be consistent with the Development

Cooperation Charter of Japan.

**(3) Notice of Acceptance**

The JICA overseas office (or the Embassy of Japan) will notify the results **not later than October 18, 2024.**

**5. Additional Document(s) to Be Submitted by Accepted Candidates**

Accepted candidates are required to prepare an Inception Report before their departure.

**6. Conditions for Participation**

The participants of KCCP are required

- (1) to strictly observe the course schedule,
- (2) not to change the air ticket (and flight class and flight schedule arranged by JICA) and lodging by the participants themselves,
- (3) to understand that leaving Japan during the course period (to return to home country, etc.) is not allowed (except for programs longer than one year),
- (4) not to bring or invite any family members (except for programs longer than one year),
- (5) to carry out such instructions and abide by such conditions as may be stipulated by both the nominating Government and the Japanese Government in respect of the course,
- (6) to observe the rules and regulations of the program implementing partners to provide the program or establishments,
- (7) not to engage in political activities, or any form of employment for profit,
- (8) to discontinue the program, should the participants violate the Japanese laws or JICA's regulations, or the participants commit illegal or immoral conduct, or get critical illness or serious injury and be considered unable to continue the course. The participants shall be responsible for paying any cost for treatment of the said health conditions except for the medical care stipulated in (3) of "5. Expenses", "IV. Administrative Arrangements",
- (9) to return the total amount or a part of the expenditure for the KCCP depending on the severity of such violation, should the participants violate the laws and ordinances,
- (10) not to drive a car or motorbike, regardless of an international driving license possessed,
- (11) to observe the rules and regulations at the place of the participants' accommodation, and
- (12) to refund allowances or other benefits paid by JICA in the case of a change in schedule.



## IV. Administrative Arrangements

### 1. Organizer (JICA Center in Japan)

(1) **Center:** JICA Chubu Center (JICA CHUBU)

(2) **Program Officer:** Ms. SAITO Mihoko

([cbictp1@jica.go.jp](mailto:cbictp1@jica.go.jp), [Saito.Mihoko@jica.go.jp](mailto:Saito.Mihoko@jica.go.jp))

\*Please insert the course number “202311466J001” in the subject.

### 2. Travel to Japan

(1) **Air Ticket:** In principle, JICA will arrange an economy-class round-trip ticket between an international airport designated by JICA and Japan.

(2) **Travel Insurance:** Coverage is from time of arrival up to departure in Japan. Thus, traveling time outside Japan (include damaged baggage during the arrival flight to Japan) will not be covered.

### 3. Accommodation in Japan

JICA will arrange the following accommodation(s) for the participants in Japan:

#### **JICA Chubu Center (JICA CHUBU)**

Address: 4-60-7 Hiraike-cho, Nakamura-ku, Nagoya, Aichi 453-0872, Japan

TEL: +81-52-533-0220 FAX: +81-52-564-3751

(where “81” is the country code for Japan, and “52” is the local area code)

If there is no vacancy at JICA CHUBU, JICA will arrange alternative accommodation(s) for the participants.

### 4. Expenses

The following expenses in Japan will be provided by JICA

(1) Allowances for meals, living expenses, and stopover.

(2) Expenses for study tours (basically in the form of train tickets).

(3) Medical care for participants who become ill after arriving in Japan (the costs related to pre-existing illness, pregnancy, or dental treatment are not included).

(4) Expenses for program implementation, including materials.

(5) For more details, please see “III. ALLOWANCES” of the brochure for participants titled “KENSU-IN GUIDEBOOK,” which will be given before departure for Japan.

\*Link to JICA HP (English/French/Spanish/Russian):

[https://www.jica.go.jp/english/our\\_work/types\\_of\\_assistance/tech/acceptance/training/index.html](https://www.jica.go.jp/english/our_work/types_of_assistance/tech/acceptance/training/index.html)

### 5. Pre-departure Orientation

A pre-departure orientation will be held at respective country’s JICA office (or the Japanese Embassy), to provide Participants with details on travel to Japan, conditions of the course, and other matters.

\*YouTube of “Knowledge Co-Creation Program and Life in Japan” and “Introduction of JICA Center” are viewable from the link below.

Image videos of 'Introduction of JICA Center (YouTube)' show the following information of JICA Centers: Location, Building, Entrance, Reception (Front desk), Lobby, Office, Accommodation (Room), Amenities (Hand dryer), Bathroom (Shower and Toilet), Toiletries, Restaurant, Laundry Room (Washing machine, Iron), ICT Room (Computer for participants), Clinic, Cash dispenser, Gym, Neighborhood

<b>Part I: Knowledge Co-Creation Program and Life in Japan</b>	
English ver.	<a href="https://www.youtube.com/watch?v=SLurfKugrEw">https://www.youtube.com/watch?v=SLurfKugrEw</a>
<b>Part II: Introduction of JICA Centers in Japan</b>	
JICA Chubu	<a href="https://www.jica.go.jp/chubu/english/office/index.html">https://www.jica.go.jp/chubu/english/office/index.html</a>

## V. Other Information

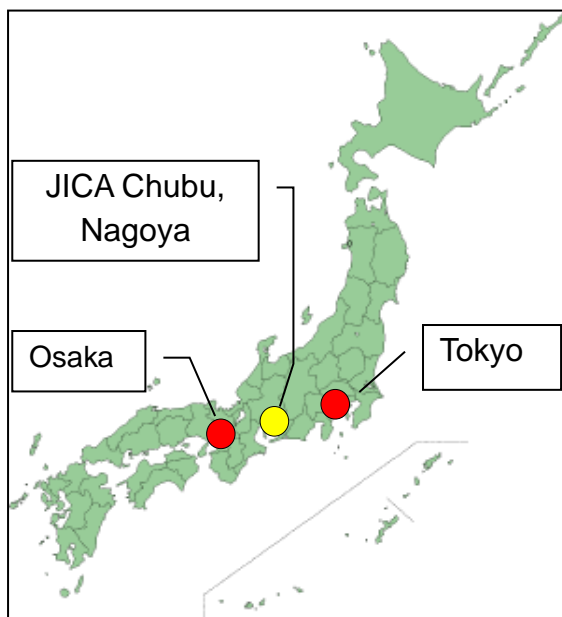
### About JICA Chubu Center:

#### <Location>

- It is located at the center of Nagoya-city. The Nagoya main station, the regional hub of various transports, is 15mins walk from JICA Chubu Center.

#### <Facilities/Equipment>

- Cafe/Restaurant: International Foods, including vegetarian and halal meals, are available.
- Private Room: Single size Bed, Private Bathroom, Desk, Refrigerator, Hot pot, Bookshelf, Air Conditioning, In-room Safe, TV, Internet connection (LAN)



#### <Climate>

##### Monthly Average Temperature in Nagoya

	Nov	Dec
Daytime (°C)	17.3	11.7
Nighttime (°C)	8.6	3.4

## VI. Annex

### Lifestyle-Related Diseases Prevention Questionnaire

**This Questionnaire should be typed in English, and be (A4 size) 2 pages.**

#### 1. Basic Information

Name of Nominee	
Country	
Organization	
Position	
E-mail	

#### 2. Organization Chart

\*Attach your organization chart and indicate your department/ division.

#### 3. Job Description

- (1) Your Duties in the organization
- (2) Lifestyle-Related Diseases Prevention activities you've been tasked
- (3) Main problems currently faced
- (4) On going projects on Lifestyle-Related Diseases Prevention in your area of responsibility

#### 4. Subjects you're interested in the course in Japan

#### 5. Message to JICA Chubu (if any)

END

## **For Your Reference**

### **JICA and Capacity Development**

Technical cooperation is people-to-people cooperation that supports partner countries in enhancing their comprehensive capacities to address development challenges by their own efforts. Instead of applying Japanese technology per se to partner countries, JICA's technical cooperation provides solutions that best fit their needs by working with people living there. In the process, consideration is given to factors such as their regional characteristics, historical background, and languages. JICA does not limit its technical cooperation to human resources development; it offers multi-tiered assistance that also involves organizational strengthening, policy formulation, and institution building.

Implementation methods of JICA's technical cooperation can be divided into two approaches. One is overseas cooperation by dispatching experts and volunteers in various development sectors to partner countries; the other is domestic cooperation by inviting participants from developing countries to Japan. The latter method is the Knowledge Co-Creation Program, formerly called Training Program, and it is one of the core programs carried out in Japan. By inviting officials from partner countries and with cooperation from domestic partners, the Knowledge Co-Creation Program provides technical knowledge and practical solutions for development issues in participating countries.

The Knowledge Co-Creation Program (Group & Region Focus) has long occupied an important place in JICA operations. About 400 pre-organized courses cover a wide range of professional fields, ranging from education, health, infrastructure, energy, trade and finance, to agriculture, rural development, gender mainstreaming, and environmental protection. A variety of programs is being customized by the different target organizations to address the specific needs, such as policy-making organizations, service provision organizations, as well as research and academic institutions. Some programs are organized to target a certain group of countries with similar developmental challenges.

### **Japanese Development Experience**

Japan, as the first non-Western nation to become a developed country, built itself into a country that is free, peaceful, prosperous and democratic while preserving its tradition. Japan will serve as one of the best examples for our partner countries to follow in their own development.

From engineering technology to production management methods, most of the know-how that has enabled Japan to become what it is today has emanated from a process of adoption and adaptation, of course, has been accompanied by countless failures and errors behind the success stories.

Through Japan's progressive adaptation and application of systems, methods and technologies from the West in a way that is suited to its own circumstances, Japan has

developed a storehouse of knowledge not found elsewhere from unique systems of organization, administration and personnel management to such social systems as the livelihood improvement approach and governmental organization. It is not easy to apply such experiences to other countries where the circumstances differ, but the experiences can provide ideas and clues useful when devising measures to solve problems.

JICA, therefore, would like to invite as many leaders of partner countries as possible to come and visit us, to mingle with the Japanese people, and witness the advantages as well as the disadvantages of Japanese systems, so that integration of their findings might help them reach their developmental objectives.



**Contact Information for Inquiries**

For inquiries and further information, please contact the JICA overseas office or the Embassy of Japan. Further, address correspondence to:

**JICA Chubu Center (JICA CHUBU)**