

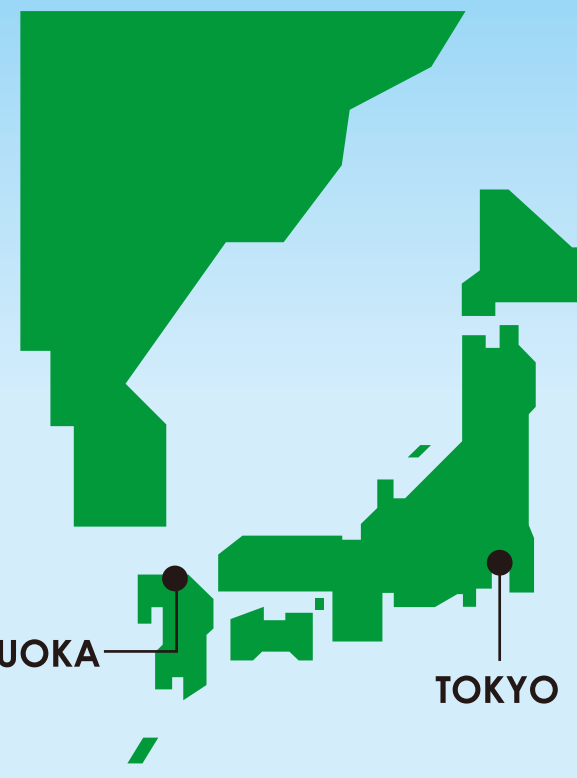
# Effectiveness of collaboration with local people for health promotion in the community

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## Introduction

Chidoribashi General Hospital is one of the main hospitals in Fukuoka City in Japan. The hospital has 617 staff members and 336 beds. We have not only offered diagnostic and therapeutic services, but also have always implemented health promotion activities in local communities. The emphasis has especially been on collaboration with The “Tomono-kai,” short for The “Fukuoka-kenkou-tomono-kai.” The Tomono-kai is a citizen’s group established in 1970 to promote health, and now has more than 40,000 members around Fukuoka City. It consists of 161 teams which have been formed in every community. We have always supported The Tomono-kai’s activities and together implemented many different kinds of health promotion activities in the community.



## Activities

### Team meeting

- A basic activity held in the every community once a month to several months.
- Activities are self-checking for blood pressure, pulse rate and body weight and learning about prevention of chronic diseases and exercising.
- Our staff (doctors, nurses etc.) participate in the meeting to support, instruct the members.

### Health checkup

- Annual routine health checkups and cancer screening tests (colon cancer, gastric cancer, breast cancer and uterine cancer) are made in the hospital.

### Walking

- Walking with members usually in every community, sometimes in the suburban parks.
- A walking event with around 2,000 participants is held every year.

### Health Festival

- A “Health Festival” gathering hundreds of people is held every year in several communities in order to learn disease prevention and promote recreational activities.

### Health consultations on street corners

- Free health consultations are held on street corners or in shopping centers.
- Measurements of blood pressure, body fat and bone mass are done.

### Health promoter training course

- Training courses have been held since 2008 for volunteer leaders recruited in the communities.
- A four-day course is held for learning about lifestyle-related diseases, measurement of physical fitness, fall prevention exercise, and nutrition education by experts together with small group discussions.
- We expect that members will become active health promoters in the communities.



## Results

The data show that the number of members undergoing cancer screening tests has increased, and some are diagnosed with cancer at an early stage(Fig1). Some members’ lifestyles have become better with regular exercise, quitting smoking and a well-balanced diet. In addition, the more actively we have implemented health promotion activities in the communities, the more the members have increased yearly(Fig2).

Fig1. The number of members undergoing cancer screening tests

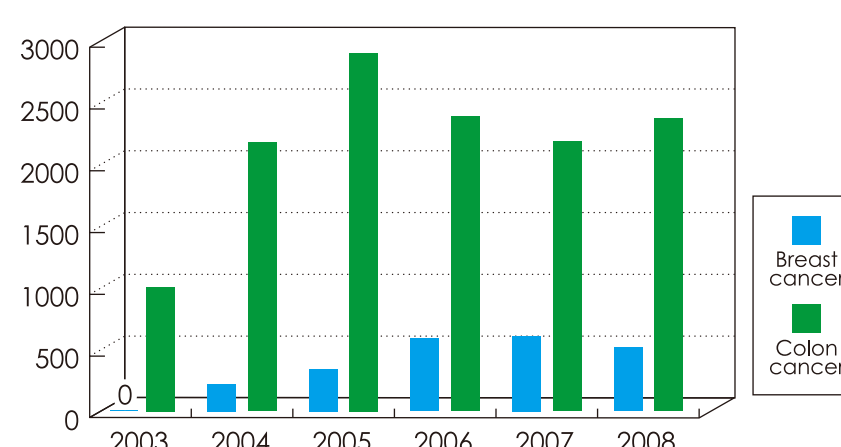
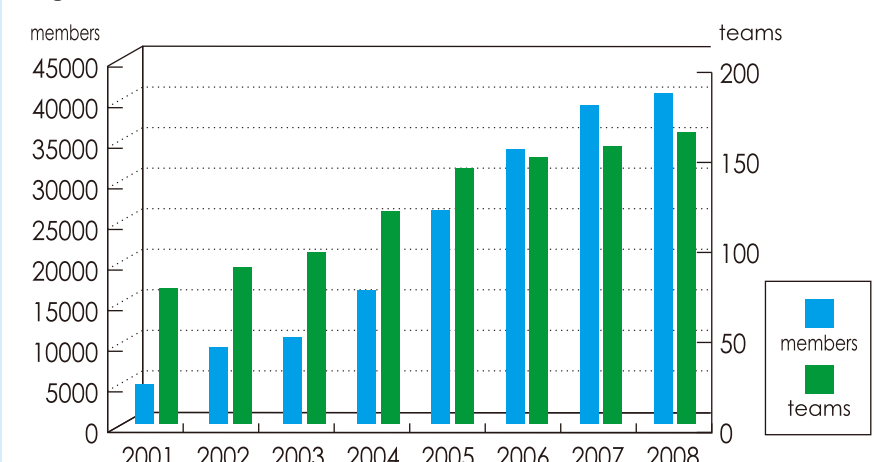


Fig2. The number of the Tomonokai’s members and teams



## Conclusions

We conclude that health promoting activities in collaboration with ordinary people are useful for health promotion in local communities.