

# National Institute of Health and Nutrition

独立行政法人 国立健康・栄養研究所



<http://www0.nih.go.jp/eiken/english>





Suminori Kono,  
President

### Greetings

The National Institute of Health and Nutrition (NIHN) was first established as a Nutrition Institute under the Ministry of Home Affairs in 1920. The Institute celebrated the 90th anniversary in 2010. The jurisdiction was transferred from the Ministry of Home Affairs to the Ministry of Health and Welfare in 1938. The Institute was moved to the current Toyama area in Shinjuku as the National Institute of Nutrition in 1948, and was renamed NIHN in 1989, with a newly set-up research department for physical activity and exercise. In 2001, the NIHN became an incorporated administrative agency in order to perform our responsibilities more effectively and efficiently, .

Since 2001, we have completed the 1st mid-term plan (2001-2005) and the 2nd mid-term plan (2006-2010). We are in the middle of the 3rd mid-term plan (2011-2015), focusing on major priority research issues, including 1) Combined effects of diet and physical activity for control of lifestyle-related diseases, 2) Nutritional epidemiologic research on diversity of Japanese diet and its impact on health, and strategy for dietary improvements, 3) Evaluation of effectiveness of food components in health foods and its health impact assessment. The Institute has been doing research towards health promotion of the people, prevention of lifestyle-related diseases, food safety and security, and enhancement of QOL.

Our mission includes support of public health policies implemented by the Ministry of Health, Labour and Welfare (MHLW), the Cabinet Office and the Consumer Affairs Agency. By conducting the National Health and Nutrition Survey (NHNS) annually with the MHLW, we report the current status and trend of food/nutrient intakes, physical activity level and exercise habit and other lifestyle habits. These data are utilized to formulate "Dietary Reference Intakes for Japanese" and "Exercise and Physical Activity Reference for Health Promotion", to set the standards for food service management at school, hospital and other facilities, and to evaluate food safety by measuring intake of food additives and agricultural chemicals. Furthermore, the NHNS provides the baseline data and mid-term/final evaluation data on health status of the people for fulfilling "Health Japan 21" and "Health Checkup Specially Programmed against Metabolic Syndrome Followed by Specific Health Counseling". The Institute also undertakes laboratory analyses of foods for approval of labeling as "Foods for Special Dietary Uses" and of food samples collected in the market by the MHLW, thereby providing information on food safety and effectiveness to the people as well as to the professionals.

We would like to further make our efforts to work on research and responsibilities so as to respond to public mandate, to support public health policies, and to establish international scientific networks, including WHO. We appreciate your continuous cooperation and support for our activities.

## About NIHN

- **Foundation** September 17, 1920  
Became an Incorporated Administrative Agency on April 1, 2001
- **Full Name** Incorporated Administrative Agency  
National Institute of Health and Nutrition
- **Cabinet Minister** Minister of Health, Labour and Welfare  
Prime Minister (partly)
- **Budget** Approximately 8 hundred million yen
- **Staff** Board members 4  
Full-time 38  
(Research 27, Administration 11)  
Part-time about 150
- **Aim** To improve public health by conducting research on diet and nutrition for health promotion of the people.
- **Research** (1) Research on health promotion of the people  
(2) Research on diet and nutrition of the people  
(3) Research on nutritional physiological effects of foods  
(4) Duties mandated by the Health Promotion Law

  - Data management of the National Health and Nutrition Survey
  - Analyses of foods for approval of labeling as Foods for Special Dietary Uses, and those collected by the Ministry of Health, Labour and Welfare

Our mission is to contribute to improvement of health and well-being of the people through research on health and nutrition

## Health Promotion throughout our lives



### Early childhood

Let's enjoy eating for healthy growth



### School-aged / adolescence

Let's acquire healthy dietary habits to prevent future lifestyle-related disease



### Productive age

First, do exercise, second, diet and quitting smoking, lastly, medicine



### Elderly

Independent and healthy life

**We support you**

- ① We contribute to improvement of health and well-being of the people, though research on health and nutrition
- ② We undertake comprehensive research, ranging from basic to advanced, on the associations between diet, nutrition, physical activity and health.
- ③ We provide scientific evidence essential to promote health and nutrition policies by high-quality research and disseminate the outcomes from the experts' point of view.
- ④ We establish domestic and international research networks, as a core institute in the field of health and nutrition, and develop human resources for the next generation.

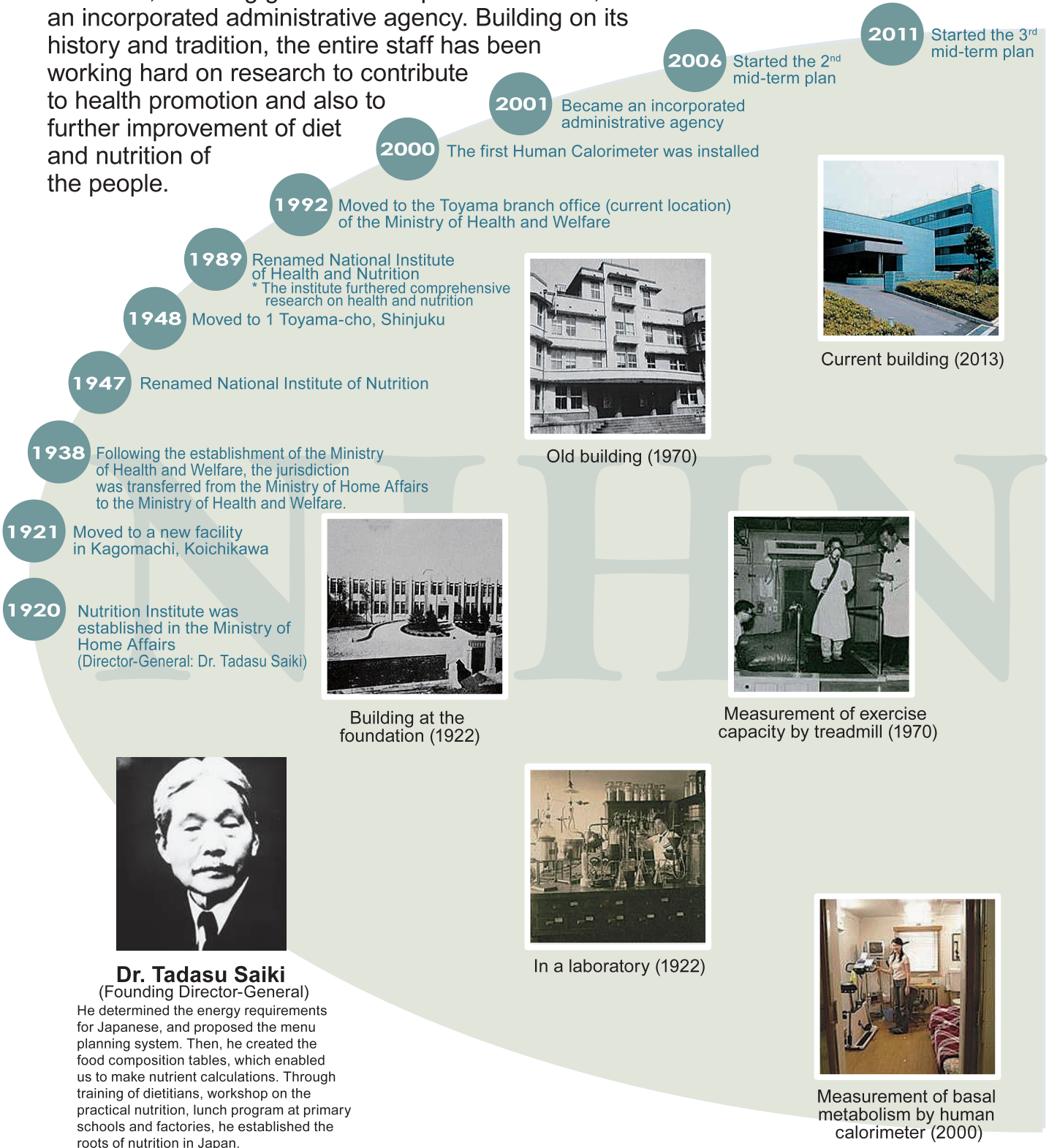
### Basic Guidelines

- ① Capitalizing on the originality of our institute, we promote efficient and effective research, by specifying priority themes.
- ② We promote basic, original and rigorous research in relevant fields, in order to enhance the research capacity of our institute and to achieve the applicable and progressive expansion in the future.
- ③ For a wide range of people to understand and utilize our institute, we actively disseminate relevant information and undertake external activities in collaboration with other institutes/organizations.
- ④ We utilize human and financial resources effectively, so as to work on research efficiently and conclusively.
- ⑤ We constantly assess and respond to governmental and social needs. In addition, we attempt to develop human resources and support registered dietitians etc. who actively work in the practical fields.

# History

The origin of National Institute of Health and Nutrition (NIHN) was the nutrition institute, established in the Ministry of Home Affairs in 1920. The institute contributed significantly to improvement of diet and nutrition, health promotion of the people as well as to the progress of nutritional sciences over 90 years.

In 2001, following governmental political reforms, the NIHN became an incorporated administrative agency. Building on its history and tradition, the entire staff has been working hard on research to contribute to health promotion and also to further improvement of diet and nutrition of the people.



**Dr. Tadasu Saiki**  
(Founding Director-General)

He determined the energy requirements for Japanese, and proposed the menu planning system. Then, he created the food composition tables, which enabled us to make nutrient calculations. Through training of dietitians, workshop on the practical nutrition, lunch program at primary schools and factories, he established the roots of nutrition in Japan.

# Focus areas

Priority research issues of the NIHN are as below:



## Combined effects of diet and physical activity for control of lifestyle-related diseases

Human and animal/molecular studies are undertaken on primary prevention of lifestyle-related diseases by exercise and physical activity, the interaction between diet and genetic factors and tailor-made prevention methods by exercise and diet. In particular, we specialize in and prioritize research on primary prevention of diabetes and metabolic syndrome.

Department in charge: Department of Nutritional Epidemiology, Department of Health Promotion and Exercise, Department of Clinical Nutrition, Department of Nutritional Education and Department of Nutritional Science



## Nutritional Epidemiological Research on diversity of Japanese diet and its impact on health, and strategy for dietary improvement

The indices and survey methodology to scientifically evaluate diversity of the Japanese diet are developed and epidemiological research is undertaken on physiological effects of the Japanese diet. Based on which, we develop strategy for dietary improvement. In particular, our priority are to accumulate the data to establish scientific evidence for the Dietary Reference Intakes for Japanese, evaluation of "Health Japan 21" and application to the next national health promotion program.

Department in charge: Department of Nutritional Epidemiology and Department of Health Promotion and Exercise



## Evaluation of effectiveness of food components in health foods and its health impact assessment

With respect to the effectiveness and health impact of health foods, we investigate the actual use of health foods and develop methods to evaluate the effects on human health. Our outcomes are disseminated widely to the general public, by constantly revising and enhancing the database that is utilized for risk communication regarding health foods.

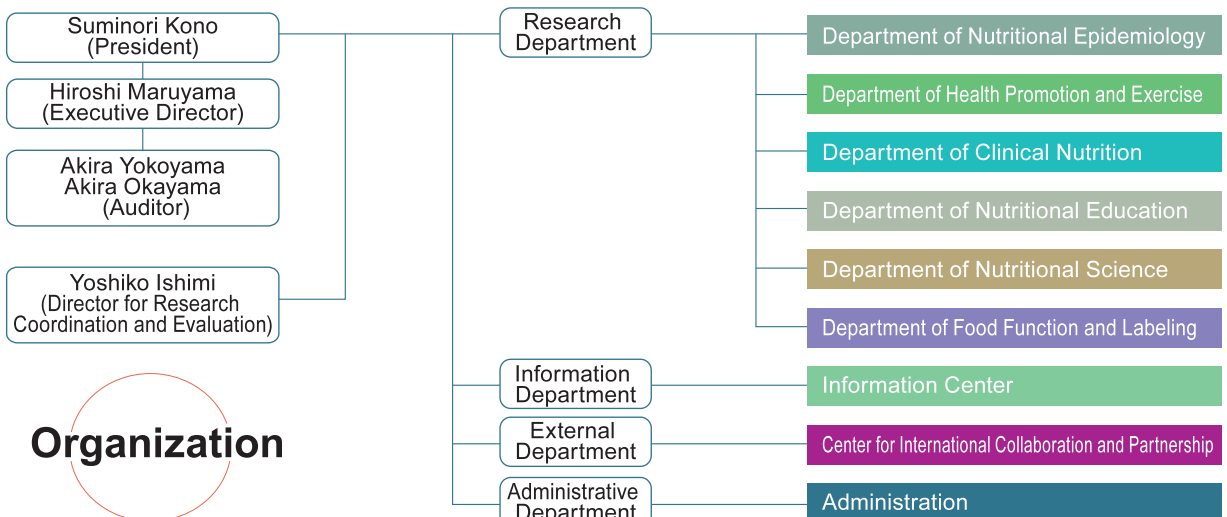
Department in charge: Department of Food Function and Labeling and Information Center



## Basic, innovative, exploratory research to enhance capacity of the NIHN



## Research on effective promotion of Shokuiku throughout one's life from infancy to elderly



## Organization

## Aim

In order to explore effects of diet and nutrition on health, our department undertakes nutrition research using epidemiological methodology. Our findings are utilized to evaluate the current status on nutritional intake and diet-related diseases of Japanese people, and also as scientific evidence to determine “how much intake of each nutrient is required to achieve healthy living”.



Chief

Hidemi Takimoto, M.D.

### Section of the National Health and Nutrition Survey

Not only tabulating and analyzing the annual nationwide National Health and Nutrition Survey (NHNS) conducted by the Ministry of Health, Labour and Welfare, this section works on technical and scientific research on survey methodology and data management. Additionally, we provide technical support for implementing and evaluating research on health and nutrition originally undertaken by the national and local governments.

The findings from these surveys are widely utilized for development of ideal health promotion policies at the national and local level.

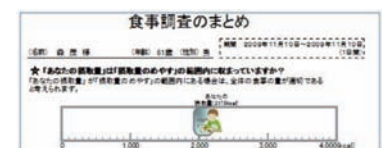
We also work on research to examine the association between dietary intake and disease development using the data of NHNS and other epidemiological studies



Shokuji-shirabe 2010  
NIHN methods: Data analyses supporting tool



Data management of NIHN



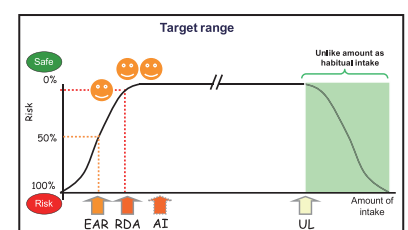
Shokuji-shirabe 2010  
“Summary on dietary survey”

### Section of the Dietary Reference Intakes

In order to obtain extensive evidence for the “Dietary Reference Intakes (DRIs) for Japanese” which is revised every 5 years, by the Ministry of Health, Labour and Welfare and to promote more effective application, we work on the following three activities;

1. Nutrition research to generate evidence for the DRIs for Japanese and practical research on its application.
2. Collection of basic data necessary to establish the DRIs for Japanese, and database management for next revision.
3. Dissemination of the DRIs for Japanese domestically and internationally, and promotion of its application.

In addition, we carry out epidemiological study for nutritional evaluation of diets among Japanese people.



Basic concepts of DRIs



## Aim

Increasing numbers of people with lifestyle-related diseases, metabolic syndrome and locomotive syndrome has become a significant social problem as these disease would affect one's healthy life expectancy and QOL. Our department undertakes research to explore scientific evidence for prevention of lifestyle-related diseases, metabolic syndrome and locomotive syndrome by increasing quantity of physical activity and exercise.



Chief

Motohiko Miyachi, Ph.D.

### Section of Exercise Guideline

This section aims to provide scientific evidence necessary to future revision of the “Exercise and Physical Activity Reference for Health Promotion (EPAR) 2013” and “Active Guide (Physical activity guidelines)”, which show the required quantity of physical activity and exercise for prevention of lifestyle-related diseases (diabetes, myocardial infarction), cancer as well as deterioration of vital functional (e.g. dementia, locomotive syndrome).

For which, academic papers published worldwide are systematically collected and analyzed (systematic review, meta-analysis), so as to explore the interaction between genetic factors and environmental ones. Furthermore, we undertake a large-scale randomized control study with 1,000 participants to examine the effects of intervention to increase the quantity of physical activity for health promotion.



Formulation and dissemination of “Exercise Guide”

### Section of Physical Activity Assessment

This section develops assessment methods for physical activity and physical fitness, and undertakes epidemiological research on physical activity. In particular, our research aims to develop various assessment methods for physical activity, as well as to establish accurate and rapid methods to measure physical fitness, which are necessary to conduct physical activity and exercise survey at the National Health and Nutrition Survey, and to formulate the “Exercise and Physical Activity Reference for Health Promotion (EPAR)” and the “Active Guide”. In addition, we undertakes large-scaled cohort studies, either community- or worksite-based, to explore association between physical activity and exercise habits, and development of lifestyle-related diseases and cancer, as well as health problems such as locomotive syndrome, depression and dementia, so as to establish evidence that would contribute to health promotion of the Japanese people.



Measurement of maximal oxygen uptake using cycle ergometer

## Aim

One of the reasons of a rapid increase in the number of Japanese people with lifestyle-related diseases is collapsed nutritional balance, which could lead to development of diseases by interacting with genetic factors or by deteriorating normal physiological functions.

This department therefore undertakes research to elucidate the detail mechanisms to develop lifestyle-related diseases, focusing on diet and nutrition. Based on which, we aim to establish therapeutic and preventive methods for these diseases.



**Chief**  
Naoto Kubota, M.D.

### Section of Metabolic Syndrome

It is recognized that lifestyle-related diseases (e.g. diabetes) could be developed by a combination of genetic and environmental factors. Following the concepts that common diseases could be caused by common genetic variants (single nucleotide polymorphism: SNP), this section has been working on identification of type 2 diabetes-susceptibility genes among Japanese through genome-wide association study (GWAS). However, it has been recently acknowledged that these common diseases could be also caused by relatively less common genetic variants (SNP). Based on this hypothesis, we attempt to identify new type 2 diabetes-susceptibility genes among Japanese, using imputation or a next-generation sequencer (Figure 1).

Furthermore, based on the above findings, we also investigate what genetic and environmental factors could cause obesity, diabetes and metabolic syndrome, and how these factors could interact each other.

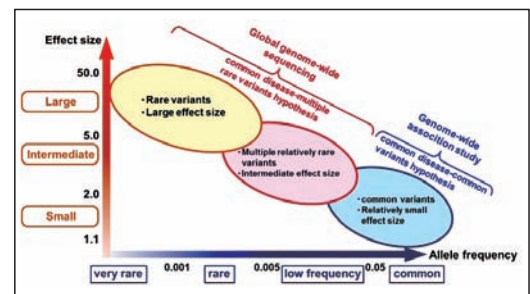


Fig. 1 Missing heritability – strategies to systematically identify type 2 susceptibility genes based on allele frequency and effect size

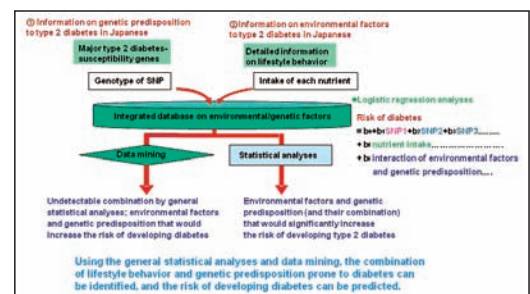


Fig. 2 Identification of interaction between environmental factors and genetic predisposition that initiates Type 2 diabetes

### Section of Nutritional Therapy

Excessive energy intake, especially increased fat intake, is one of the major causes of diabetes and obesity. It is reported that increased fat intake, with total energy intake being unchanged, resulted in the increasing number of people with diabetes in post-war Japan.

This section investigates the mechanism how high-fat diet affects obesity and diabetes using genetically modified diabetes- and obesity-model animals. Based on which, we aim to identify the best nutritional balance for preventing lifestyle-related diseases and also to contribute to the relevant national policies.



## Aim

This department undertakes research on effective methodology of nutrition education for health promotion throughout one's life. We aim to explore the approach toward appropriate growth during infancy and childhood, prevention of metabolic syndrome in adults and adequate diet for the elderly, as well as its practical application in collaboration with other health professionals working on health promotion.



Chief

Hidemi Takimoto M.D.

### Section of Nutritional Care and Management

This section undertakes research to provide dietary and physical activity guidance for the people in needs of specific nutritional care (the elderly, people affected by certain diseases, and athletes). In particular, our current focal studies include;

- assessment methods of energy requirements and nutritional status
- support and environment for the above people to maintain adequate nutrient intake.

We aim to work on practical research, with sharing issues to be discussed among nutritional specialists and other concerned professionals.

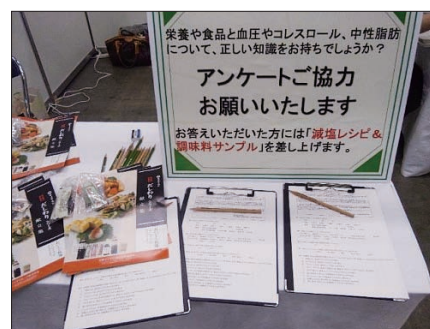
### Section of Shokuiku

This section aims to establish a foundation of scientific evidence useful to promote "Shokuiku"\* , and undertakes research to explore appropriate dietary behaviors during pregnancy so as to attain good pregnancy outcome.

In addition, we undertake empirical research, including questionnaire survey for adults, on food environment and collaboration toward Shokuiku promotion, and propose effective implementation and evaluation of Shokuiku programs in collaboration with nutritional specialists and other concerned professionals.

\*In Japanese, Shoku means food and diet and iku means growth or education.

Shokuiku covers a wide range of concepts of food and nutrition education



Exhibition booths at the 7th National Convention for promotion of Shokuiku\* held in Yokohama

## Aim

Our department undertakes research on energy metabolism and appropriate intake of major nutrients such as protein, lipid and carbohydrate with the aim to provide the data for establishment of the “Dietary Reference Intakes (DRIs) for Japanese” of energy and major nutrients. We also work on research on pathogenesis of lifestyle-related diseases caused by excessive or inadequate intake of these nutrients, as well as on prevention of these diseases.



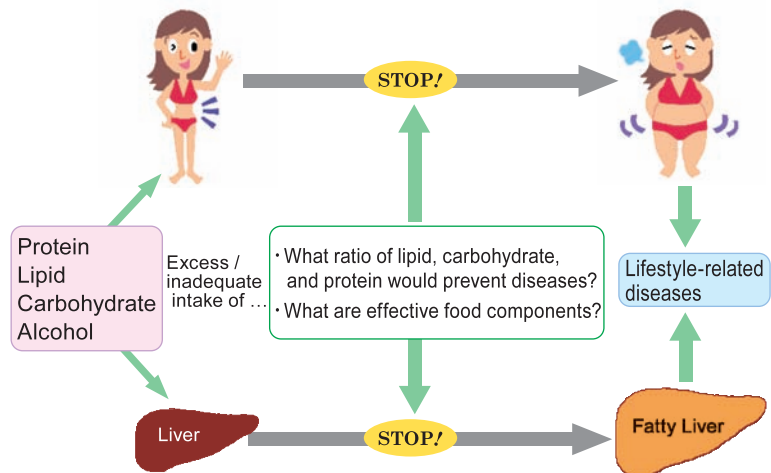
Chief

Shigeho Tanaka, Ph.D.

### Section of Major Nutrients

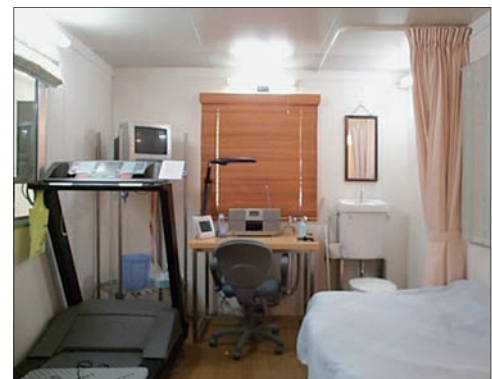
This section undertakes research that would contribute to establishment of the “Dietary Reference Intakes (DRIs) for Japanese”, by examining appropriate intake of major nutrients such as protein, lipid and carbohydrate for prevention of lifestyle-related diseases and obesity.

We also explore the mechanism of pathogenesis of lifestyle-related diseases caused by excessive or inadequate intake of these nutrients.



### Section of Energy Metabolism

This section examines estimation methods of energy expenditure in one’s daily life using doubly labeled water method and human calorimeter. And, we undertake research to provide the data for establishment of estimated energy requirement (EER) in the “Dietary Reference Intakes (DRIs) for Japanese” which is revised every five years by the Ministry of Health, Labour and Welfare. Additionally, this section undertakes research on energy metabolism during resting and activity (energy expenditure and substrate utilization) and on regulatory mechanism and potential variables of energy balance including diet.



Human Calorimeter: Human metabolic chamber

## Aim

Our department is responsible for analyses of “Food for Special Dietary Uses” collected for examination of its food components and analyses required to proceed with approval of its labeling under the Health Promotion Law, investigation on the concepts of nutrition labeling, and research on nutritional and physiological evaluation of food components in foods with health claims.

Furthermore, information on foods that addresses the increased health consciousness among people are collected, and impact of labeling of these food on one’s health are investigated, so as to eliminate anxiety surrounding health foods among consumers. In addition, we evaluate effectiveness and safety of these food components, and examine their interactions with pharmaceutical products.



Chief

Yoshiko Ishimi, Ph.D.

### Section of Food Component Analysis

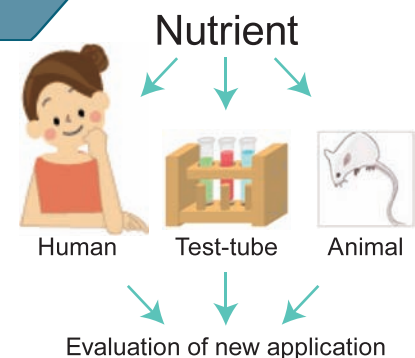
This section undertakes analyses of “Food for Special Dietary Uses” collected for its examination, those required to proceed with approval of its labeling, those of foods with nutritional labeling using GC and HPLC, so as to confirm that the nutrients and food components are included as labeled. In addition, we work on development of analytical techniques for nutrients and new food components in “Food for Specified Health Uses”, management of analytical accuracy and standardization of the standard foods.



Analyses of food components by LC/MS

### Section of Food and Nutrition Labeling

This section undertakes basic research to evaluate physiological function of specific nutrient in foods and its labeling. In particular, we work on nutritional and physiological research, focusing on micronutrients (e.g. vitamin A, vitamin D), so as to explore possible new application for health promotion of people. Based on which, we investigate the appropriate concepts of nutrition labeling.



### Section of Food Function

This section works on research to secure safe use of functional foods; e.g. evaluation of effects of intake of functional foods on health. For which, we also investigate how medicinal effects could be affected if medicine are taken together with functional foods, and whether there is any functional foods to be cautioned for its intake. Besides, we attempt to search new food components with certain functionality and develop functional foods that would contribute to health promotion of people.



## Aim

Information Center plays an important role as a core center to disseminate information from the NIHN. Collecting research outcomes and information on health and nutrition, we provide useful information through the NIHN website and news letter. Additionally, we collect basic information on the foods with health claims (e.g. "Foods for Specified Health Uses", food with nutrient function claims) and information on health hazard of so-called health foods for effective implementation of the national health systems related to health, diet and nutrition.



Chief

Keizo Umegaki, Ph.D.

### Section of Information Network of Health Food

Abundant information on so-called health foods and food components interferes with dissemination of the foods with health systems and promotion of appropriate lifestyle habits. In this context, this section collects and accumulates sound information on safety and effectiveness of foods and food components based on scientific evidence, which is provided on the NIHN website "Information system on safety and effectiveness for health foods (<http://hfnet.nih.go.jp>: Japanese only)". In order to inform consumers about risk, this section also attempts to establish a system where we can obtain cooperation from the concerned health and nutrition specialists and collaboration with other institutes and organizations.



Information system on safety and effectiveness for health foods (Japanese only)  
<https://hfnet.nih.go.jp/>



Information on Food for Special Dietary Uses and Nutrition Care (Japanese only)  
<http://fosdu.nih.go.jp/>

### Section of Nutrition Informatics and Technology

Responding to the needs ranging from the general public to the professionals, this section collects, both domestic and international, information on health, diet and nutrition. The collected information is accumulated in the database, and provided through the NIHN website and newsletter. In this way, we support people in obtaining correct and appropriate information and choosing ideal health behaviors.



NIHN official website (Japanese)  
<http://www0.nih.go.jp/eiken/>



Health and Nutrition Forum (Japanese)  
<http://www.linkdediet.org/hn/>



Latest Health and Nutrition News in the world (Japanese)  
<http://www.nutritio.net/>

## Aim

This center works on planning and coordination of various external programs at the NIHN; establishment of international research networks in particular with Asian countries, promotion of collaborative research with overseas research institutes, fellowship/training programs for young foreign researchers, collaborative research with domestic universities and private companies and organization of international symposiums. Furthermore, as a GEMS/Food Collaborating Institution, we provide dietary intake data from the National Health and Nutrition Survey to the WHO.



Chief

Nobuo Nishi, M.D.

### Section of International Nutrition Research and Development

1. Promotion of collaborative research with research institutes in the field of health and nutrition in Asian countries
2. Promotion of cooperation and collaboration with international organizations (e.g. WHO)
3. Fellowship/training program for human resource development  
"NIHN Fellowship Program for Asian Researchers" started in 2004, in which we accept one to three researchers annually (see page 13). In addition, we hold the training courses based on the request from the WHO and JICA etc.
4. Organization of international symposium  
The main international symposium hosted by the NIHN is "Asian Network Symposium on Nutrition", which has been held biyearly so as to establish the network with research institutes in Asia.
5. Information for foreign institutes/researchers  
The information on the research activities at the NIHN as well as Japanese health and nutrition policies is available in English, on the NIHN website.



Asian Network Symposium on Nutrition

### Section of Biostatistical Research

This section undertakes the basic and applied research so as to develop collaborative research/project by working with private sectors and academic bodies. We also carry out research for policy evaluation utilizing evidence on health and nutrition. Our research themes include;

- 1) Establishment of the methodology for monitoring the health and nutritional status of Japanese using the National Health and Nutrition Survey and "Health Checkup Specially Programmed against Metabolic Syndrome Followed by Specific Health Counseling", following formulation of the 2nd Health Japan 21.
- 2) Development of simulation model for future prediction of mortality and morbidity of lifestyle-related diseases, based on the data of the National Health and Nutrition Survey etc.

### Section of Training and Partnership

- 1) Annual open seminar
- 2) Seminars for nutrition experts (including collaborative seminars with other institutes)
- 3) Dispatch of our research staff to training and lifelong education programs for registered dietician/dietitian. Support for planning of training programs.
- 4) Informal meeting held 6 times a year with other institutes, universities and private companies in the field of health and nutrition



### Unit for International Collaboration on Nutrition and Physical Activity

As a WHO Collaborating Centre for Nutrition and Physical Activity (designated in March 2014), this Unit aims to play a core role in collaborative activities in the field of nutrition and physical activity in Asia and Pacific region.



Unit for International Collaboration  
on Nutrition and Physical Activity,  
National Institute of Health and Nutrition



WHO Collaborating Centre for  
Nutrition and Physical Activity

## International Cooperation



### ◆ For establishing the nutrition network in Asia...

As a core institute in the field of health and nutrition in Japan, the NIHN has been enhancing international cooperation/collaborative activities, especially with Asian countries. The main activities are summarized as below;

#### 1. Promotion of international collaboration

We promote the joint studies among Asian countries to contribute our efforts to the well-beings of Asian people. Besides, we also enhance collaborative activities with the international organizations, such as WHO and FAO.

##### GEMS/Food Collaborating Institution

Providing dietary intake data from the National Health and Nutrition Survey to WHO

##### WHO Collaborating Centre for Nutrition and Physical Activity

Implementing collaborative activities on nutrition and physical activity in Asia and Pacific region

#### 2. Fellowship program for overseas researchers

In order to promote the human resource development in developing countries (especially in Asia), we accept the overseas researchers for training. There are 2 types of fellowship; one is hosted by the NIHN and the other is hosted by other organizations (e.g. WHO, JICA).

##### The NIHN fellowship program for Asian Researcher

Year	Country of the accepted researchers
2004	Korea (3 months)
2005	India (5 months), Nepal (6 months)
2006	Turkey (3 months), Mongolia (4 months)
2007	Malaysia (3 mo., 4 mo.), Bangladesh (3 mo.)
2008	Vietnam (5 months)
2009	China (4 months), Korea (6 months)
2010	China (3 months), Malaysia (3 months)
2011	Malaysia (3 months)
2012	Indonesia (3 months)
2013	Vietnam (3 months), Malaysia (3 months)



Collaborative research with the past NIHN fellow (2013, Malaysia)

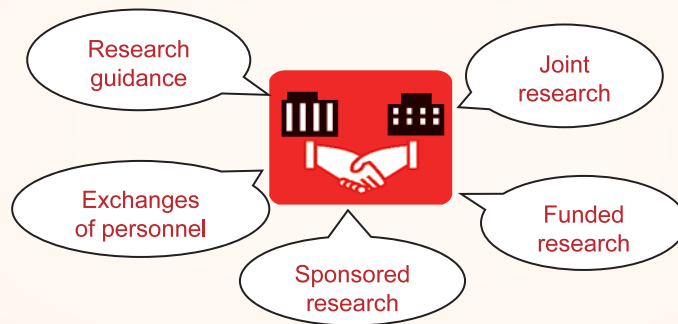
#### 3. Asian Network Symposium on Nutrition (hosted by NIHN)

	1 <sup>st</sup> Symposium	2 <sup>nd</sup> Symposium	3 <sup>rd</sup> Symposium	4 <sup>th</sup> Symposium	5 <sup>th</sup> Symposium	6 <sup>th</sup> Symposium
Theme	Optimizing maternal and child nutrition for the prevention of chronic diseases	Nutrition Reference and Dietary Recommendation in Asian countries ~ from nutrition science to policy	Nutrition Monitoring and Community Nutrition Program for National Health Promotion in Asian countries	Nutrition Education Program for National Health Promotion in Asian Countries: a Focus on School-based Program	Food Security for Maternal and Child Nutrition in Asian and Pacific countries	Improvement of Social Environment for Healthy Diet
Date	Jan 16, 2004	March 3, 2006	March 1, 2008	Sept. 8, 2010	March 9, 2012	March 12, 2014
Supporting bodies	Ministry of Health, Labour and Welfare (MHLW), Ministry of Foreign Affairs, JICA, JICWELS, Japan Dietetic Association, Japan Doctors Association,	MHLW, Japan Dietetic Association, WHO/WPRO	MHLW, Japan Dietetic Association, The Japanese Society of Nutrition and Dietetics	MHLW, Japan Dietetic Association, The Japanese Society of Nutrition and Dietetics, The Japanese Society of Nutrition and Food Science	Japan Dietetic Association, The Japanese Society of Nutrition and Dietetics	MHLW, Japan Society of Nutrition and Food Science, Japan Dietetic Association, The Japanese Society of Nutrition and Dietetics

## Use of research outcomes

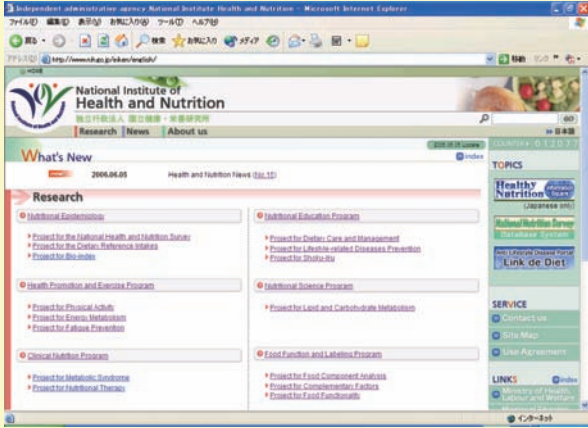
### NIHN is a partner for all

In response to the needs of various private companies/organizations, regardless of the type of industry, our institute attempts to produce effective solutions. We hope you will utilize our research outcomes and technology.



We support collaboration/cooperation with universities and private companies. By effectively utilizing the intellectual property, technology and human resources of our institute, we work on the advanced research with you. We welcome proposals for possible research projects.

## Source of the latest information



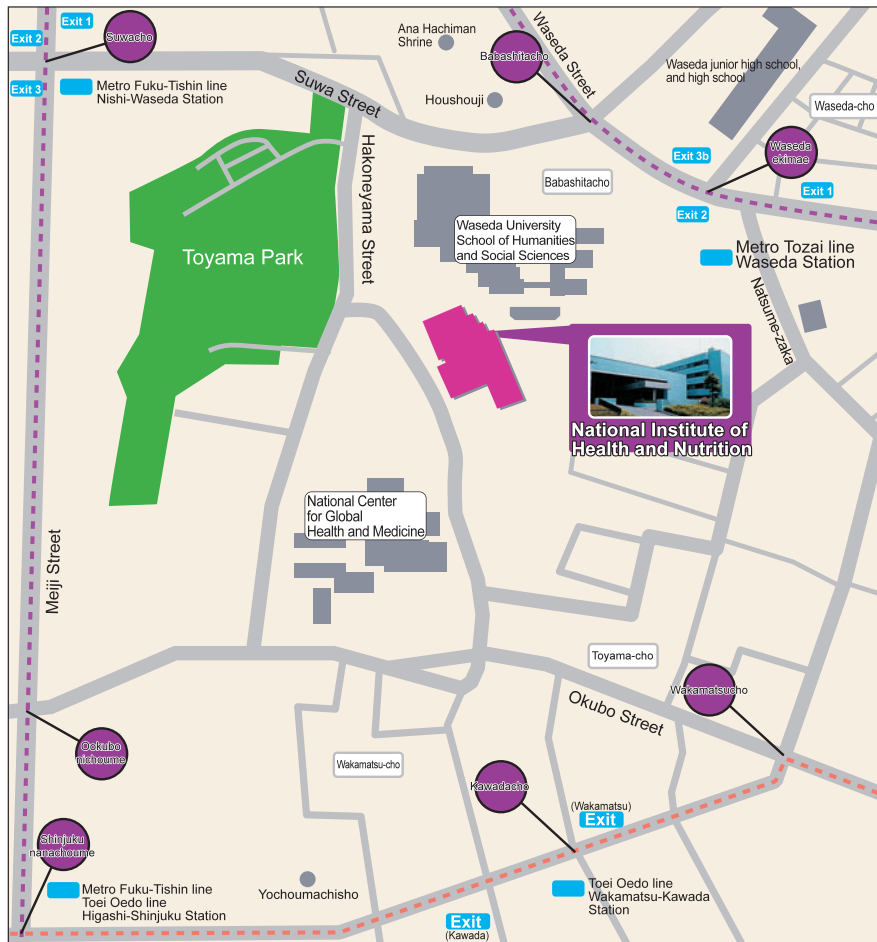
The screenshot shows the NIHN website interface with a navigation menu and a list of research projects under the heading "What's New".

**NIHN website**  
<http://www0.nih.go.jp/eiken/english>



The cover of the "HEALTH AND NUTRITION NEWS" newsletter, No. 18, March 10, 2006, features a blue apron with various food items. The table of contents lists several articles.

**Health and Nutrition News**  
 (quarterly newsletter issued by the NIHN)  
[http://www0.nih.go.jp/eiken/english/info/info\\_news\\_e.html](http://www0.nih.go.jp/eiken/english/info/info_news_e.html)



- Access**
- 10 min. walk from Waseda station (Exit 2 or 3b), Metro Tozai line
  - 10 min. walk from Wakamatsu-Kawada station (Exit Kawada), Toei Oedo line
  - 14 min. walk from Nishi-Waseda station (Exit 1 or 2), Metro Fuku-Toshin line



**Logo of National Institute of Health and Nutrition**

The important role of NIHN is to promote nutritional and health status of Japanese people, which is expressed by an image of healthy man and woman. The vivid green and fresh blue represent the concepts of health and nutrition, and the orange sun illustrates the research outcomes of NIHN.

**Incorporated Administrative Agency  
National Institute of Health and Nutrition**

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 URL: <http://www0.nih.go.jp/eiken/english>

(Updated: April 1, 2014)