

Challenges to Obesity Prevention

US-Japan Workshop, August 29, 2008, International Medical Center of Japan

US-Japan Workshop, "Challenges to Obesity Prevention" was held on Fri. 29 August, 2008, with the theme of the prevention and improvement of obesity as a global problem. In order to apply to the "Specific Health Check Up Programmed against Metabolic Syndrome Followed by Specific Health Counseling" which started from the beginning of this fiscal year in Japan, we aimed to exchange views current activities and a future direction relevant to "Dietary Habit" and "Behavioral Change" in US and Japan through an in-depth discussion.

Approximately 100 participants attended the Workshop, and we discussed the activities and issues on the research projects under the current status for the obesity prevention in both countries (Please refer to the following Agenda). At Open Discussion, we held an active discussion of the following subjects:

- 1) How to change the domestic dietary habit
- 2) Problem of relying on fast food
- 3) "Shokuiku" in Japan

You can download some presentation slide from the following links.

Contact e-mail for inquiry on the Workshop is: nihn-ccp@nih.go.jp

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Date : Fri. 29 August, 2008 (13:00-17:20)

Location : International Medical Center of Japan

Agenda :

- 13:00-13:05 Welcome Dr. Nobuyo Kasaoka-Tsuboyama (NIHN, Japan)
Opening Remark Dr. Shaw Watanabe (NIHN, Japan)
- 13:05-13:25 Dr. Robert W. Jeffery (University of Minnesota, USA)
[Environmental Effects on Energy Balance: An Experiment on Portion Size](#) [Slide \(PDF\)](#)
- 13:30-13:50 Dr. Alexander Rothman (University of Minnesota, USA)
[Linking Theory to Practice: Promoting the Initiation and Maintenance of Behavior Change](#) [Slide \(PDF\)](#)
- 13:55-14:15 Dr. Simone A. French (University of Minnesota, USA)
[Family-based obesity prevention targeting television, eating and physical activity : The Take Action study](#) [Slide \(PDF\)](#)
- 14:20-14:35 Dr. Akemi Morita (NIHN, Japan)
Intervention program for obesity prevention: The Saku Control Obesity Program (SCOP)
- 14:40-14:55 Dr. Shigeho Tanaka (NIHN, Japan)
[Determinates of total energy expenditure and significance of physical activity](#) [Slide \(PDF\)](#)
- 15:00-15:20 Break & Poster presentation
- 15:20-15:35 Dr. Naomi Aiba (NIHN, Japan)
"Shokuiku"(National Dietary Education) promotion in Japan
- 15:40-16:00 Dr. Sharon L. Hoerr (Michigan State University, USA)
Eat healthy, your children are watching
--mother-child dietary concordance and feeding issues of young children
- 16:05-16:25 Mr. Scott Shimotsu, MPH (University of Minnesota, USA)
[Using Food Receipts To Measure The Neighborhood and Home Food Environment](#) [Slide \(PDF\)](#)
- 16:30-16:45 Dr. Tetsuya Kubota (NIHN, Japan)
[Approach to Education of Obesity with Type 2 Diabetes](#) [Slide \(PDF\)](#)
- 16:50-17:15 Open Discussion: Moderator Dr. Melissa Melby (NIHN, Japan)
- 17:15-17:20 Summary & Conclusions: Dr. Robert W. Jeffery
- 17:20 Adjourn

POSTER PRESENTATION

- DNA polymorphism of obese people in Saku Control Obesity Program (SCOP)
Kouichi Yamada, Jun Takezawa, Akemi Morita, Yasuhiro Matsumura and Shaw Watanabe, NIHN
- Some characteristics in obesity trend in Japan
Shoichi Mizuno, Nobuyo Tsuboyama-Kasaoka and Toyonori Omori, NIHN
- Dietary histidine prevent obesity due to suppressing food intake
Seiichi Kasaoka, Kiyoko Goto, Michiko Endo, Miki Takizawa, Kaoru Tanaka, Shigeru Nakajima, Bunkyo University Women's College, Teikyo Heisei University, Shinshu University



Dr. Alexander Rothman



Dr. Scott Shimotsu (the person standing with MIC)



Dr. Robert W. Jeffery



Dr. Sharon L. Hoerr



Dr. Simone A. French (the person facing to this side)