



Information Sheet

Japan

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Credentialing Verification Authorities: The credentialing authority is the Ministry of Health, Labour and Welfare (MHLW). To practice as a Registered Dietitian in Japan, a person must complete 4 years of training at a designated facility and pass a national exam to receive a certificate from the MHLW.

MLHW Website: <http://www.mhlw.go.jp/english/>

MHLW Phone number: +81-03-5253-1111 (Japanese only)

Communication: Country code (+81)

Japan is 12 or 13-hours ahead of eastern standard time, depending on DST.

Ongoing Nutrition Activities in Japan Contents

1. National Dietetic Association

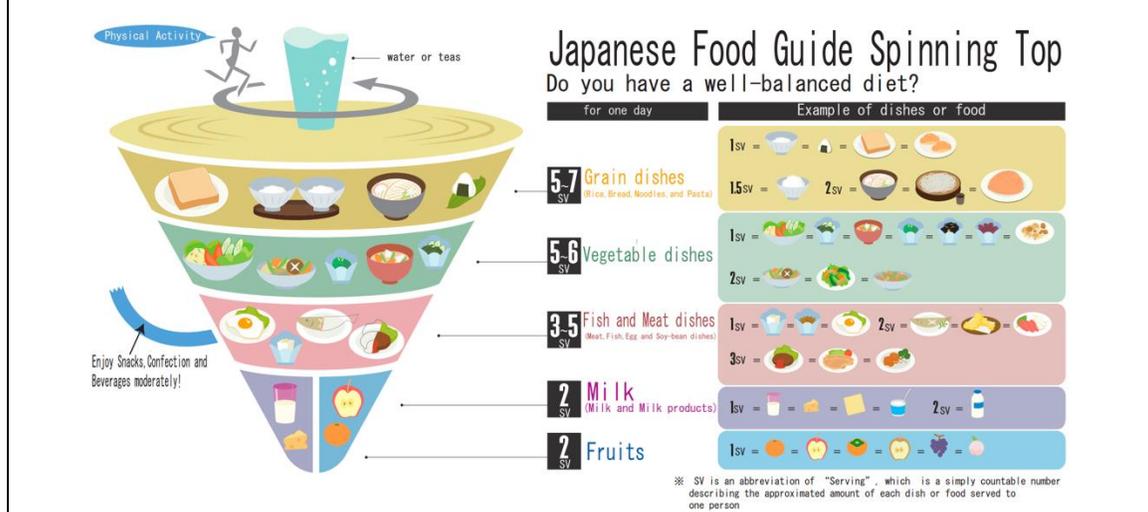
Japanese Dietetic Association	http://www.dietitian.or.jp/english/index.html
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Related organizations

The Japan Diabetes Society	http://www.ids.or.jp/
Japan Society- Study of Obesity	http://www.congre.co.jp/himan30/english/english.html
Japan Society of Nutrition and Food Science	http://www.isnfs.or.jp/english/english_overview.html

2. National Nutrition Programmes/Projects

The Ministry of Health, Labour and Welfare and Ministry of Agriculture, Forestry and Fisheries developed the Japanese Food Guide Spinning Top which is the Japanese dietary guidelines. The Spinning Top is basis of food education, or shokuiku, for the general healthy population.



3. Organizations working on Health & Nutrition

a. National Organizations (Government)

Ministry of Health, Labor, and Welfare	http://www.mhlw.go.jp/english/index.html
National Institute of Health & Nutrition	http://www.nih.go.jp/eiken/english/index.html

3b. International Organisations

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3c. Educational Institutes (Nutrition Education & Research). The International

Confederation of Dietetic Associations indicates there are 306 institutions in Japan recognized by the MHLW as training facilities for dietitians (2-year) and registered dietitians (4-year), such as:

Tokyo College of Nutrition & Food Dept Nutritionist	http://www.shokuryo.ac.jp/dietitian
Josai University Department of Clinical Dietetics and Human Nutrition	http://www.iosai.ac.jp/english/education/medicalnutrition.html

Mimisaka University Department of Food Science	http://mimasaka.jp/
Hiroshima Bunkyo Women's University Dept of Human Nutrition	http://www.h-bunkyo.ac.jp/
Kobe Gakuin University The Faculty of Nutrition	http://www.kobegakuin.ac.jp/english/faculty/nutrition.html
Ochanomizu University Division of Nutrition and Food Science	http://www.ocha.ac.jp/en/education/undergraduate/human.html#nutrition
Nakamura Gakuen Dept of Nutritional Sciences	http://www.nakamura-u.ac.jp/en/faculty/
Guide to Study in Japan:	http://studyinjpn.com/en/search/index?utf8=%E2%9C%93&sk=UJ&st=&fo=&sa=&sp=&mf=P&sf=110

3d. Non-Governmental Organizations (NGO's)

Second Harvest Food Bank	http://2hj.org/english/about/
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4. Assessment of Training Quality of National Dietitians, their Professional Role and Prestige

5. Brief Description of National Healthcare System and Private Practice

The Public Health Insurance system in Japan pays for 70% or more of the cost of most medical treatment. Residents must be insured. There are two kinds of public health insurance:

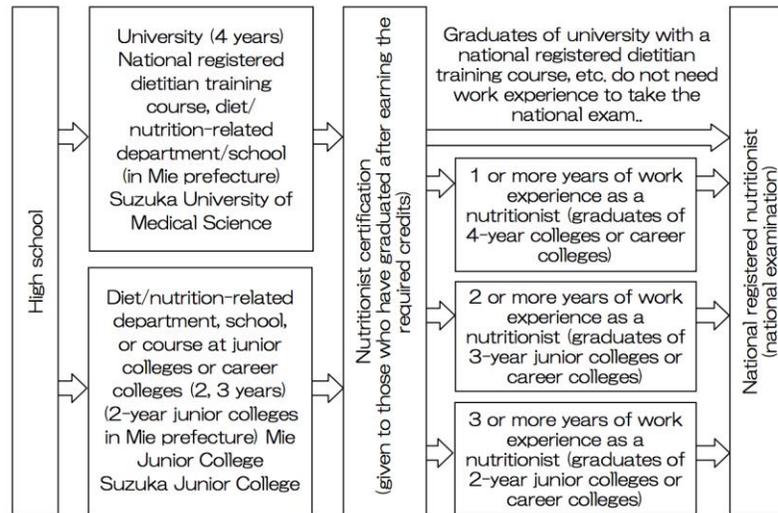
- Social/Employee's Health Insurance is provided to most full-time employees through their work.
- National Health Insurance is provided through municipal offices for those who are self-employed, students, and others without Employees' Health Insurance.

6. Employment Opportunities Profile. There are limited employment opportunities due to government regulation. Registered dietitians and dietitians must be educated and

trained in Japan at an MLHW-accepted training facility. Afterwards, RDs must pass a national exam for certification.

However, the MLHW allow foreign-trained RDs to practice privately in the expatriate community and so long as she identifies herself as “foreign-trained”.

Becoming a national registered dietitian:



7. Obtaining Work Permits. Foreign-trained RDs, and others, are required to obtain a work visa. If residing in Japan as a Dependent on a spouses’ work visa, a person may apply for “Permission to Engage in Activity other than that Permitted under the Status of Residence Previously Granted”. To obtain a work visa as a non-resident foreigner, a person must be sponsored by the company or organization for which s/he will work. Immigration Bureau of Japan, http://www.immi-moj.go.jp/english/tetuduki/kanri/hituyou_syorui.html.

8. Local Food Customs and Culture

Traditional foods and dishes. The most commonly eaten staple food in Japan is rice. We can’t talk about Japanese meals without rice. Japanese also eat bread, other wheat products like pasta, Chinese noodles, as well as *udon*. Since 1980, many Japanese people have been interested in bread, pasta, and other grain products, especially as they have been considered easy to eat for children and fashionable for young people.

However, in the 1990s and 2000s, the traditional Japanese meal was spotlighted as a healthy meal, and now we are aware of rice more than before.

Tofu (soybean curd) is also popular in Japan. We can eat it boiled, stir fried, or raw. It's very soft and must be eaten with chopsticks or a spoon. For that reason, it's not very easy for to pack for lunch, which may be one reason tofu consumption hasn't increased significantly. But there are other ways to introduce soybean nutrients into the diet, such as *nattō* and *miso*.

As for fish, consumption is like that of our staple food. In the past 20 years, Japanese have eaten a substantial amount of fish, but fish is neither cheap nor easy to cook, and some kinds of fish are too smelly for a lunchbox, which may prevent some from trying more fish in their diets.

The traditional Japanese sweet is a rice cake and sweetened red beans, but in fact we like Western-style cake more. There are more cake shops than Japanese sweet shops.

Traditional meal patterns. 3 meals a day. Breakfast: rice or bread, egg (e.g. boiled, raw, fried) *nattō* (fermented soy beans), soup (miso soup, vegetable soup), salad, yogurt, juice. About half of Japanese families skip breakfast on Saturday or Sunday and eat "brunch" (late breakfast/early lunch) instead. About 1/4 of working men skip breakfast (or only drink juice or coffee).

Lunch: 20% of office workers bring their lunch. Many people eat *onigiri* (rice ball). Typical ingredients for a lunch box are egg, salmon, green vegetables, tomato, and boiled vegetables. Others eat lunch at restaurants and cafés or buy a packaged lunch or *onigiri* at convenience stores. 10% of companies have their own company café. Another popular lunch menu consists of wheat products like *udon*, *ramen*, or *okonomiyaki*. As for schools, most elementary and junior high schools provide students and teachers with lunch. Dietitians design the menu.

Dinner: We mainly eat rice with a main dish of meat or fish and stir-fried, boiled, or pickled vegetables, and soup. Very many people (workers) eat out on Fridays. Eating out or visiting family for a meal is common, but parties are less familiar than in Western countries.

Snacks: Green tea and *senbei* (rice cracker) or Japanese sweet, or coffee with cookies or cake.

Holiday foods and religious food practices. Japanese summer vacation is not long, especially for workers who have only 1week, so it's like usual days off. No special meals. However, the New Year holiday is still special. We eat lots of *mochi* (sticky rice) and prepare several dishes with strong flavors. The New Year holiday is the most dangerous time for overweight people.

Current food practices. Macrobiotic meals are the latest boom, especially for mothers. That means consumption of brown rice is increasing and there are more organic food shops, but they are also 20-50% more expensive. Still, fast food, such as McDonald's, is very popular, sadly. Japanese are so busy, we can't take enough time for meals. At diet counseling, most people say they don't have time to prepare vegetable dishes. However, there are many popular health programs on TV, as well as a health plan by the government, so people are showing interest in getting information. Since 2000, many family restaurants started adding health information to their menus.

9. CE Opportunities (Local as well as Upcoming AODA Conference)

- AODA webinars and conferences
- Academy of Nutrition and Dietetics Association's Distance Learning portal:
<http://www.eatrightpro.org/resources/career/professional-development/distance-learning>
- Journal of the Academy of Nutrition & Dietetics CPE articles:
<http://jandonline.org/content/cpe>

10. AODA Volunteer Opportunities. AODA volunteer opportunities include:

- Non-AODA: Volunteer for Second Harvest Food Bank; advocate for nutrition issues in local communities
- AODA: Recruit new members; join the leadership team; Kids Eat Right International; help organize conference(s); and/or submit articles to the AODA newsletter

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