

【Campus Asia Report】大内詩野

Major in your home university : Public Health

Period of your stay : September 2017

Name of the host department : Department of Social Medicine and Health Education

1. Program description

(1) Lectures about public health in China

Public health in China (food safety, environmental problems, nutritional epidemiology focused on breast milk etc.)

(2) Studies in Peking University

With professors and students at Peking University who majored health education or biostatistics, (nutritional/genetic) epidemiology, we discussed about studies which conducted in Peking University and also in Japan in team meeting.

(3) Field trip

I visited WHO Beijing office, there public health centers/stations and study site of Fangshan Cohort Study.

2. Learning outcomes

Studying in Peking University was great opportunity for me to learn public health in Asia. The most interesting point was the Chinese health care system. Chinese health centers play an important role of not only disease prevention and health promotion but primary access to medicine for residence. It is one of the major differences from Japanese ones. I think Chinese health centers are more familiar with residents than Japanese one if flows of patients are improved. Another difference is workers in health center. In China, there are doctors and nurses but very few other health professionals like dietitians. I was also surprised to know that dietitian is not popular in China. It was great experience for me to discuss about the role of dietitian in China and Japan with professors and students because it gave me an opportunity for rethinking about my role as a dietitian in public health.

3. Experiences in the country you studied

I was also interested in Chinese diet as a dietitian. I learned Chinese dietary culture through discussing with professors and students. In Peking University,

professors and students gathered from all over the country. So I could learn many Chinese dietary cultures which has features by region. I also diligently visited groceries stores or restaurants and checked what kinds of food were sold or served. I felt that fruit and vegetables are easily available (because there were a lot of groceries and fruit and vegetables are cheap) and absolutely essential for Chinese diet. It contributes to higher consumption of fruit and vegetables among Chinese. This notice were very helpful for my master thesis, it focused on relationships between eating behaviors and obesity.

4. Influence on future career goals or choices

It was already decided that I would be public health dietitian in April 2018 when I visited Peking University. So it was a great opportunity for me to compare the local health care system between Japan and China. Both countries have similar serious problems for example aging society and increasing NCDs patients and they have led to increase medical expenditures. I think it is important to rethink about the function of health center to improve public health situation in Japan. I hope I could make use this experience to my future work.

Also, I learned interest of studying abroad. I could get a lot of new viewpoints/hints to solve problems in Japan. This experience made me more eager to study/work abroad.

5. Comments

It is honor to study in Peking University using Campus Asia program though it was only 3 weeks. I wish to express my appreciation for professors and students who met via this program. I wish this Campus Asia program will have many more successful years.