

Changes About Health Condition and Its Problems In Japan

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Definition of health (by W. H. O.)

Health is a state of complete (1) physical, (2) mental and (3) social well being not merely the absence of disease or infirmity, so I compared the health condition in Japan before the World War II (before 1945) with that of nowadays. (1988)

(1) On Physical Health

Before the World War II	After the World War II
<p>"disease due to poverty"</p> <ul style="list-style-type: none"> · acute and chronic infections disease, paracities · fatigue of muscle (physical labor) · Farmers' Syndrom (NOFUSHO) (over work, poor nutrition, poor hygiene) · high birth rate and high death rate 	<p>"disease due to prosperity"</p> <ul style="list-style-type: none"> · adult disease and longevity of life obesity, diabetes mellitus, heart disease, and cancer, senile dementia, alcoholic dependence · environmental cotamination, traffic accidents · fatigue of nerves (mental labor) · accidents by agricultural chemicals and machines · low birth rate and low death rate

(2) On Mental Health

Before the World War II	After the World War II
<ul style="list-style-type: none"> · severe patience because of fuedal system · cooperation about community life · persistence of morals manners, thanks for others · persistence of humanity worship to ancestors and sincerity 	<ul style="list-style-type: none"> · spread of human rights (equality, freedom and no discrimination by sex) · insistence of own rights defence of already-gotten rights · decrease of morals, egoism · loss of humanity (loneliness, frastration, pessimism,

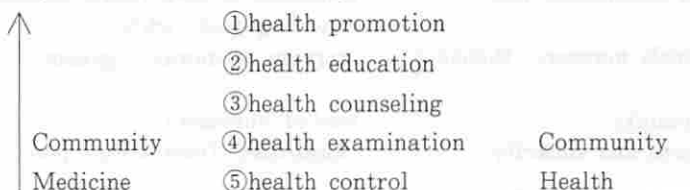
<ul style="list-style-type: none"> • inadequate system about health insurance 	<p>stress, unstable mentality, neuro-asthenia, neurosis, depression, autonomic imbalance, poor adaptation to others, suicide</p> <p>dependence to others, poor mental maturation)</p>
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(3) On social health

Before the World War II	After the World War II
<ul style="list-style-type: none"> • low level of daily life • co-living with other generation • harmony to others, full of patience, cooperation (birth, illness, death, marriage farming, food, flood, building of house, fire, travelling) 	<ul style="list-style-type: none"> • level up of daily life • living separately from parents • middle class mentality • too enlargement of cities • full materials at home • distraction of nature • pollution of environment • problems of work place • problems about education • rapid progress of technical science (celamics, semi-conductor, laser, light communication, nuclear energy, gene technology compute tomography, space technology) • severe competition, increase of crimes

Memo

- (1) In considering community medicine and community health, it is necessary to think about these as a whole. Prevention and therapy must be planned as a group. In Japan medical service was begun to each person and then it has extended to community medicine. On the contrary community health care was begun, to local living people and then it has progressed to personal care.
- (2) Health and disease condition is continuous. There are strong health and weak health. Disease condition is also very variable.
- (3) In old person, disease could be the continuation of health condition, so it is sometimes difficult to determin the disease beginning period.
- (4) Community medicine and community health (rank of items)



- ⑥disease and
accident prevention
- ⑦environment control
- ⑧information control
- ⑨clinical diagnosis
- ⑩first aid
- ⑪clinical therapy
- ⑫disease control
- ⑬rehabiritation

SUMMARY

Japan was defeated at the World War II. (1945). Japanese economy has progressed marvellously and at last Japan is now one of the most progressed countries.

During 40 years and more after this war, At first agriculture and fishing industry has progressed and then light industry. Followed by heavy industry that is iron and steal industry, ship building industry and so on. This progress was very rapid and very dramatic. Now Japan is facing the time of after industrialization age.

W. H. O.'s definition about health says that is consists from three items, that is physical, mental and social viewpoint.

The health is well balanced condition of these items.

So I compared the health condition in Japan before the World War II with that of nowadays.

On physical area, chronic diseases such as adult disease and senile disease increased very much. The average span of life has prolonged to eighty years and cancer has become the first of causes of death, physical fatigue changed to mental fatigue and poor nutrition changed to over-nutrition.

High birth rate with high death in infancy has changed to low birth rate with low death. So the aged people increased in percentage rapidly.

On mental area, democracy has spreaded with the idea of freedom and equality, frustration and stress has increased in old aged people with this. With the progress of industrial technology, problems about human mental disease occurred and increased. And with the progress of welfare policy by the goverment, some people lost selfhelp mind has become to depend on it.

On social area, many people gathered to big cities with the progress of economy, there occurred too many people in big cities on the contrary, too few people in rural areas. With the coming of motor vehicle society and increase of consumption of energy, these caused the pollution of environment seriously. The level of family medicine and community medicine has come slow down a little because social change of various condition.

In prosperity society competition about every thing increased, and comparing poverty society (before the World War II) with prosperity society (after the World War II), the

bright as well as the dark side of three items has become clear.

In considering these social change after this World War II, the most important task for medical area are

- 1) to study the cause of ageing, senile disease, cancer and chronic disease. And community medical care for the old people is urgent now
- 2) to accomplish regional medicine system connecting community medical care, hygiene and welfare policy
- 3) to study how to care terminal patients
- 4) to educate about community health and hygiene throughout life including about death
- 5) to re-educate of present medicine and medical insurance system.