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Health Promotion Projects with Takizawa City

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 Project A: Examination of materials useful for maternal and child health activities: Wakako Yachi, Yoshihito Endo, Shoko Kaneya, Ayaka Sobu, Yuri Yamauchi, Yuko Fukushima
 Project B: Activities to promote the chair version of the healthy "I N DA" dance: Natsuko Miura, Mariko Takayashiki, Shizuko Angerhofer, Yoko Oikawa
 Project C: Promotion of walking for health: Yuka Fujisawa, Yuri Takahashi, Miyoko Suzuki, Nozomi Fujisawa, Atsuko Komukai, Natsumi Takaiva
 (All of the above are members of the Faculty of Nursing)

Applicable principle

Principle 9: A commitment to promoting sustainability through education

1. Activity Overview

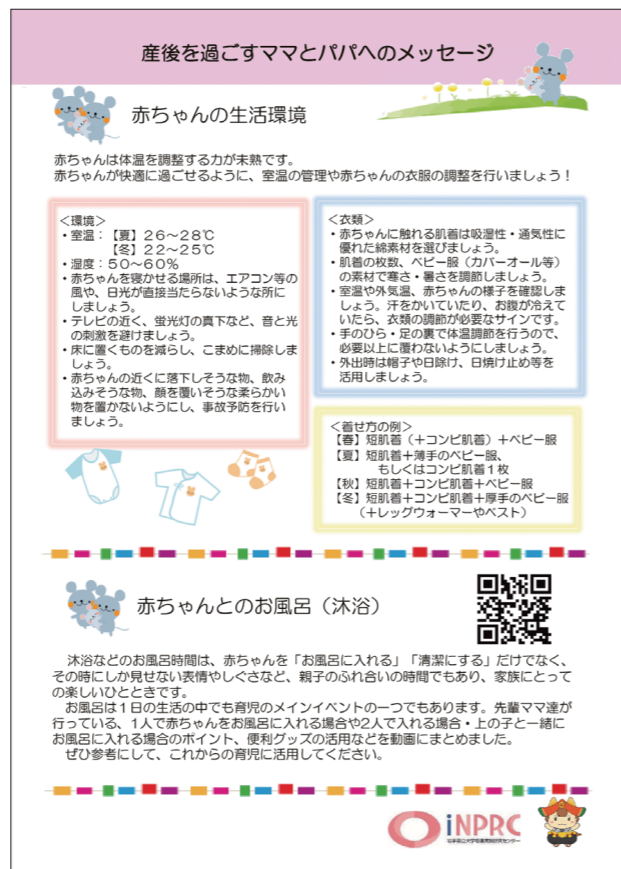
In order to contribute to improving the health and quality of life (QOL) of Iwate citizens, the Faculty of Nursing and Graduate School of Nursing of Iwate Prefectural University, has been working on continuing education for nurses in the prefecture alongside community contribution projects for Iwate citizens. Since 2021, we have been collaborating with Takizawa City and focusing on activities to promote the health of citizens. As city public health nurses highlighted the health of citizens as being a regional issue at that time, we have tried to combine what the nursing faculty members of the university can do as professionals, with what young and energetic aspiring nursing students can do. With this goal in mind, we have launched five key projects. Three of these projects are introduced here.



Project A: Baby bathing lesson video (bathing steps)

2. Project A Examination of materials useful for maternal and child health care activities

In Takizawa City, maternal and child health care services have been restricted due to the spread of COVID-19, and there was a need to consider materials to support pregnant and postpartum women who were unable to participate in the baby bathing demonstrations and new parenting classes. In 2021, we collaborated with Takizawa City to create two types of leaflets; one to be distributed when registering a pregnancy and one to be distributed when registering a birth. We also created two baby bathing lesson videos (for bathing steps and bathing basics), and printed a QR code on these leaflets so that the videos can be accessed and watched easily. In 2022, we conducted a questionnaire survey to assess the materials we created. Of the 171 respondents, 100% selected "very helpful" or "helpful" when asked about their impressions on the leaflet distributed when registering a pregnancy. The second leaflet was also viewed positively with 76% of respondents viewing the leaflet distributed when registering a birth as being very helpful or helpful. The bathing lesson videos have been watched a total of 72 times in the eight months since they were uploaded. In the survey, we received feedback from women stating that they would like to have face-to-face lesson sessions and postpartum social gatherings. We will continue distributing the leaflets and plan and organize parent education sessions as well.



Project A: Leaflet given at the registration of a birth (cover)



Project B: Exercises involving twisting waist and simultaneous movements of upper and lower limbs

3. Project B Activities to promote the chair version of the healthy "I N DA" dance

Takizawa City's "I N DA" health dance is a fast-moving dance originally created for people under 60 who don't have a habit of exercising. In 2021, five nursing students interested in contributing to the local community got together and devised a seated version of the dance which can be safely enjoyed by elderly people. People can use major muscle groups and move joints extensively even while sitting in a chair; it is an enjoyable version of dance.

In 2022, eight students worked to promote the dance. They collected 50 women in their late middle age and 28 Takizawa citizens in their 30s to 70s in a joint event with walking activity, and introduced "I N DA." In an evaluation of the exercise, the most common response was "just right," followed by "light". Some participants also commented that they would like to incorporate the easy-to-do movements into their daily lives in the future because they could do it while sitting on a chair, and that it was good that they could move their arms and legs a lot.

Students gained a sense of accomplishment through proactively interacting with local people and supporting their health activities, and this provided an opportunity for students to grow as well.

4. Project C Promotion of walking for health

Students and faculty of the Faculty of Nursing are actively involved in Takizawa City's health promotion project, and promote walking that can contribute to improving the health and QOL of citizens.

Since 2021, led by student members, they have planned and carried out walking events twice a year. In 2022, with enhanced community outreach, the event brought together 28 Takizawa citizens to participate in the walking event and "I N DA" health dance. Participants expressed high levels of satisfaction with the event, and some of the comments were; "I will join in the walking event again, and I want more events to be planned," and "I want more events for seniors." These comments indicated that there is a high level of need and expectations for this kind of event. Also, for the participating students, this event provides an opportunity to increase their engagement with local people and develop their planning and communication skills. Efforts will be continued to promote the walking event so that the activity can become more community-centred, and in the future, we hope to consider expanding the project to include additional activities to better meet the needs of citizens.



Project C: Walking on the campus