

# **Initial social implementation of programs to promote specific health check-ups and enhance the effectiveness of specific health guidance**

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## **Background**

Currently, noncommunicable diseases (NCDs) are major international health concerns. World Health Organization reported that 7 of the top 10 causes of death in 2019 were NCDs, globally.

## **Aim of the study**

In Japan, specific health check-ups and specific health guidance aiming to prevent lifestyle-related diseases have been implemented since 2008 as a countermeasure to NCDs. The purpose of this study was to implement the social implementation of two programs to promote specific health checkups and to enhance the effects of specific health guidance.

## **Methods**

We will hold meetings and training for those who wish to implement the programs among municipal national health insurance in Hokkaido to support the implementation of the programs over time. We will use data on the contents of these support and the reactions of participants, analyze them qualitatively, and clarify the effects and problems of the social implementation of the programs.

## **Results**

The progress of the research was in touch with five places: under consideration of support (2 places), holding meeting (1 place), holding lectures (1 place), and holding continuous support (1 place). Participants wish to continue to provide step-by-step support according to the needs of them.

## **Conclusions and implications**

Tailored support to the situation of the participants seems to be essential for the implementation of the program. While continuing the research in the future, it is necessary to clarify the effect of the programs and to examine the problem for the social implementation.