

**Report on Fukuoka University's Research Branding Project
Fukusou Project: Creating an Energetic and Healthy Life**

Summary

Five years have passed since Fukuoka University's research branding project began in AY2016. We made a total of 21 updates to our website, 14 in Japanese and 7 in English, and compiled a report on the project's progress from its launch to September 2020, which was then posted on our website. As in previous years, we engaged in the following activities: compiling a project plan and report, conducting an external evaluation, holding a research branding promotion meeting with infection control measures in place, and more. It was a difficult year with the COVID-19 pandemic, and the project could not be implemented according to plan.

1. Introduction

The Fukusou Project aims to evolve findings from Fukuoka University's research projects into a progressive health program designed to help people gain energy needed for particular points in life, thereby translating academic "knowledge" into "value" for the public to help build a society where good health is sustainable.

2. Approach

The Faculties of Medicine, Pharmaceutical Sciences, Sports and Health Science, and Humanities participate to work in the following three research teams on the matters below.

- (1) Life with Children (pregnancy, childbirth, and early childhood)
- (2) School Adaptation and Healthy Development (later childhood and adolescence)
- (3) Social Participation Support and Active Senior Citizenship (mid-life and senior years)

3. Outcomes of the research project

The progress status of each team is as follows:

Team 1. Most of the planned activities had to be canceled due to concerns over COVID-19. The team was able to hold two courses to provide child-rearing support jointly with Fukuoka City. The course capacity was reduced to half the usual size. (1) The Fukuoka City Allergy Workshop for Nursery Teachers was held for nursery school staff working in Fukuoka City to learn ways to deal with infants with food allergies. The workshop was attended by 73 nursery school teachers, 39 cooking staff, 6 facility managers, and 5 nurses, with 94% saying that the workshop was "very useful" or "useful." (2) The Fukuoka City Health and Safety Workshop (basic session) was held for staff from Fukuoka City's licensed nursery schools to learn how to respond in cases where infants have an accident or get sick. The basic session was

attended by 113 nursery school teachers, 7 facility managers, 7 nurses, and 2 cooking staff, with 93.5% saying that the session was “very useful” or “useful.” (3) As this year’s Fukuoka City Health and Safety Workshop (training session) could not be held in person, the team created a DVD instead. Intended for those who completed the basic session, the nursery school emergency response training DVD consists of four chapters: “Convulsions,” “Holding Onsite Training,” “Holding Simulation Training,” and “Practical Aspects of Training.” Copies of the DVD were sent to about 80 facilities upon request, and the facilities were asked to assess the effects after watching.

Team 2. School adaptation: The team examined how the approx. 150 children who had participated in the three-year social skills training (SST) program had changed, and what the homeroom teachers thought of SST. The results from the social skills scale for elementary school students showed that the three-year SST program led to positive changes in relationships between classmates. By learning social skills in the program, the students started interacting with their classmates in a different way. It was also shown that the program’s training led to improved social skills, confidence, and self-esteem. Through interviews with the sixth-grade homeroom teachers, the team learned that the SST program helped students see each other in a positive light and understand that they themselves were using social skills. In addition, the homeroom teachers thought that the SST program had a positive impact on their relationship with the children, as can be inferred from comments such as “I praise the children more often.”

Physical education (PE) support: The team held three workshops for elementary school teachers under the theme of how to adopt and apply coordination training (CT) in PE classes. A study on intervention in elementary school PE classes was conducted to verify the effects of CT, which demonstrated that CT contributed to reduction in mental stress, improvement in sprinting ability, and other positive effects. As for CT-related outsourcing, the team published its research findings in a book, and also created a refreshing CT exercise program for The Nishinippon Shimbun Elementary School Student Special Edition (published July 21, 2020) that was distributed to all elementary school students (3rd grade and above) in Fukuoka Prefecture. An exercise tutorial video was created, and the children could access the video, among other digital material, from a smartphone by using the newspaper’s QR code. With regard to support for measuring physical fitness, the team reexamined the relationship between month of birth and physical fitness on the basis of data collected up to AY2019. The reexamination suggested that difference in month of birth has an impact on body composition and sporting ability in childhood.

Team 3. Health promotion: The team conducted a simplified physical examination on four citizens who had joined the health tourism (HT) program a year before. Although a decline in body weight and body fat was observed in all four participants in the first three months of the

program, the COVID-19 pandemic had an impact in the subsequent period, with the latest simplified physical examination showing that two participants had gained weight after the third month while the other two had maintained or lost weight. The participant who had been Slow Jogging® on a regular basis even during the pandemic managed to reduce her body weight, abdominal girth, and body fat over the one-year period.

Focusing on Chinese herbal medicine and physical exercise as a frailty intervention method, the team conducted a study involving senescence-accelerated mice to verify the effects. Intake of gosha-jinki-gan combined with free running on a hamster wheel did not lead to improvement in cognitive functions. The team also co-organized an HT monitoring tour with the local government. This involved searching through research articles to find Chinese medicinal interpretations concerning the food served in the program and scientific evidence to support the interpretations, and providing information related to food and health.

Social activity support: The team developed a plan to expand the elderly-care support activities by the company employees who participated in the education program to districts that were not covered last year, with an eye on also partnering with the Urban Renaissance Agency. Furthermore, the team's goal was to promote disaster prevention training for company employees. Though many of the planned activities had to be canceled due to the COVID-19 pandemic, the team got together with citizens from Taguma School District and social workers to hold meetings on community-based elderly care support through partnerships with cooperating institutions (Fukuoka City, the Fukuoka City Council of Social Welfare, and the Council of Social Welfare for Sawara Ward). Collaboration between the public, private, and academic sectors is expected to become increasingly important going forward. We must explore and assess what is needed and what can be done.

4. External evaluation

We received a written assessment of our 2020 report from seven members of the external evaluation committee (including experts or people involved in business or local government). We received many comments and positive suggestions about adapting to the COVID-19 pandemic and the post-COVID world, including actively adopting online tools and IT solutions, such as online meetings and video streaming, developing virtual and remote activities, and discussing how to drive digital transformation across project activities, to make the project even better.

5. Conclusion

AY2021 will be the project's final year. Although the ongoing pandemic makes it difficult to plan ahead, we will do our best to drive the project forward while working toward the project's conclusion and compiling a final report.