

Category (科目区分)	Cluster of Community Health Promotion System		
Course Title (授業科目名)	Countermeasures for declining birthrate and aging population from academic research		
Instructors (担当者名)	Kyoko Nomura	Academic Year (配当年次)	1st
Required course / Elective Course (必修/選択)	Elective Course	Credits (単位数)	1
Class Format (授業形態)	Webclass(on demand)		
Schedule (開講期間)	Late April 2026 – January 31, 2027		
Class Date/Period (開講曜日・時間)	On demand		

Course Outline/ Course Objectives (授業の概要・到達目標)

Purpose of class: Recently, Japan has entered a society with a super-low birthrate and an aging population, and it is remarkable here in Akita Prefecture. As a health problem in the declining birthrate and aging society, the purpose is to learn that there are many public health problems for the purpose of bedridden of the elderly, especially for the extension of the healthy life expectancy of women, from the increase of thinness and low birth weight infants in young women, menstrual-related symptoms with work, abnormal ovulation, pregnancy complications, etc.

Course Objectives: Focus on what kind of measures can be taken from academic research and raise the question. The goal is to investigate what kind of academic research is being carried out in the area where the problem is raised, and to work on what kind of research is further necessary from there.

Course Outline:

1. Measures to Address the Ultra-Low Birthrate and Aging Population from the Study of Academic Research
2. Preconception Care
3. Seafood intake and preconception care
4. Japanese Fertility Treatment and ART-DB
5. Women's Employment and Health
6. Prevention of Frailty and extension of healthy life expectancy

Course Planning (授業計画)

	Course Outline/ Course Objectives (授業の概要及び到達目標) (Contents of Class) (授業内容)	Instructor (担当教員名)	Department (講座名) Class Room [実施場所]
1	Measures to Address the Ultra-Low Birthrate and Aging Population from the Study of Academic Research	Kyoko Nomura (Professor)	Department of Environmental Health Science and Public Health, Akita University Graduate School of Medicine [WebClass]
2	Preconception Care	Eri Maeda	
3	Seafood intake and preconception care		
4	Japanese Fertility Treatment and Japan Society of Obstetrics and Gynecology ART-DB		
5	Female employment and health	Kyoko Nomura (Professor)	
6	Preventing frailty and extending healthy life expectancy		

Grading Criteria (成績評価の基準と方法)

On-demand video watching and practical training 30 hours + self-study 15 hours accounts for 1 credit.

Contact Information (問い合わせ先(氏名, メールアドレス等))

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Comment (その他特記事項)

Information on course: Watch your own lectures on WebClas. * Viewing recommended period From late April to December 31

Textbooks and references: Materials will be distributed as necessary.

Self-study content: It is desirable to conduct preparatory learning according to the goal and class content.