

Hosted by Asian Medical Students' Association Japan

29th AMSC

July 25 – August 1, 2008 in Tokyo, Japan

Noncommunicable Diseases and Health Promotion



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Address by OC Chairperson

Dear AMSA members and medical students in Asia and Oceania,

I'm Waka Shibata, the Chairperson of the 29th Asian Medical Students' Conference Organizing Committee. My first encounter with AMSA was when I attended the 23rd AMSC in Jakarta/Yogyakarta, Indonesia. It was an exhilarating week full of new discoveries for me. I have been active in AMSA ever since and this organization has given me many special opportunities. The most exciting among them was no doubt the chance to meet and make friends with future colleagues from all over the region. Therefore it is with greatest pleasure that I welcome my AMSA friends to my home country for the 29th AMSC.

AMSA Japan is extremely proud to host this conference. Together with Thai medical students, Japanese medical students organized the First AMSC in Bangkok, Thailand in 1980 and have since been continuously involved in AMSA, but this is only the third time for us to organize the AMSC in Japan. Over the years, AMSC, AMSA's annual convention, has continued to provide the occasion for medical students to develop insight into their chosen profession, further cultural understanding, cultivate interpersonal relationships and expand horizons. On behalf of the OC, I am proud to invite you to Tokyo, Japan for an experience that will change the way you see the world. The OC is currently working very hard to assure that all delegates will have a memorable and safe trip to the land of the rising sun.

Waka Shibata 

Waka Shibata
Medical student, Jichi Medical University
Chairperson, 29th AMSC Organizing Committee



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asic Information

- Date: July 25 – August 1, 2008
- Theme: Noncommunicable Diseases and Health Promotion
- Hosted by: Asian Medical Students' Association Japan
- Chairperson: Kiyoshi Kurokawa Professor, National Graduate Institute for Policy Studies
- Advisors: Shigeru Omi Regional Director, WHO Western Pacific Regional Office
Shigeru Suganami President, AMDA
Masamine Jimba Professor, Graduate School, University of Tokyo
Toshitaka Nakahara Professor, Graduate School, Kyoto University
- Supported by: Japanese Medical Association
Japanese Association of Medical Sciences
- Main Venue: National Olympics Memorial Youth Center
- Participants: 400 medical students from 20 countries/regions (Australia, Bangladesh, Cambodia, China, Hong Kong, India, Indonesia, Japan, Korea, Malaysia, Mongolia, Nepal, New Zealand, Pakistan, Papua New Guinea, Philippines, Singapore, Taiwan, Thailand, the United Kingdom)
- Registration Fee:
- | | | |
|---------|---------|---------|
| Early | May 16 | 350 USD |
| Regular | May 30 | 370 USD |
| Late | June 13 | 390 USD |
- Organizing Committee
- Chairperson: Waka Shibata Medical student, Jichi Medical University
- Vice Chairperson: Hisayo Horiuchi Medical student, Hyogo Medical University
- Secretariat: Jichi Medical School Dormitory
3311-159 Yakushiji, Shimotsuke City, Tochigi Prefecture, 329-0498
Phone/Fax +81-285-44-7411(1211)
E-mail amsc2008@yahoo.co.jp
- Website: <http://square.umin.ac.jp/amscj/top2.html>
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Schedule

Date	Dress Code	Morning	Afternoon	Evening
July 25 (Fri.)	Casual	Registration		Ice-breaking & Opening Party Country Meeting
July 26 (Sat.)	Formal	Opening Ceremony & Keynote Lecture	Group Discussion (1)	Welcoming Reception
July 27 (Sun.)	Semi-formal	Paper Presentation	Hospital Visit	Poster Viewing Time Country Meeting
July 28 (Mon.)	Casual & Traditional	AMSA International Session	Free Time (Sightseeing)	Cultural Night
July 29 (Tues.)	Casual/ Semi-formal	Field Trip		Sightseeing Group Discussion (2)
July 30 (Wed.)	Casual	Group Presentation	Community Service	Symposium Country Meeting
July 31 (Thurs.)	Formal & Traditional	Closing Ceremony	Country Meeting & Japanese Cultural Workshop	Farewell Party
August 1 (Fri.)	Casual	Departure of Delegates		



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The theme of the 29th AMSC is “**Noncommunicable Diseases and Health Promotion**”. It follows after the 27th AMSC 2006 Hong Kong theme of “Tobacco”, the 28th AMSC 2007 Korea theme of “Cancer”, and the 21st EAMSC 2008 Thailand theme of “Alcohol”, recognizing NCDs as the major health threat that must be overcome in Asia and Oceania today. Increasing death and disability rates due to NCDs (i.e. diabetes, cardiovascular diseases (stroke and heart diseases), chronic respiratory diseases, cancers and mental disorders) can be seen worldwide. According to the WHO, 60% of all deaths are from NCDs. By 2015, it is expected that this number will rise by a further 17%. What’s more, contrary to widely held beliefs, 80% of NCD deaths occur in low and middle income countries.

Health promotion has an integral part to play in stopping this global epidemic. The WHO defined health promotion as “the process of enabling people to increase control over and to improve their health” at the First International Conference on Health Promotion in Ottawa (1986). At this conference, five key action areas (build healthy public policy, create supportive environments for health, strengthen community action for health, develop personal skills, and re-orient health services) and three basic strategies (to enable, mediate, and advocate) were emphasized. Today, ongoing research has proven that personal skills development must be combined with other strategies to be effective, and that interventions employing multiple strategies and actions at multiple levels are most effective.

The catchphrase for our academic program is “knowledge that cannot be learnt in med school lectures or textbooks”. We will be focusing on the underlying factors that influence human health and disease, such as globalization, urbanization, demographic change, environmental change and technological innovation, as awareness of socio-environmental context is central to effective interventions. These factors change the way that we live, work, learn and play and consequently affect our health and well-being. Other than the hospital visit and social service, each group will go on a field trip. We also plan to have sub-group moderators in each group from among the delegates. Together with the Japanese group moderators, they will have a central role in facilitating the group and preparing for the group presentation. The latest news about the academic program will be regularly updated on our website.

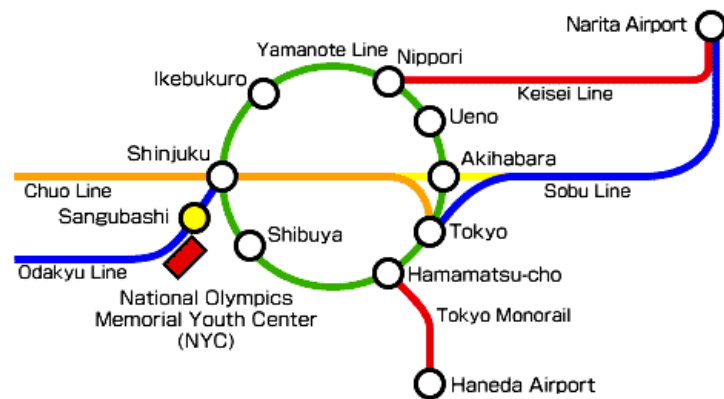


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ccommodation

National Olympics Memorial Youth Center (NYC) <http://nyc.niye.go.jp/e/>

The NYC is situated in a convenient location, right near Shinjuku, a major commercial and administrative area, and Shibuya, a fashion center for young people also famous for its' nightlife.



All the delegates will be staying in single rooms. We need to inform you that the baths are Japanese-public-bath style. What we mean by this is that there is a changing room where you undress before you enter the bathing area with a small towel. In the bathing area there are showers along the wall and a bathing tub. Many people use the bath at the same time, though of course men and women are separate. A bit nervous? It's not as bad as it sounds and it's all part of the cultural experience!¹



¹ We are aware that some of you may not be able to tolerate this style and are trying our best to make other arrangements. But we hope that you will understand that this is the standard style for many accommodation facilities in Japan and especially those that cater to students.



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egistration

Please read the following guidelines carefully before filling in the registration form. The registration form is available online from our website or through your Regional Chairperson.

1. Fees and deadlines:
 - i. Early May 16, 2008 350 USD
 - ii. Regular May 30, 2008 370 USD
 - iii. Late June 13, 2008 390 USD

*The registration fees includes 10USD AMSA International fee.
2. Delegates must submit the following items to their Regional Chairperson who will then e-mail these items to the Organizing Committee:
 - A softcopy of the completed registration form
 - A recent digital photo
 - Registration fee
3. Delegates must ensure that their passports are valid for at least 6 months prior to their arrival in Japan.
4. Delegates from countries other than Australia, Hong Kong, Korea, New Zealand, Singapore, Taiwan, and the United Kingdom must acquire visa.
5. Delegates must have travel insurance that covers the period that they are in Japan.
6. Please note that the number of rooms available at the same venue as the AMSC before/after the conference is limited. We will send you the details as soon as possible.
7. If you have any query or problems please contact your Regional Chairperson. You can also direct your questions to the Organizing Committee. The e-mail address is amsc2008@yahoo.co.jp.



Paper Competition Guidelines

Theme

Noncommunicable Diseases and Health Promotion

Objective

1. To understand the medical, social and economical effects of the increasing burden of noncommunicable diseases (NCDs)¹.
2. To understand that NCDs can be prevented by eliminating the known risk factors².
3. To discuss how health promotion actions and strategies³ can be taken to combat NCDs.
4. To discuss the role of medical students in combating NCDs.

Target Group

Medical students and professionals

Contents

These are recommendations for the contents and divergences are acceptable as long as authors comply with the objectives.

1. Explain the trends of NCDs in your country/region in recent years.
2. Focus on one NCD of great significance in your country/region and explain why it's important.
3. Explain the risk factors of the disease.
4. Discuss the actions and strategies taken in order to combat the disease, and what problems remain.
5. (Optional) If you did a Pre-AMSC project or are planning a Post-AMSC project, elaborate and discuss the significance of the project.

¹ The main *noncommunicable diseases (NCDs)* include cardiovascular disease, mainly heart disease and stroke; cancer; chronic respiratory diseases; diabetes; and mental disorders. These diseases are also referred to as *chronic diseases* and *lifestyle-related diseases*.

² We define *risk*, according to the World Health Report 2002 (available online at <http://www.who.int/whr/2002/en/index.html>), as "a probability of an adverse outcome, or a factor that raises this probability". Risk factors for NCDs include high blood pressure, high cholesterol, overweight, low fruit and vegetable intake, physical inactivity, tobacco and alcohol.

³ According to the Ottawa Charter for Health Promotion (available online at <http://www.who.int/healthpromotion/conferences/previous/ottawa/en/index.html>), there are five key action areas in health promotion (build healthy public policy, create supportive environments for health, strengthen community action for health, develop personal skills, and re-orient health services) and three basic health promotion strategies (to enable, mediate, and advocate).



Entry requirements

1. Each country/region may submit only one entry.
2. The content of the paper must not have been previously published or under consideration for publication elsewhere.
3. Papers must be submitted in English.

Judging Criteria

The judging criteria will be released in March 2008.

Format

1. Paper
 - The text may not exceed 4000 words and should be submitted as a Microsoft Word file.
 - References should be listed at the end of the main text. The list of references should be in alphabetical order of surnames. References by the same author(s) should be in chronological order. The form of listed references is:
author's surname, initials. (year) article title. *journal name*, volume number, page numbers.
For example:
Geller, E. S. (1983) Rewarding safety belt usage at an industrial setting. *Journal of Applied Behaviour & Analysis*, 16, 198–202.
References should be cited in the text as “Reports by Author (Author, 1989) have confirmed ...” or “... as reported earlier (Author and Author, 1985/Author et al., 1998)”.¹
 - Tables/Figures should be submitted separately. Tables/Figures should be related to the statements in the text by parenthesis. For example: “The outcome of Group A was better than that of Group B (Table 1)”.
 - Tables should bear Arabic numerals and a title (clearly suggesting the contents). Tables should be submitted as JPEG files (files should be named “Table number. title”).
 - Diagrams and photographs should be referred to as figures. They should bear Arabic numerals and a title (clearly suggesting the contents). Figures should be submitted as JPEG files (files should be named “Figure number. title”).
 - The font style for text in tables/figures should be Times New Roman.
 - Color printing is not available. Only black-and-white printing is available.
2. Presentation
 - The presentation should be PowerPoint or Flash.
 - The presentation will consist of a 10 minutes oral presentation and 5 minutes question and answer session.

¹ The Harvard System (available online at <http://libweb.anglia.ac.uk/referencing/harvard.htm>)



Submission procedure and deadlines

1. The Regional Chairperson (RC) must complete the submission procedure of the abstract and paper via e-mail to Kana Suzuki (Academic Program Director, 29th AMSC Organizing Committee). The e-mail address is amsc2008@yahoo.co.jp.
2. An abstract (Microsoft Word file, around 400 words) should be submitted by 31st May 2008. Please include the following information:
 - Title of the paper
 - Name of the country/region
 - Name of presenters
 - Name of RC and contact details (e-mail address and phone number)
3. The paper should be submitted by 10th July 2008. Files that should be submitted are:
 - Text (Microsoft Word), including references
 - Tables (JPEG)
 - Figures (JPEG)
4. Once the paper is received, the 29th AMSC Organizing Committee will send a proof PDF file to the RC via e-mail. The proof should be checked immediately as it will be submitted for printing on 16th July 2008.
5. The RC should submit the files for the presentation (PowerPoint/Flash) upon registration.

Questions

Please contact Kana Suzuki (Academic Program Director, 29th AMSC Organizing Committee) if you have any questions regarding the Paper Competition. The e-mail address is amsc2008@yahoo.co.jp.



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oster Competition Guidelines

Theme

Noncommunicable Diseases and Health Promotion

Objective

1. To introduce the health policies¹ for combating noncommunicable diseases (NCDs)² in each country/region.
2. To raise public awareness about NCDs and health promotion.

Target Group and Contents

Part 1: Health Policy for combating NCDs

Target Group: Medical students and professionals

1. Explain the health policies for preventing NCDs in your country/region.
2. Discuss the limitations of the policy and possible solutions.

Part 2: Raising Public Awareness

Target Group: General Public

Come up with a slogan and design a poster to promote the policy described in part 1.

Example)

Part 1: Japan has a national health policy called “Healthy Japan 21”. The plan aims to achieve a society where its people live healthy and fulfill lives free of disease. It stresses primary prevention and the need to improve living practices... etc.

Part 2: “First Exercise, Second Diet, Quit smoking, Medicine is Last – Good Lifestyles feel Good! –”³

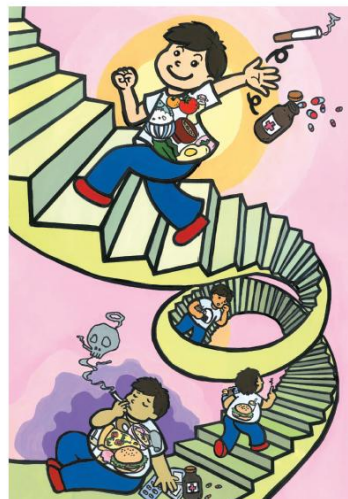
¹ We define *health policy*, according to the Health Promotion Glossary (available online at http://www.who.int/hpr/NPH/docs/hp_glossary_en.pdf) as “a formal statement or procedure within institutions (notably government) which defines priorities and the parameters for action in response to health needs, available resources and other political pressures”.

² The main *noncommunicable diseases (NCDs)* include cardiovascular disease, mainly heart disease and stroke; cancer; chronic respiratory diseases; diabetes; and mental disorders. These diseases are also referred to as *chronic diseases* and *lifestyle-related diseases*.

³ This example is a poster that won a competition organized by the Ministry of Health, Labor and Welfare as part of “Health Promotion Month” in November, 2006.



1に運動 2に食事
しっかり禁煙 最後にクスリ
～良い生活習慣は、気持ちがいい!～



9月は健康増進普及月間です。

厚生労働省 健康増進・体力づくり事業財団
<http://www.health-net.or.jp/>

Entry requirements

1. Each country/region may submit only one entry for each part.
2. The content of the poster must not have been previously published or under consideration for publication elsewhere.
3. Posters must be submitted in English.

Judging Criteria

The judging criteria will be released in March 2008.

Format

1. The size of the poster should be 43.5 x 61.5 cm
2. The poster in part 2 should have no writing other than the slogan.

Submission procedure and deadlines

1. The Regional Chairperson (RC) must complete the submission procedure of the abstract via e-mail to Kana Suzuki (Academic Program Director, 29th AMSC Organizing Committee). The e-mail address is amsc2008@yahoo.co.jp.



2. The abstract (Microsoft Word file, around 400 words) should be submitted by 31st May 2008. Please include the following information:
 - Title of the poster (part 1) and slogan (part 2)
 - Name of the country/region
 - Name of delegate in charge
3. The RC should submit the posters upon registration.

Questions

Please contact Kana Suzuki (Academic Program Director, 29th AMSC Organizing Committee) if you have any questions regarding the Poster Competition. The e-mail address is amsc2008@yahoo.co.jp.

