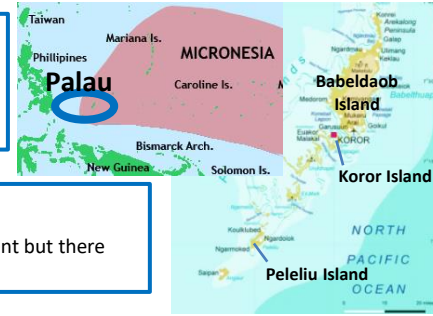


INTRODUCTION

Non-communicable diseases (NCDs) such as heart disease, cancer and diabetes are global issues that result in high burdens of disability and premature death. NCDs are at dangerously high levels for Palau and Palau has been setting a goal of improvements in NCDs problem and tackling it in recent years. However, it is quite challenging to accurately examine specific NCDs strategies and grasp the current status of NCDs in Palau.



RESEARCH QUESTION and HYPOTHESIS

- **Research Question** -How Palau is tackling the problems of NCDs and achieves some improvements.
- **Hypothesis** -Awareness of NCDs prevention is growing thanks to NCDs strategies by the government but there has not been remarkable improvements in decreasing the prevalence of NCDs.

RESULTS and DISCUSSION

Environmental Improvement

Raising Public Awareness

Policy and Legislation

Changing Person's Behavior



- Legislating taxes on imported food products high in sodium, fat and sugar
- Supporting legislation for English language nutrition labels on imported foods
- Enacting pedestrian and cycling legislation
- Pursuing a nationwide school policy that mandates the provision of healthy meals
- Adopting school policies nationwide that increase the opportunities for physical activity for students
- Raising public awareness on the importance of fruit and vegetable consumption
- Educating the public to reinforce awareness on the dangerously high sodium, fat and sugar consumption
- Developing and implementing a sustained nationwide social marketing campaign to promote regular, moderate physical activity
- Formalizing Nutrition Working Group
- Building physical environments
- Increasing the number of food vendors that sell healthier meals
- Securing earmarked funds to support local agricultural projects and subsidizing local production of fruits and vegetables
- Reviving agriculture to produce healthy food products

Republic of Palau Non-communicable Disease Prevention and Control Strategic Plan of Action(2015)

METHODS

Fieldwork in Republic of Palau

- Visit -The Ministry of Health -The Ministry of Education
- Palau High School -Mindzenty High School
- Questionnaire to 110 people (88 youths , 22 adults)
- Babeldaob Island -Peleliu Island -Koror Island
- Mindzenty High School

Purpose -To find out improvements in lifestyle in terms of eating habits and exercise habits

Document Research

This research analyzes current status of NCDs in terms of environmental improvement, lifestyle improvement and improvement in decreasing NCDs.

Visible Improvements in Palau High School

- The amount of vegetable servings has increased compared to before. (I asked the chief of the school cafeteria.)
- The school restricts the sale of unhealthy foods such as hot dog, canned food, junk food and soft drink.
- Cooks in the school are provided with healthy cooking process training.
- Students who take agriculture career academy program are growing vegetables in school gardens and serves them to all students at lunch.
- Physical activity requirement has increased from 1 semester to 4 semesters.

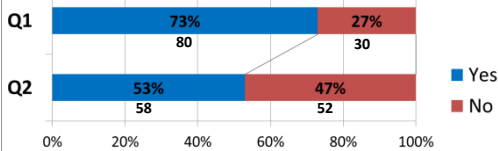


Lifestyle Improvement

*We had the following results but further research will be needed.

Eating Habits

*Healthy diet means eating a variety of foods that give you the nutrients you need.

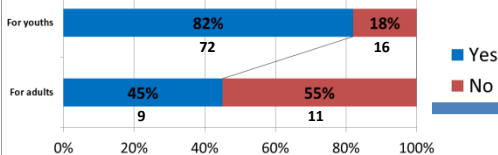


80 people(73%) are conscious of a healthy diet. However, only 58 people(53%) are actually having a healthy diet in their daily life. This means that 22 people(20%) try to eat a healthy diet but it is difficult for them to make it a practice to have a healthy diet.

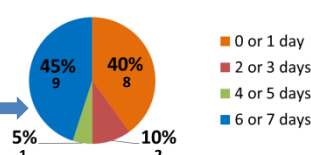
*Youths under age 18 account for a large percentage of all questionnaire respondents but there is little difference between youths and adults in these two questions.

Exercise Habits (youths under age 18 and adults above 19 years old)

Q3: Do you take exercise on regular basis? (Regular exercise means taking exercise more than 30 minutes a day on 6 or 7 days a week.)



Q4: How many days do you take exercise more than 30 minutes a week?(For adults)



72 youths(82%) take exercise on regular basis. However, only 9 adults(45%) do so. Palau is aiming at 81% of the people taking exercise more than 30 minutes a day on 6 or 7days a week. However, it will take some time before Palau achieves the objective. From the above, it is revealed that Palau has increased physical activity among youths but not among adults.

Improvement In Decreasing NCDs

Palau Hybrid Survey FINAL REPORT 2017

Chronic condition	2012	2016	Comparison
Overweight/ obesity	77.6%	71.7%	↓
Diabetes (self-reported on meds or ≥126mg/dL)	20.4%	21.1%	○
Hypertension (self-reported on meds or ≥140/90)	49.0%	30.1%	↓

According to the data examined by the Ministry of Health, there is a certain improvement in decreasing the prevalence of overweight and obesity, and there is a remarkable improvement in decreasing the prevalence of hypertension.

Interview with the Ministry of Health

What is the biggest challenge of NCDs problem for MOH?

-The biggest challenge we(The Ministry of Health) are going to face is how we change person's behavior and motivation.

We can provide them with information for preventions against NCDs and the access to having a healthy life but we cannot interfere with individual choice.

Lifestyle intervention is the biggest challenge for the Ministry of Health.



CONCLUSION

- The government of Republic of Palau tries to tackle NCDs problem by creating a living environment which helps people lead a healthy life.
- Thanks to NCDs strategies by the government, environmental improvements and some improvements in decreasing the prevalence of NCDs can be seen.
- In the aspect of lifestyle habit, improvements can be seen in public awareness of eating a healthy diet and awareness of taking exercise among youths.
- However, there is not sufficient improvements in person's lifestyle habit.
- Based on the result and discussion mentioned above, we conclude that it is necessary to find out solutions to interfere with person's lifestyle habit. Specifically, we would like to consider how we can encourage people to make it a practice to have a healthy life, and increase physical activity among adults.