

Archives of Public Health: The Dawn of Public Health at St. Luke's

Kenichi Muto St. Luke's International University Archives | 武藤 賢一 [法人資料編集室]

Dr. Teusler, founder of St. Luke's Hospital (now St. Luke's International Hospital), was deeply concerned for public health from the time he started the hospital in 1901. His concern has been passed down ever since, with ongoing public health practice, education, and research both through the hospital and St. Luke's education activities. This column presents a series of discussions on the history of public health at St. Luke's.

Part Two: Public Health Department Activities

In the 1920s, in addition to hospital treatment, Dr. Teusler began to focus on public health projects such as health promotion and disease prevention. In 1925, he invited an American public health nurse and a pediatrician to Japan, dispatched nurses to elementary schools in Tokyo in consultation with the Ministry of Education, and opened a school clinic within the hospital to provide hygiene guidance and early detection of child illness. In 1928, the Public Health Department was established within St. Luke's International Hospital, and began activities such as health counseling and home visits for postpartum mothers and newborns, immunizations

and nutritional guidance for local residents, and health checkups for employees at companies. By 1932, the Public Health Department had more than 60 staff members, and the scope of home visits extended to all wards in Tokyo. At the same time, in consultation with Kanagawa Prefecture, St. Luke's cooperated in the establishment of the Shonan Special Sanitation District. This project became Japan's first model for public health in farming and fishing villages and spread nationwide. These public health activities conducted by St. Luke's during this period had a tremendous impact on the development of public health services in Japan.

聖路加病院(現:聖路加国際病院)創設者のトイスラー博士は1901年の開設当初から公衆衛生を重視し、聖路加ではその思いが長年にわたって継承され、病院や教育の場で公衆衛生の実践・教育・研究が続けられてきました。このコーナーでは聖路加の公衆衛生にまつわる歴史についてシリーズでお伝えしています。

第2回:公衆保健部の活動

トイスラー博士は1920年代になると病院での治療だけでなく、健康増進や疾病予防といった公衆衛生事業にも注力するようになり、1925年には米国人の公衆衛生看護婦と小児科医を招聘し、文部省と協議して東京市内の小学校に看護婦を派遣、院内に学校診療所を開設して児童の疾病の早期発見、衛生指導を行いました。そして1928年には聖路加国際

病院内に公衆保健部を開設し、出産後の母と新生児を対象とした健康相談や家庭訪問、近隣住民に対する予防接種や栄養指導、企業に出向いて行う職員に対する健康診断等の活動をはじめました。1932年には公衆保健部のスタッフ数は60余人を超え、家庭訪問の範囲は東京市内全区に及びました。また、同時期に神奈川県と協議して「湘南特別衛生地区」の設立に協力しました。この事業は日本で初めての農漁村での公衆衛生のモデル活動となり、全国に広がっていきました。この時代に聖路加が行ってきたこれらの公衆衛生活動は、日本の公衆衛生事業の発展に多大な影響を与えたと考えるでしょう。



Health counseling for newborn babies and mothers (now Well Baby Clinic) at the time of the establishment of the Public Health Department in 1928. 1928年公衆保健部設立当時 出産した母と新生児の健康相談(現在のWell Baby Clinic)の様



Group health checkup at an elementary school in 1928. 1928年公衆保健部設立当時 小学校集団検診の様

Faculty and Student Activities

〈教員と学生の活動〉

Our current students, alumni, and faculty participate in many research activities and publish papers at conferences and in academic journals every year. The following is a partial list of the papers published in AY 2022. Please visit our website to see the various research activities of our students and faculty.

We would also welcome updates from our alumni!

在学生・修了生、教員は多くの研究活動に参加しており、毎年学会や学術情報誌で論文を発表しています。2022年度に発表された論文など一部の情報をご紹介します。ホームページでは学生や教員の研究活動を掲載していますので、ぜひご覧ください。修了生の皆様からの最新情報もお待ちしております。

Faculty 教員

Professor Stuart Gilmour ギルモア スチュアート 教授
The Lancet Regional Health-Western Pacific *Time to consider elimination of HIV in China* / Jinghua Li, Stuart Gilmour, Yijing Wang, Jing Gua, Joseph Tak-fai Lau
Professor Stuart Gilmour ギルモア スチュアート 教授
The Lancet *Expanding diagnostics for LMICs* / Stuart Gilmour, Yuying Lai, Phuong Mai Le, Ohukunmi Omobolanle Balogun
Associate Professor Kazunari Onishi 大西 一成 准教授
New York Times (2022, July 2) *Japan's Secret to Taming the Coronavirus* / Motoko R. and Ben. D

Alumni 修了生

Yoko Shijoh 司城 陽子
PLOS ONE / *Cost-effectiveness analysis of patent foramen ovale closure versus medical therapy alone after cryptogenic stroke* / Yoko Shijoh, Shota Saito, Zhehao Dai, Sachiko Ohde
Tomohiro Ochi 越智 友洋
BMC Women's Health (2022) 22:194 / *Impact of childbirth history on dense breast in mammographic screening: a cross-sectional study* / Tomohiro Ochi, Hiroko Tsunoda, Hideko Yamauchi, Osamu Takahashi
Yijing Wang イジンワン
The Lancet Regional Health - Western Pacific / *Elimination of HIV transmission in Japanese MSM with combination interventions* / Yijing Wang, Junko Yamada, Jinghua Li, Kota Iwahashi, Liping Peng, Chun Chen, Yuanhao Hao, Stuart Gilmour
Taiki Kojima 小島 大樹
The Journal of Thoracic and Cardiovascular Surgery, February 14, 2022 / *Early mortality of emergency surgery for acute type A aortic dissection in octogenarians and nonagenarians: A multi-center retrospective study* / Soichiro Kageyama, Takeki Ohashi, Takeshi Yoshida, Yutaka Kobayashi, Akinori Kojima, Daiki Kobayashi, Taiki Kojima

Current students 在学生

Bibha Dhungel デュンゲル ビバ
Archives of Public Health, 80, 153 (2022) / *Time to update the Japanese standard population for comparing mortality rates* / Bibha Dhungel, Koji Wada, Hirokazu Tanaka & Stuart Gilmour.
Bibha Dhungel デュンゲル ビバ
BMC Women's Health, 2022; 22:44 / *Changes in cause-specific mortality trends across occupations in working-age Japanese women from 1980 to 2015: a cross-sectional analysis* / Bibha Dhungel, Koji Wada, Hirokazu Tanaka & Stuart Gilmour
Phuong The Nguyen グエン テ フォン
Preventive Medicine Reports, 2021; 25: 101692 / *Translation, validation and psychometric properties of Effort - Reward Imbalance questionnaire among nurses in Vietnam* / Phuong The Nguyen, Huy Van Nguyen, Phuong Mai Lea, Huyen Thi Phung, An Thi Minh Dao, Kuniyoshi Hayashi, Stuart Gilmour Nguyen P, Nguyen H, Le P, Phung H, Dao A, Hayashi K, Gilmour S.

■ご寄付のお願い 今日公衆衛生上の問題を解決するには、一部の地域や国だけではなく世界全体が協働して取り組むことが大切です。本学では、さまざまな国や異なる背景・職種をもつ学生と教員が互いの違いを尊重しながら協力して学ぶ環境を整え、国際的に活躍できる人材の育成を行っています。しかし、紛争や貧困などで医療体制が整備されていないアジアやアフリカ諸国の若者には学ぶ機会を支援する仕組みが必要です。そのため将来公衆衛生を牽引するリーダーとして活躍が期待される若者を支援するための奨学金基金を設立しました。この趣旨にご賛同いただける場合にはぜひご支援を賜りたく、謹んでご案内いたします。

公衆衛生大学院教育振興基金ホームページ

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Email: bokinstu@luke.ac.jp
(Contact)
St. Luke's International University Graduate School of Public Health Tel: 03-5550-4101 (direct) Email: sph@luke.ac.jp

TEUSLER

聖路加国際大学
公衆衛生大学院レポート: トイスラー

St. Luke's International University Graduate School of Public Health Report

TEUSLER is named after St. Luke's founder Dr. Rudolf B. Teusler to reflect his dedication to public health, and emphasizes St. Luke's long-lasting commitment to the education, research and practice of public health in education and hospital management since its establishment in 1901.

本誌TEUSLERは、創設者のトイスラー博士が1901年の聖路加病院(現・聖路加国際病院)開設当初から公衆衛生を重視し、本学でその思いが長年にわたって継承され、病院や教育の場で公衆衛生の実践・教育・研究が続けられてきたことちなみ、名付けられました。



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PROMOTING INNOVATION THROUGH DIVERSE INTERACTIONS

多様な背景を持った修了生と在学生の交流が新たなイノベーションを生み出す

To contribute to human health and welfare globally. St. Luke's International University Graduate School of Public Health, a world-class school of public health, has produced over 100 graduates since its establishment in 2017. The homecoming event was held with the hope that the exchange of alumni and current students from different nationalities, cultures, educational backgrounds, and professions would lead to new perspectives in public health. This year marks the school's fourth Homecoming Day, which was held in-person for the first time in three years. Here is an event report on how alumni and students with diverse backgrounds interacted with each other.

すべての人に健康と幸福を——。世界水準の公衆衛生の学びを提供する聖路加国際大学大学院公衆衛生学研究所(以下、本学)は2017年の開設から100名を超える修了生を輩出してきた。国籍、文化、学歴、職業など異なるバックグラウンドを持つ修了生・在学生が交流を深めることで、新たなイノベーションを生み出してほしいという教職員の思いから開催された公衆衛生学研究所のホームカミングデーは、今回で第4回を迎え、3年ぶりの対面開催となった。多様な背景を持った修了生・在学生が交流を図る様子をイベントレポートにてお届けしたい。

Unique self-introduction presentations

交流のきっかけづくりに、ユニークな自己紹介プレゼンテーション

The event was held on August 21, 2022, and opened with a greeting by Dean Dr. Osamu Takahashi. After updates on the school's situation, the program began with self-introduction presentations by current students and alumni. This program was established so that students and alumni from different grades can get to know each other. Each student chose one letter from the initials G, S, P, or H of the school's name (Graduate School of

Public Health) and introduced themselves using words related to that letter. The seven speakers, including online participants, were from different professions and nationalities: Japanese medical doctors and nurses, an HIV and sexual health researcher from Kenya, a nutritionist from Bangladesh who introduced sweets from her country, and others. The choice of keywords for self-introductions was also unique.

Ms. Yoko Suzuki (enrolled in AY 2022 MPH program), who chose "S" to present her motto "Stay hungry stay positive," is a medical doctor living in Tokyo. She is proud of her current work and hopes to accomplish something interesting in collaboration with others. She also mentioned her future goal to establish an educational institution where everyone can learn without worrying about financial burdens after she retires.

Mr. Kyohei Nishino (enrolled in AY 2021 DrPH program), a medical doctor working for Doctors Without Borders (Médecins Sans Frontières), also chose "S" for his presentation, so that he could talk about the NGO he founded, SEEDS. Through the most popular sport of soccer, he hopes to create opportunities to connect and bond with people in low and middle-income countries, and to change the way people think about them from distant

Saki Ashikawa

芦川 咲さん



countries to countries where their friends live. He hopes that through this change people will come to see the issues they are facing in developing countries as their own problems. His vision is "a world where people connect with each other as friends." SEEDS is involved in activities such as the "Beyond borders" project, in which Japanese children genuinely enjoy playing soccer with children of the same generation overseas and visit local NPOs. He welcomed anyone who was interested to join the activities. A public health nurse, Ms. Saki Ashikawa (enrolled in AY 2022 MPH program) chose "G" for the Grand Prix. While working hard on her studies, she participated in the Shizuoka competition of Mrs of the Year 2022, one of the largest Mrs contests in Asia, and won the Grand Prix. She is now preparing to compete in the national competition. She said, "I lost my mother last year and I was able to recover from that grief because of the encouragement I received from so many people. I want to be a person who brings smiles to the faces of many people through new challenges. That is why I decided to participate." She had been working as a medical volunteer for JICA in Kenya, but decided to go on to the Graduate School of Public Health in order to acquire knowledge that would

be more useful in providing assistance. In an individual interview after her speech, she expressed her passion that if she could have an opportunity to stand in public through her participation in Mrs of the Year 2022, which would be a good opportunity to convey the importance of public health to many people. All of the presentations were filled with a desire to contribute to human health and society, and were linked to the philosophy of the school.

2022年8月21日、高橋理研究科長の挨拶からスタートしたホームカミングデーイベント。大学の近況報告の後、始まったのは在学生・修了生による「自己紹介プレゼンテーション」だ。在学期間が重ならない修了生も増えてきていることから、設けられたのがこのプログラムである。校名(Graduate School of Public Health)の頭文字G・S・P・Hから一文字を選んで、その文字で始まる単語を入れた自己紹介を行うというもので、オンライン



Nushrat Alam Biva, participated online from Bangladesh
バングラディッシュからオンラインで参加したメシュラト・ビバさん

Talks by alumni with unique careers in three different fields

三者三様のキャリアを描く修了生の講演

The self-introductions were followed by *talks by three alumni*. Each of them gave a presentation on their current career. Ms. Haruka Maeda (graduated in AY 2021 MPH program) is a researcher at the Institute of Tropical Medicine, Nagasaki University, where she is studying the epidemiology of pneumonia in adults and the effects of COVID-19 vaccines. She told us that, "Pneumonia has long been a problem in Japan's aging society. In addition, the current COVID-19 pandemic is having a significant impact on the country, and in light of this, I am conducting research on the epidemiology of pneumonia and the prognosis for patients." The health economic evaluation of pneumococcal vaccines, which is part of her current research,

is an extension of her capstone project, and it is clear that the knowledge and experience she gained at the school are now serving her well in her current work.



Haruka Maeda

前田 遥さん

参加者を含めた7名が発壇した。日本人の医師・看護師、ケニア出身のHIV/SRH研究者、自国のスイーツについて紹介したバングラデシュの栄養士など、みな職種も国籍も異なり、自己紹介のキーワードの選び方もユニークなものばかりだ。自身の座右の銘「Stay hungry stay positive」の「S」をキーワードに選んだ鈴木蓉子さん(2022年度MPHプログラム入学)は、東京在住の医師。自分の仕事に誇りを持っており、他者と協働して何かを成し遂げたいと語った。また、「退職後には誰もが経済格差などに悩まずに、自由に学べる教育機関を設立したい」と将来の目標についても言及した。国境なき医師団の医師であり、NGO「Seeds」の代表である西野恭平さん(2021年度DrPHプログラム入学)も、同じく「S」を選んだ。「S」は「Seeds」のS。Seedsでは、「サッカーを通して世界とつながる」ことを



Kyohei Nishino

西野 恭平さん

The second speaker, Mr. Kei Hosaka (graduated in AY 2019 MPH program), works for an IT company as a Healthcare Division Manager. He is currently working with several universities

and companies to take on new challenges in the digital health field. A typical example is health management using IT devices. For example, he participates in various collaborative research projects, such as using wearable IT devices like bracelets and watches to manage the physical condition of elderly care facility residents, and collecting disease data such as the body tremors of Parkinson's disease patients. Although not a researcher himself, he said that his knowledge of both IT and public health has enabled him to assess feasibility and make various proposals to companies and universities conducting research. "I not only gained knowledge, but also gained the flexibility to think from both the digital and medical perspectives. It is also a great benefit to be



Yoko Suzuki

鈴木 蓉子さん

活動の軸にしている。「身近なスポーツであるサッカーを通して、開発途上国等の人々と絆を結び、その国を速く離れた国から自分の友達のように変え、彼らが抱える課題を自分ごととして捉えるようになってほしい」と考え、Seedsの設立を決めた西野さん。「Seedsでは、日本の子どもたちが海外の同世代の子どもたちと真剣にサッカーを楽しむ、現地のNPO法人などを訪問する"Beyond borders"プロジェクトなど「仲間として繋がる世界」をVisionに掲げ活動しています。興味のある方はぜひ、私たちの活動にご参加ください」と結んだ。保健師の芦川 咲さん(2022年度MPHプログラム入学)が選んだのは、グランプリの「G」だ。彼女は勉学に励むかわら、アジア最大級のミスコンテストであるMrs of the Year 2022の静岡大会に参加し、グランプリを受賞。全国大会出場を控えている。Mrs of the Year 2022参加のきっかけについては、次のように語った。「私は昨年、母を亡くしました。その悲しみから立ち直ることができたのは、多くの方から励ましの言葉をいただくことができたからです。私もまた新たなチャレンジを通してたくさんの人を笑顔にしたいと思いました」。芦川さんは、JICAの医療ボランティアとしてケニアで活動していたが、より支援に役立つ知識を身につけたいと考え、本学へ進学。登壇後の個別インタビューでも、Mrs of the Year 2022への参加を通じ、公的な場に立つ機会が得られれば、公衆衛生の重要性を多くの人に伝えられるのではないかと、熱い思いを語った。みな異なるバックグラウンドを持ちながらも、世界の人々の健康と幸福を願う本学の修了生・在学生らしいプレゼンテーションであった。



Kei Hosaka

保坂 景さん

able to build a network of friends from diverse backgrounds, such as doctors, nurses, pharmaceutical professions, and researchers, and to receive advice from them on my work," he says. He was also involved in the illustration of a book published by his supervisor. His relationship with the school continues to this day. The final speaker, Mr. Shotaro Asano (graduated in AY 2020 MPH program), is the CEO of Save Medical Inc. He originally worked in an industry unrelated to healthcare, but while working in the medical venture investment business in Silicon Valley, he became interested in the digital health business when he heard about it from entrepreneurs and decided to pursue this career. At the time, however, it was thought to be a business that would



not grow in Japan, where people can access medical care easily. Nevertheless, thinking that "Japan will surely need it sooner or later," he changed jobs to work for a medical equipment company after returning to Japan. He then enrolled at St. Luke's to study public health and started his own company. The core of Save Medical's business is in the field of Digital Therapeutics (DTx). "Unlike conventional healthcare apps, DTx is based on a variety of clinical trial data and uses IT as a basis for medical treatment," says Mr. Asano. "We are currently involved in clinical trials and development of an application for diabetes management guidance. Eventually, we would like to develop applications for the treatment of other diseases and expand our business in a wide range of areas," he said enthusiastically. The three speakers were asked many enthusiastic questions by the audience, and some of the current students made specific business proposals based on the content of their presentations. The animated exchange between the graduates and current students foreshadowed the creation of new innovations.

After the event - Comments from participants

イベントを終えて～参加者の声～

After the event, a free talk session and a photo session were held. The participants' comments included: "Learning about public health has broadened my research field," "I have expanded my network through this school," and "I wish there were more opportunities to meet face to face." Although each participant had a variety of thoughts that we heard throughout the event, everyone was pleased to have a face-to-face Homecoming Day. The following are comments from three students on behalf of the event.

セッション終了後はフリータイムと記念撮影を実施。「公衆衛生について学んだことで研究のフィールドが広がった」「この大学院での縁を通じて人脈が広がった」「もっと対面で会える機会を増やしてほしい」。イベントを通して耳にした参加者一人ひとりの思いはさまざまだが、誰もが対面のホームカミングデーの開催を喜んでた。代表して在学生3人のコメントをご紹介します。

Yoko Suzuki

I was able to feel everyone's thoughts through their expressions and gestures, which I could not feel at the online event, and I realized the advantages of the in-person event. I entered the school in order to improve my own medical activities, but I was able to connect with people in different fields, and I am getting more and more inspired every day. I hope to have more opportunities to collaborate with many people in the future.

鈴木 蓉子さん

オンライン開催では感じられなかった細かい表情やジェスチャーなどから皆さんの思いを感じることができ、対面開催の良さを実感しました。自分の医療活動をより良いものにするべく公衆衛生学研究科へ進みましたが、異なる分野の方と交流でき、日々、刺激を受けています。今後も、より多くの方とさまざまなコラボレーションの機会が得られればうれしいです。



Saki Ashikawa

One of the best things about being at this school is the opportunity to hear from faculty and special lecturers about their various experiences. I am encouraged in my future medical support activities overseas by their stories and experiences. In addition, listening to the talks by alumni today has renewed my desire to be an encouragement to others.

芦川 咲さん

この大学院に入学してよかったのは、先生方や特別講師の方からさまざまな経験談をお聞きできていることです。自身の今後の海外での医療支援活動の励みとさせてください。また、本日の修了生の方々の講演をお聞きして、私自身も誰かの励みとなるような存在になりたいと気持ちを持ちました。また、本日の修了生の方々の講演をお聞きして、私自身も誰かの励みとなるような存在になりたいと気持ちを持ちました。また、本日の修了生の方々の講演をお聞きして、私自身も誰かの励みとなるような存在になりたいと気持ちを持ちました。



Kyohei Nishino

I think the significance of studying at a global graduate school of public health like St. Luke's is that in addition to the academic coursework, I can build a network of exchange with classmates and alumni all over the world who studied public health in the same school. I would like to continue to participate in opportunities like this event to interact with classmates and alumni from diverse backgrounds!

西野 恭平さん

聖路加のようにグローバルな公衆衛生学研究科で学ぶ意義は、アカデミックな授業が受けられること、それに加えて、全世界に公衆衛生学を学んだ仲間との交流ネットワークを築けることだと思います。今後も、今日のホームカミングデーのように、多彩なバックグラウンドを持った仲間たちとつながることのできる機会を設けていただきたいと思います。



Shotaro Asano

浅野 正太郎さん