

2023

7.5 (wed.)

12:10  
12:50

12:10-12:15

◆ Introduction

12:15-12:40

◆ Seminar  
(Presentation)

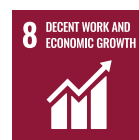
12:40-12:50

◆ Q&amp;A

Online  
(Zoom)Scan here for  
Registration ▶▶[https://temdec-med-kyushu-u-ac-jp.zoom.us/webinar/register/WN\\_ADx0VcvVTMy2h3\\_C6dx\\_g](https://temdec-med-kyushu-u-ac-jp.zoom.us/webinar/register/WN_ADx0VcvVTMy2h3_C6dx_g)

Supported by Kyushu University, Q-AOS &amp; TEMDEC

# Exploring Health Promotion at Different Life Stages and Its Impact

Chair: **Assoc. Prof. Fumihiko YOKOTA** (Research Promotion Coordinator of Q-AOS)

## Key Words

Health promotion

Mental health

Life-stage

Longevity and well-being

Associate Professor **Hiro Kishimoto**

Division for Theoretical Natural Science, Faculty of Arts and Science



Born in Hirakata City, Osaka Prefecture. Obtained a Ph.D. in Human Environmental Studies from the Graduate School of Human-Environment Studies at Kyushu University in 2010, and a Ph.D. in Medicine from the Graduate School of Medical Sciences at Kyushu University in 2017. Currently employed as associate professor since April of that year. Serves as the principal investigator for an epidemiological cohort study targeting undergraduate students at Kyushu University and residents of Itoshima City, Fukuoka Prefecture. In particular, research involved in the Itoshima Felix Study, an epidemiological cohort study among Itoshima residents, conducting follow-up surveys on the suppression of long-term care needs, and spearheading initiatives in exercise and health promotion utilizing ICT and IoT through "糸島ふれあいラボ".

In this seminar, we aim to discuss the various health challenges that one encounters at different stages of life. The form and functionality of our bodies change as we age, and we intend to deliberate on how to perceive these changes and what measures we can adopt to lead a joyful life. While it is generally believed that our physical and mental capabilities peak during our 20s and 30s, we often find ourselves grappling with mental and interpersonal issues, highlighting the importance of maintaining mental health throughout university life. To lead a happy life, it's critical that we all consider ways to preserve our health and furthermore, how we can positively impact the health of others around us.