

Self-management of health based on the action mechanism of daily behaviors such as food, exercise and sleep

Social risk of young adult health associated with lifestyle habits -prevention and treatment-

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Summary :

Recently, considerable attention has been paid to the health of young adults who support the super-aging society in Japan. In this project, we aim to identify adverse lifestyle habits during young adult period, which affect their health and social behaviors in the later life stages. To develop new methods of prevention, early diagnosis, and treatment, we firstly explore the disorders in several organs and social behaviors that are induced by inadequate daily habits, and then clarify their mechanisms and detect accompanying parameters using murine models. Next, we identify human diagnostic markers to predict the progressing disorders, providing guidelines to promote adequate self-management during young adult period.

