

Healthy Living

A comparison between America, the UK and Japan

by Hatty & Vicky

Listen up ya'll. You gon learn.

Opening Question

What does being healthy mean to you?



Survey Data



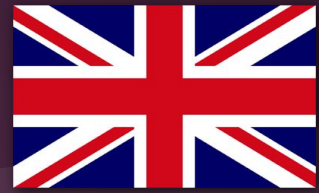
'MURICA'S THE BEST



#1



Actual Survey Data



Number of People Surveyed:

12 Japanese

10 Americans

11 Britons

1. Do you know any vegetarians?
2. Have you ever been on a diet? Did you lose weight?
3. What do you think the best way to be healthy is?
4. Do you think you are healthy?
5. Did you grow up in a healthy/health-oriented family?

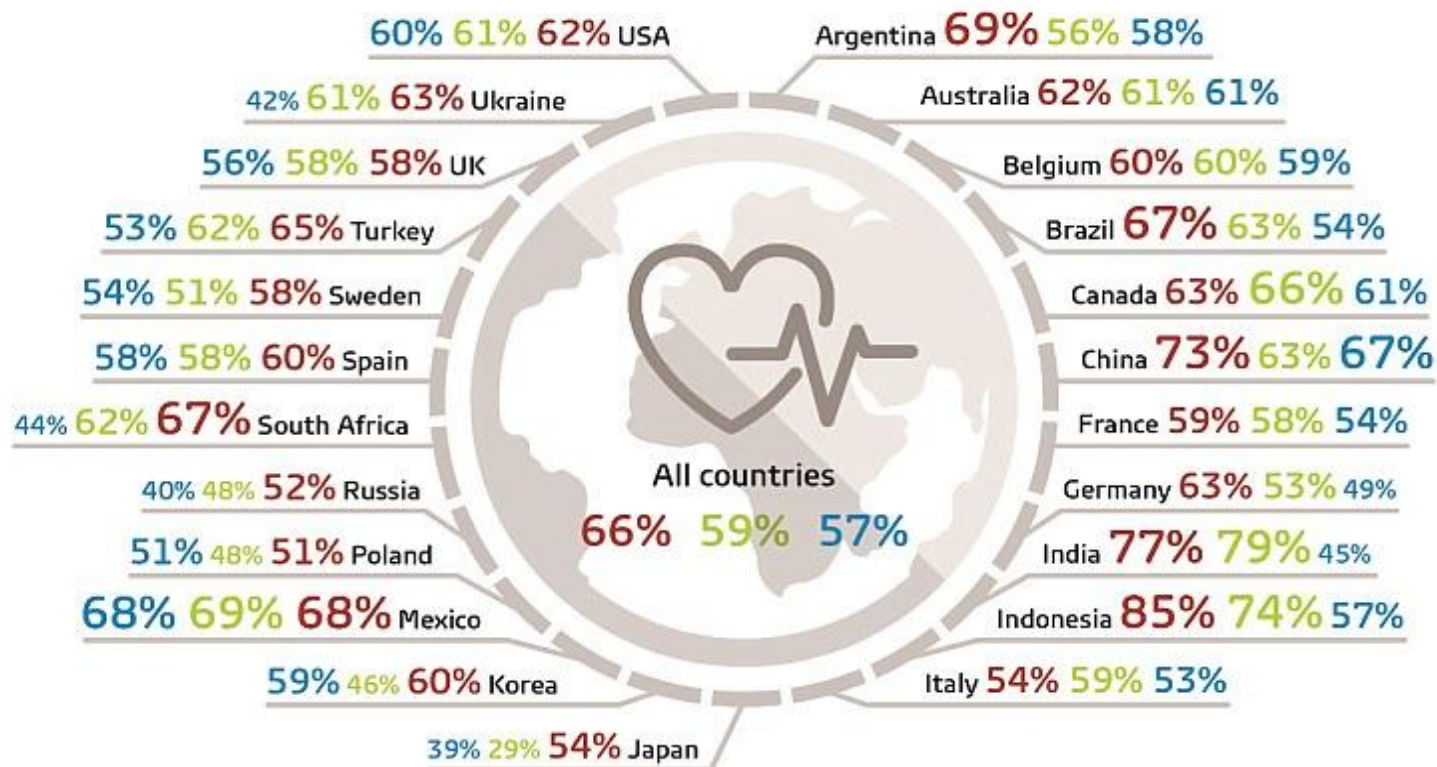
Life Expectancy

- ★ UK^[1]
 - Men: 79.5 years old Women: 82.5 years old
- ★ USA^[2]
 - Men: 76 years old Women: 81 years old
- ★ Japan^[3]
 - Men: 80.21 years Women: 86.61 years



HOW COUNTRIES DIFFER IN MAINTAINING THEIR PHYSICAL HEALTH

[7]



Healthy Practices

•How is it promoted differently in each country?

•UK:

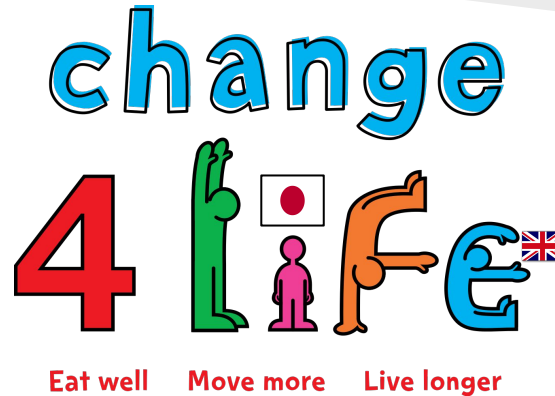
- ★ CHANGE 4 LIFE
- ★ GDA
- ★ School Dinner Campaigns

•USA:

- ★ 'Let's Move!'
- ★ FDA nutrition labels
- ★ MyPlate
- ★ American Heart Association

•Japan:

- ★ Nutrition labels
- ★ Health Japan 21^[8]
- ★ Bento
- ★ Sports day



Source: Food Standards Agency

Sample label for Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **20%**

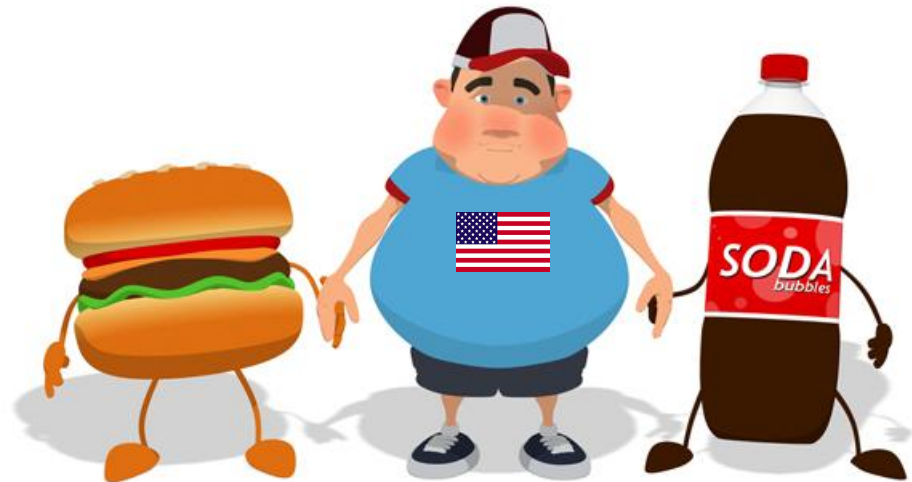
Iron **4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Obesity

- ★ **UK:**
 - 67% of men and 57% of women^[11]
- ★ **USA:**
 - 71% of men and 62% of women^[11]
- ★ **Japan:**
 - 29% of men and 18% of women^[11]



Dieting - Fads and Favorites

UK

- Slimming World
- Atkins diet
- Slim Fast

USA

- Gluten-Free diet
- Intermittent Fasting
- ❖ Weight Watchers (https://www.youtube.com/watch?v=49WjrRJ_DLw)
- ❖ Jenny Craig

Japan

- Banana diet
- Natto diet
- ❖ Apparently the average Japanese diet

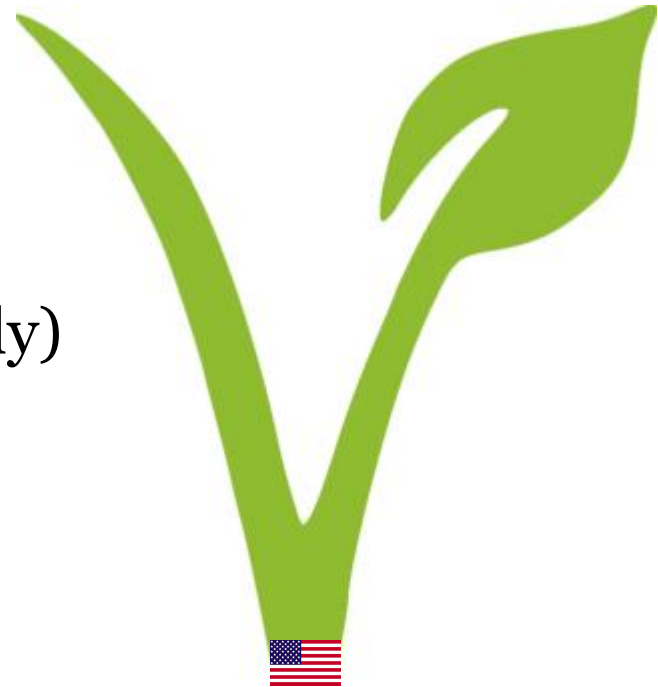


Lunch



Vegetarian statistics

- ★ UK:^[4]
 - 1.9 million people (3%)
- ★ USA:^[5]
 - 16 million people (5%)
- ★ Japan:^[6]
 - <5% (still not sure how many exactly)



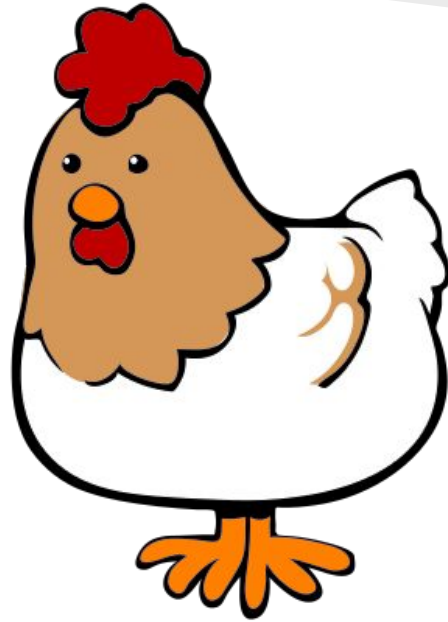
Common types of vegetarianism

- ★ Lacto-ovo vegetarian
- ★ Pescetarian
- ★ Flexitarian
- ★ Vegan



Misunderstood vegetarianism in Japan

- ★ Chicken?
- ★ Egg?
- ★ Seafood?
- ★ Vegetarian ramen restaurant^[10]



Reasons for Vegetarianism

• *Many people have multiple reasons:*

1. Healthier lifestyle

- Concerned about chemical and hormonal additives
- Red meat often associated with heart disease, cancer, “mad cow” disease, etc.^[9]

2. Moral reasons

- Opposed to all aspects of livestock production
- Opposition to killing and using animals for food

3. 精進料理 (しょうじんにょうり)

- Flow with nature^[12]



Vegetarian Brands

★ UK:

- Quorn (<https://www.youtube.com/watch?v=Hjt2DCigu6o>)
- Linda McCartney



★ USA:

- Amy's Kitchen
- Boca Burger, Inc.



★ Japan:

- ???

Discussion Questions

- ★ What would you do to become more healthy?
Would you become a vegetarian?
- ★ What sort of healthy or not so healthy practices were you raised with? Do you agree with them?
- ★ Should people be told how to be healthy?



Conclusion



- Japan tends to be healthier than Britain and the U.S.
- Vegetarianism is generally not understood well in Japan
- All countries recognize the need to increase the health of people
- Policies and diets have pros and cons and can be met with resistance

References

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- ★ [5] <http://www.onegreenplanet.org/news/is-2014-the-year-of-the-vegan/>
- ★ [6] <http://www.ifoodstory.com/20110308/vegetarianism-in-japan-part-1/>

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- ★ [9] <http://www.dailymail.co.uk/health/article-2335444/Are-vegetarian-diets-secret-long-life-People-avoid-meat-better-health-lower-blood-pressure.html>
- ★ [10] <http://kotaku.com/5484581/japan-its-not-funny-anymore>
- ★ [11] <http://www.theguardian.com/news/datablog/2014/may/29/how-obese-is-the-uk-obesity-rates-compare-other-countries>
- ★ [12] <http://www.tofugu.com/2012/09/25/shojin-ryori-part-1/>