ジで地域連携、多職種連携が重要である。我々は「プロジェクト８」というわかりやすい目標を掲げ、医療機関・薬局・健診機関から住民までの意識統一をはかる取り組みをすすめ、受療中患者さんのコントロール改善及び未受診者への受診勧奨等で一定の効果が得られた。

今後もこの取り組みを継続し、医療資源の乏しい地域でも連携により医療を守り、育てられる地域医療を作ってゆきたい。

G．研究発表

1. 論文発表

なし

2. 学会発表

2012年5月　第55回日本糖尿病学会

H．知的財産権の出願・登録状況

（予定を含む。）

1. 特許取得

なし

2. 実用新案登録

なし

3.その他

なし

Ⅲ．研究成果の刊行に関する一覧表

研究成果の刊行に関する一覧表

雑誌

発表者氏名	論文タイトル名	発表誌名	巻号	ページ	出版年
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上村　伯人, 布施　克也, 加藤　公則	魚沼地域における「プロジェクト８」	別冊 プラクティス	別冊	144-149	2012

Ⅳ. 研究成果の刊行物・別刷

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ORIGINAL ARTICLE

Outcomes of 6 years of activities by the Tokushima Medical Association's Steering Committee for Diabetes Prevention to prevent type 2 diabetes in the general population of Tokushima Prefecture

Kenji Shima · Hiroko Ishimoto · Noriko Hari · Yasumi Shintani · Yasue Fukushima · Yoshihiko Noma · Munehide Matsuhisa · Akihiro Otsuka · Megumi Saitoh · Issei Imoto · Tatsuhiko Okabe · Yoichi Nakagawa · Harumi Fujiwara · Yuichi Fujinaka · Masako Sei · Atsuhisa Shirakami · Machiko Komatsu · Miho Tsuruo · Kimi Matsumoto · Toshio Tanaka · Michiyo Miyamoto · Hiromi Ogawa · Yuka Furuta

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Abstract
Objective The effectiveness of diabetes prevention programs for the general population of Tokushima Prefecture was investigated. The programs were designed by Tokushima Medical Association's (TMA's) Steering Committee for Diabetes Prevention.
Research design and methods The committee promoted diabetes prevention by disseminating educational messages on diabetes to the general public and medical care providers, and by establishing a referral system among public health centers and medical institutes throughout Tokushima Prefecture during the period from 2004 to 2009. The outcomes of these activities were evaluated by analyzing data from Prefectural Health and Nutrition Surveys conducted in Tokushima in 1997 (n = 998), 2003 (n = 1,008) and 2010 (n = 1,130).
Results The percentage of subjects with glucose intolerance at the time of initiation of the prevention program in Tokushima tended to increase from 1997 to 2003, but had slightly decreased by 2010, although these differences were not statistically significant. Obesity parameters, mean total energy intake and physical activity as evaluated by the daily step count changed favorably in parallel with changes in the prevalence of diabetes during the study period.
Conclusion The diabetes prevention programs initiated by the TMA committee may be useful in ameliorating the situation of diabetes in Tokushima Prefecture.

For the Tokushima Medical Association's Steering Committee for Diabetes Prevention

K. Shima (✉) · Y. Noma · M. Komatsu
Department of Diabetes and Medicine, Kawashima Hospital, 1-1-39 Kitasako, Tokushima 770-8548, Japan
e-mail: skenji@mb.pikara.ne.jp

H. Ishimoto · N. Hari
Medical and Health Policy Bureau, Health and Welfare Department, Tokushima Prefectural Government, 1-1 Bandai, Tokushima 770-8570, Japan

Y. Shintani
Division of Metabolism and Endocrinology, Tokushima Red Cross Hospital, 103 Komatsushima, Tokushima 773-8502, Japan

Y. Fukushima
Fukushima Medical Clinic, 81-1 Kitaji, Nishinakatomi Itano, Tokushima 779-0119, Japan

M. Matsuhisa
Diabetes Therapeutics and Research Center, The University of Tokushima, 3-18-15 Kuramoto, Tokushima 770-8503, Japan

A. Otsuka
Otsuka Medical Clinic, 76-4 Minamiseiri, Awa, Tokushima 771-1706, Japan

M. Saitoh
Nichiya Corporation Medical Office, Kaminaka, Anann, Tokushima 774-8601, Japan

I. Imoto · M. Sei
Department of Human Genetics, Institute of Health Biosciences, The University of Tokushima Graduate School, 3-18-15 Kuramoto, Tokushima 770-8503, Japan

T. Okabe
Okabe Medical Clinic, 437-3 Kagasuno, Kawauchi, Tokushima 771-0130, Japan

Y. Nakagawa
Miyoshi Public Health Center, Tokushima Prefectural Government, 2542-4 Ikeda, Miyoshi, Tokushima 778-0002, Japan

Keywords Health education · General population · Diabetes prevention · Glucose intolerance · Obesity

Introduction

Diabetes and its complications represent major health problems in many parts of the world, including Japan, and the prevalence of diabetes appears to be increasing. To reduce the prevalence of diabetes in Japan, programs have been initiated by central and local governments and by various medical societies. These programs have included "Healthy Japan 21," "Special Health Checkup," "Special Health Promotion Program" and "Promotion of Diabetes Prevention." Despite these nationwide efforts, the prevalences of diabetes and prediabetes have been increasing rather than decreasing in Japan [1, 2].

Except for 2007, Tokushima Prefecture has shown the worst annual mortality rate from diabetes in the country since 1993. To address this issue, the Tokushima Medical Association (TMA) established a steering committee in 2004 for diabetes prevention consisting of medical professionals and administrative officials. This committee has promoted diabetes prevention by disseminating health education information on diabetes, diet and physical activity to the general population at various sites throughout the prefecture. Furthermore, the committee has tried to increase diabetes awareness in the population via newspapers and television, and has established a referral system among public health centers and medical institutes.

Three large-scale clinical trials, the Da Qing IGT and Diabetes Study [3], the Finnish Diabetes Prevention Study [4] and the Diabetes Prevention Program [5], have provided unequivocal evidence that type 2 diabetes in high-risk individuals can be prevented through lifestyle modifications, such as increased physical activity, weight loss and dietary changes. Efforts to translate such lifestyle modifications in high-risk individuals from health-care settings to community settings have achieved some degree of success [6–10]. However, as these interventions were open to selected individuals and there was relatively little systematic data collection and analysis of the implementation or outcomes of these programs, assessment of the success of lifestyle modification programs provided to the general population rather than only high-risk individuals has not been possible [11].

Surveys of health and dietary habits of residents selected at random in Tokushima Prefecture were performed in 1997, 2003 and 2010. The first survey was conducted 7 years before the start of our prevention initiative in 2004, and the last survey was conducted 7 years after starting the initiative. The comparison of data from these three time points should provide valuable information for assessing the effectiveness of our diabetes prevention programs in the general population.

Here, we describe the implementation and outcomes of our program together with the activities of several other organizations in Tokushima attempting to translate the results of clinical diabetes prevention trials into the community setting.

Methods and subjects

Programs of the TMA's Steering Committee for Diabetes Prevention from 2004 to 2009

Activities were divided into those conducted during the first half period from 2004 to 2006 and those during the latter half period from 2007 to 2009.

Activities during the first half of the study were mainly devoted to spreading diabetes knowledge among the gen-

H. Fujiwara
Tokushima Public Health Center, Tokushima Prefectural Government, 3-80 Shinkura, Tokushima 770-0855, Japan

Y. Fujinaka
Health Insurance Naruto Hospital, Muya, Naruto, Tokushima 772-8503, Japan

A. Shirakami
Department of Internal Medicine, Tokushima Prefectural Central Hospital, 1-10-3 Kuramoto, Tokushima 770-8539, Japan

M. Tsuruo
Terasawa Hospital, 1-2-30 Tsudanishimachi, Tokushima 770-8004, Japan

K. Matsumoto
Tokushima Dental Association, 1-8-65 Kitatamiya, Tokushima 770-0003, Japan

T. Tanaka
Institute for University Extension, 1-1 Minamijosanjima, Tokushima 770-8502, Japan

M. Miyamoto
Tokushima National Health Insurance Organizations, 78-1 Wakamatsu, Kawauchi, Tokushima 771-0135, Japan

H. Ogawa
Health Care Center Turugi Town, 68-1 Nakasuga, Turugi, Tokushima 779-4101, Japan

Y. Furuta
Tokushima Dietetic Association, 5-7-3 Bandai, Tokusima 770-0941, Japan

eral population, medical professionals and employers in the prefecture.

1. Lectures: Twenty-four lectures were provided to groups of ≥100 participants in the general population at various sites throughout the prefecture. Major topics of the lectures included diabetes prevention, awareness of diabetes-related risk factors, health-enhancing physical activity, healthful diet, diabetes medication and empowering participants to communicate effectively with their physicians.
2. Publicity: Fourteen mass media campaigns via newspaper and television were conducted. The governor of Tokushima Prefecture and the president of the TMA jointly issued a "Declaration of a State of Emergency on Diabetes" through newspaper and television media in November 2005. Two kinds of posters illustrating the actual conditions of the disease in Tokushima Prefecture were produced and circulated throughout the prefecture.
3. Education of medical professionals: To improve the common knowledge of diabetes prevention, educational activities were conducted for medical professionals including public health nurses, dietitians and primary care providers. A booklet entitled "A manual for early stage intervention in people at high-risk of diabetes" was prepared by the committee. These educational sessions were held on up to 31 occasions at local chapters of the TMA throughout the prefecture.
4. Training for employers on worksite health improvement: Nine lectures were given to employers and/or health-care providers at companies. In addition, articles on diabetes and lifestyle interventions were added to public relations brochures published by various industries.

Activities during the latter half period from 2007 to 2009 were focused on establishing efficient links among various health organizations, while the same educational initiatives that were started in the first half period were continued in the second half period.

1. Establishment of efficient links among health-care providers. We attempted to establish efficient links between primary, secondary and tertiary health-care providers involved in the treatment and management of diabetes and diabetic complications. We also attempted to establish links between primary health-care providers and public health centers. These linkage trees were published on the homepages of the TMA and prefectural offices.
2. Certifications of physicians with sufficient knowledge of diabetes: In 2008, 4-week training sessions (1.5 h/session) were held at four sites around the prefecture. These training sessions were continued in 2009. In total, 396 physicians who fulfilled the course requirements were certified as diabetes physicians by the committee. The curriculum focused on current status, pathophysiology, diagnosis of diabetes based on laboratory tests, treatment and complications, metabolic syndrome and prevention. Public health agencies were recommended to refer diabetic patients identified by public health checkups to these certified diabetes physicians.
3. Certification of diabetic educators: A 9-week training session (1.5 h/session) for medical support staff such as nurses, public health agents, dietitians, pharmacists and clinical laboratory technicians was initiated in 2008 and continued in 2009 (only 4-week sessions). In total, 108 support staff were certified as diabetes educators by the committee.
4. Preparation of a new walking diary [12]: Since activities such as swimming, farming or bicycling cannot be registered accurately on a pedometer, we developed a new walking diary to record the step equivalents of all physical activities. To increase physical activities, a brisk walk was recommended to the general population of the prefecture using the new walking diary, since the mean number of daily steps in Tokushima in 2003 was reported to be less than the national average by about 1,000 steps. Twenty thousand copies of the new walking diary were prepared and distributed without charge in 2008 and 2009.
5. Preparation of healthy menus and provision on the TMA homepage: Some 50 varieties of healthy menus were prepared under the supervision of dietitians and diabetologists of the committee and provided on the TMA homepage. About 1,000 visitors to the website have been recorded monthly.
6. Organized exercise events: AWA-ODORI Exercise was invented by T.T., a member of the committee, and was widely performed at various types of events to promote physical exercise. Some 5,000 DVDs of the AWA-ODORI Exercise routine were prepared and distributed without charge. Twenty-nine individuals were trained to lead these exercise activities as instructors. In addition, 2,529 and 3,072 residents of Tokushima participated in the Tokushima marathon in 2008 and 2009, respectively. Furthermore, walking rallies were initiated in 2008 by the Tokushima Walking Association.

Prefectural health and nutrition surveys in Tokushima [13]

Subjects for the survey were randomly selected at the age of 1 or older from 15 of 24 municipalities in Tokushima

Prefecture. Data on the items relevant to diabetes were collected from respondents ≥20 years old. Data were obtained from 998 subjects in 1997, 1,008 in 2003 and 1,130 in 2010 and used for the final analysis, except for data on glucose tolerance. Glucose tolerance data were obtained from subjects ≥40 years old to match with the age bracket in the nationwide survey. Data on various items were not necessarily obtained from all subjects, and the number of participants differed by item. Table 1 shows sex ratios, and Table 2 shows age-frequency distributions and mean ages in the group of subjects who responded to various survey items on the three occasions. All participants provided oral consent prior to the collection of any data.

Clinical assessment of participants

Demographic details, medical history, medication details, smoking and alcohol history, dietary habits (based on an interview with a registered dietitian and a 24-h dietary recall record) and exercise history (based on an interview with a public health nurse and 1-day pedometer record using ARNES 200 s®) were obtained. Measurements included weight, height, body mass index (BMI, kg/m^2), blood pressure and a blood test for hemoglobin (Hb)A1c. HbA1c was measured by the latex aggregation method using a standard autoanalyzer (JCA-BM9030; Japan Electron Optics Laboratory, Tokyo, Japan) at SRL Inc. (Tokyo, Japan). HbA1c values were converted to values based on the National Glycohemoglobin Standardization Program (NGSP) using the following equation: NGSP (%) = 1.02 × Japan Diabetes Society (JDS) (%) + 0.25 (%) [14].

Statistical analyses

Differences in the sex ratios (Table 1) and in frequency distributions of age range and mean ages (Table 2) of the participants in the three survey occasions were statistically analyzed using Fisher's exact test and the Kruskal–Wallis *H* test and Mann–Whitney *U* test with Bonferroni

Table 1 Sex ratio in the group of subjects who responded to various survey items in 1997, 2003 and 2010

Group responded to	Sex	Survey year			Comparison over 3 groups[a] *P* value
		1997	2003	2010	
Age (≥20 years old)	*N*	998 (100.0 %)	1,008 (100.0 %)	1,130 (100.0 %)	0.809
	Men	450 (45.1 %)	465 (46.1 %)	525 (46.5 %)	
	Women	548 (54.9 %)	543 (53.9 %)	605 (53.5 %)	
Height (≥20 years old)	*N*	859 (100.0 %)	743 (100.0 %)	1,025 (100.0 %)	0.359
	Men	369 (43.0 %)	331 (44.5 %)	474 (46.2 %)	
	Women	490 (57.0 %)	412 (55.5 %)	551 (53.8 %)	
Weight (≥20 years old)	*N*	858 (100.0 %)	743 (100.0 %)	1,021 (100.0 %)	0.351
	Men	369 (43.0 %)	331 (44.5 %)	473 (46.3 %)	
	Women	489 (57.0 %)	412 (55.5 %)	548 (53.7 %)	
BMI (≥20 years old)	*N*	858 (100.0 %)	743 (100.0 %)	1,021 (100.0 %)	0.351
	Men	369 (43.0 %)	331 (44.5 %)	473 (46.3 %)	
	Women	489 (57.0 %)	412 (55.5 %)	548 (53.7 %)	
HbA1c (≥40 years old)	*N*	421 (100.0 %)	426 (100.0 %)	466 (100.0 %)	0.676
	Men	156 (37.1 %)	162 (38.0 %)	186 (39.9 %)	
	Women	265 (62.9 %)	264 (62.0 %)	280 (60.1 %)	
Total energy intake (≥20 years old)	*N*	986 (100.0 %)	955 (100.0 %)	1,057 (100.0 %)	0.779
	Men	444 (45.0 %)	441 (46.2 %)	492 (46.5 %)	
	Women	542 (55.0 %)	514 (53.8 %)	565 (53.5 %)	
Daily steps (≥20 years old)	*N*	830 (100.0 %)	848 (100.0 %)	992 (100.0 %)	0.421
	Men	354 (42.7 %)	384 (45.3 %)	451 (45.5 %)	
	Women	476 (57.3 %)	464 (54.7 %)	541 (54.5 %)	
Annual health checkup (≥20 years old)	*N*	960 (100.0 %)	976 (100.0 %)	1,095 (100.0 %)	0.949
	Men	433 (45.1 %)	441 (45.2 %)	501 (45.8 %)	
	Women	527 (54.9 %)	535 (54.8 %)	594 (54.2 %)	

BMI body mass index

[a] Statistically analyzed using Fisher's exact test

Table 2 Frequency distribution of age and mean age in the group of subjects who responded to various survey items in 1997, 2003 and 2010

Group responded to	Age category	Survey year			Comparison over 3 groups	Post hoc test	
		1997	2003	2010		Survey year	
Age (≥20 years old)	*N*	998 (100.0 %)	1,008 (100.0 %)	1,130 (100.0 %)		1997 vs. 2003	$P = 0.897$**
	20–29	99 (9.9 %)	110 (10.9 %)	81 (7.2 %)	$P < 0.001$*	1997 vs. 2010	$P < 0.001$**
	30–39	102 (10.2 %)	115 (11.4 %)	117 (10.4 %)		2003 vs. 2010	$P = 0.003$**
	40–49	205 (20.5 %)	137 (13.6 %)	166 (14.7 %)			
	50–59	167 (16.7 %)	216 (21.4 %)	214 (18.9 %)			
	60–69	241 (24.1 %)	204 (20.2 %)	239 (21.2 %)			
	≥70	184 (18.4 %)	226 (22.4 %)	313 (27.7 %)			
	Mean	54.3	54.7	57.4	$P < 0.001$*	1997 vs. 2003	$P = 1.000$**
	SD	16.7	17.3	17.2		1997 vs. 2010	$P < 0.001$**
	Median	55.5	55	59		2003 vs. 2010	$P = 0.001$**
Height (≥20 years old)	*N*	859 (100.0 %)	743 (100.0 %)	1,025 (100.0 %)		1997 vs. 2003	$P = 0.008$**
	20–29	84 (9.8 %)	68 (9.2 %)	70 (6.8 %)	$P < 0.001$*	1997 vs. 2010	$P < 0.001$ **
	30–39	90 (10.5 %)	78 (10.5 %)	100 (9.8 %)		2003 vs. 2010	$P = 0.288$ **
	40–49	185 (21.5 %)	98 (13.2 %)	150 (14.6 %)			
	50–59	141 (16.4 %)	157 (21.1 %)	194 (18.9 %)			
	60–69	207 (24.1 %)	156 (21.0 %)	228 (22.2 %)			
	≥70	152 (17.7 %)	186 (25.0 %)	283 (27.6 %)			
	Mean	54	56	57.7	$P < 0.001$*	1997 vs. 2003	$P = 0.018$**
	SD	16.5	17	16.9		1997 vs. 2010	$P < 0.001$**
	Median	55	57	59		2003 vs. 2010	$P = 0.155$**
Weight (≥20 years old)	*N*	858 (100.0 %)	743 (100.0 %)	1,021 (100.0 %)		1997 vs. 2003	$P = 0.009$**
	20–29	84 (9.8 %)	68 (9.2 %)	70 (6.9 %)	$P < 0.001$*	1997 vs. 2010	$P < 0.001$**
	30–39	89 (10.4 %)	78 (10.5 %)	96 (9.4 %)		2003 vs. 2010	$P = 0.229$**
	40–49	185 (21.6 %)	98 (13.2 %)	150 (14.7 %)			
	50–59	141 (16.4 %)	157 (21.1 %)	194 (19.0 %)			
	60–69	207 (24.1 %)	156 (21.0 %)	228 (22.3 %)			
	≥70	152 (17.7 %)	186 (25.0 %)	283 (27.7 %)			
	Mean	54	56	57.8	$P < 0.001$*	1997 vs. 2003	$P = 0.020$**
	SD	16.5	17	16.8		1997 vs. 2010	$P < 0.001$**
	Median	55	57	60		2003 vs. 2010	$P = 0.120$**
BMI (≥20 years old)	*N*	858 (100.0 %)	743 (100.0 %)	1,021 (100.0 %)		1997 vs. 2003	$P = 0.009$**
	20–29	84 (9.8 %)	68 (9.2 %)	70 (6.9 %)	$P < 0.001$*	1997 vs. 2010	$P < 0.001$**
	30–39	89 (10.4 %)	78 (10.5 %)	96 (9.4 %)		2003 vs. 2010	$P = 0.229$**
	40–49	185 (21.6 %)	98 (13.2 %)	150 (14.7 %)			
	50–59	141 (16.4 %)	157 (21.1 %)	194 (19.0 %)			
	60–69	207 (24.1 %)	156 (21.0 %)	228 (22.3 %)			
	≥70	152 (17.7 %)	186 (25.0 %)	283 (27.7 %)			
	Mean	54	56	57.8	$P < 0.001$*	1997 vs. 2003	$P = 0.020$**
	SD	16.5	17	16.8		1997 vs. 2010	$P < 0.001$**
	Median	55	57	60		2003 vs. 2010	$P = 0.120$**
HbA1c (≥40 years old)	*N*	421 (100.0 %)	426 (100.0 %)	466 (100.0 %)		1997 vs. 2003	$P = 0.004$**
	20–29	0 (0.0 %)	0 (0.0 %)	0 (0.0 %)	$P < 0.001$*	1997 vs. 2010	$P < 0.001$**
	30–39	0 (0.0 %)	0 (0.0 %)	0 (0.0 %)		2003 vs. 2010	$P = 0.009$**
	40–49	99 (23.5 %)	69 (16.2 %)	55 (11.8 %)			
	50–59	93 (22.1 %)	108 (25.4 %)	97 (20.8 %)			
	60–69	155 (36.8 %)	123 (28.9 %)	141 (30.3 %)			
	≥70	74 (17.6 %)	126 (29.6 %)	173 (37.1 %)			
	Mean	59.7	62.2	64.8	$P < 0.001$*	1997 vs. 2003	$P = 0.003$**
	SD	10.9	11.6	11.8		1997 vs. 2010	$P < 0.001$**
	Median	61	63	66		2003 vs. 2010	$P = 0.003$**

Table 2 continued

Group responded to	Age category	Survey year			Comparison over 3 groups	Post hoc test	
		1997	2003	2010		Survey year	
Total energy intake (≥20 years old)	*N*	986 (100.0 %)	955 (100.0 %)	1,057 (100.0 %)		1997 vs. 2003	$P = 0.719$**
	20–29	98 (9.9 %)	99 (10.4 %)	70 (6.6 %)	$P < 0.001$*	1997 vs. 2010	$P < 0.001$**
	30–39	102 (10.3 %)	107 (11.2 %)	108 (10.2 %)		2003 vs. 2010	$P = 0.002$**
	40–49	201 (20.4 %)	131 (13.7 %)	157 (14.9 %)			
	50–59	164 (16.6 %)	211 (22.1 %)	200 (18.9 %)			
	60–69	239 (24.2 %)	196 (20.5 %)	230 (21.8 %)			
	≥70	182 (18.5 %)	211 (22.1 %)	292 (27.6 %)			
	Mean	54.3	54.8	57.6	$P < 0.001$*	1997 vs. 2003	$P = 1.000$**
	SD	16.7	17.1	16.9		1997 vs. 2010	$P < 0.001$**
	Median	55.5	55	59		2003 vs. 2010	$P < 0.001$**
Daily steps (≥20 years old)	*N*	830 (100.0 %)	848 (100.0 %)	992 (100.0 %)		1997 vs. 2003	$P = 0.153$**
	20–29	75 (9.0 %)	84 (9.9 %)	66 (6.7 %)	$P < 0.001$*	1997 vs. 2010	$P < 0.001$**
	30–39	86 (10.4 %)	87 (10.3 %)	102 (10.3 %)		2003 vs. 2010	$P= 0.034$**
	40–49	184 (22.2 %)	122 (14.4 %)	151 (15.2 %)			
	50–59	141 (17.0 %)	189 (22.3 %)	192 (19.4 %)			
	60–69	211 (25.4 %)	182 (21.5 %)	219 (22.1 %)			
	≥70	133 (16.0 %)	184 (21.7 %)	262 (26.4 %)			
	Mean	53.9	55	57.2	$P < 0.001$*	1997 vs. 2003	$P = 0.233$**
	SD	15.9	16.7	16.6		1997 vs. 2010	$P < 0.001$**
	Median	55	55	59		2003 vs. 2010	$P = 0.023$**
Annual health checkup (≥20 years old)	*N*	960 (100.0 %)	976 (100.0 %)	1,095 (100.0 %)		1997 vs. 2003	$P = 0.655$**
	20–29	92 (9.6 %)	105 (10.8 %)	76 (6.9 %)	$P < 0.001$*	1997 vs. 2010	$P < 0.001$**
	30–39	99 (10.3 %)	111 (11.4 %)	113 (10.3 %)		2003 vs. 2010	$P = 0.002$**
	40–49	201 (20.9 %)	134 (13.7 %)	161 (14.7 %)			
	50–59	164 (17.1 %)	211 (21.6 %)	210 (19.2 %)			
	60–69	236 (24.6 %)	197 (20.2 %)	232 (21.2 %)			
	≥70	168 (17.5 %)	218 (22.3 %)	303 (27.7 %)			
	Mean	54.1	54.6	57.5	$P < 0.001$*	1997 vs. 2003	$P = 1.000$**
	SD	16.4	17.2	17.1		1997 vs. 2010	$P < 0.001$**
	Median	55	55	59		2003 vs. 2010	$P < 0.001$**

* Statistically analyzed using the Kruskal–Wallis *H* test

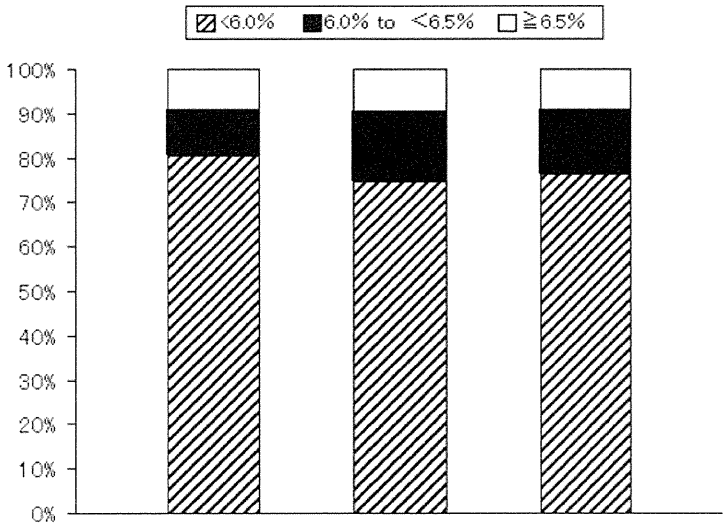
** Statistically analyzed using the Mann–Whitney *U* test with Bonferroni correction

correction, respectively. Data on other items in 1997 and 2010 were compared with those in 2003 as the reference using the Wilcoxon rank-sum test or Fisher's exact test. Values are expressed as the mean ± standard deviation (SD) unless otherwise indicated. All statistical analyses were performed using SAS version 9.1.3 (SAS Institute, Cary, NC, USA). Values of $P < 0.05$ were considered statistically significant.

Results

As shown in Table 1, the sex ratios of participants responding to the various survey items were almost identical on the three different occasions. Age frequency distributions and mean ages of participants in every survey item described in Table 2 were significantly different from each other among the three different occasions. Post hoc testing indicated that the relative distributions of subjects with advanced age had increased from 1997 and 2003 to 2010, so mean age was significantly higher for participants in 2010 for every survey item compared with those in 1997 and 2003 except for "height," "weight" and "BMI" in 2003. The difference in mean height between 2003 and 2010 was small but significant (158.0 ± 9.8 vs. 159.1 ± 9.5 cm, $P < 0.005$). Mean weight in 2003 (59.3 ± 11.3 kg) was significantly increased compared to that in 1997 (57.3 ± 10.3 kg, $P < 0.01$), but mean weight in 2010 (59.2 ± 11.9 kg) was not significantly different from that in 2003, although subjects in 2010 were significantly higher than those in 2003.

Figure 1 shows the temporal changes in the distribution of subjects with glucose intolerance from 1997 to 2010. Participants were classified into three categories according



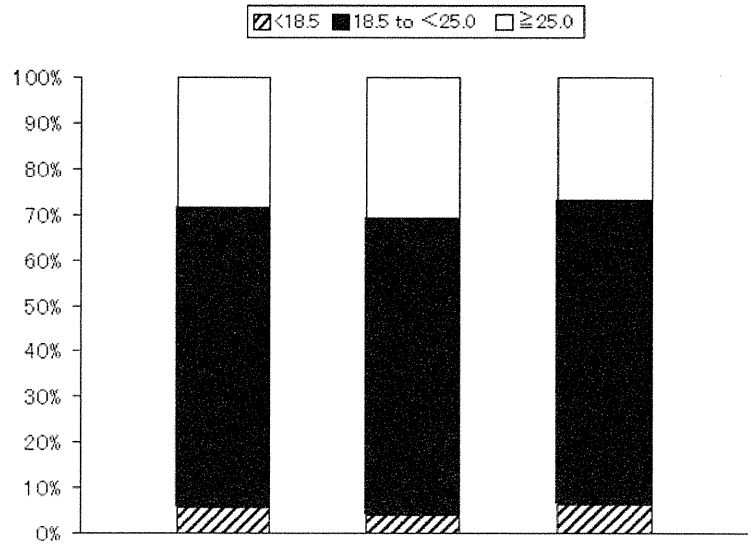
Survey year		1997	2003	2010
HbA1c category				
<6.0%	(%)	80.5	74.6	76.4
6.0% to <6.5%	(%)	10.2	15.7	14.2
≥6.5%	(%)	9.3	9.6	9.4
N		421	426	466
Significance vs. 2003		P=0.062	Reference	P=0.577

Fig. 1 Temporal changes in the relative distribution of subjects ≥40 years old with glucose intolerance randomly recruited from the general population for the survey in Tokushima. Participants were divided into three categories according to HbA1c levels: <6.0 %, normal (*hatched bars*); 6.0 to <6.5 %, unable to exclude the possibility of diabetes (prediabetes) (*filled bars*); and ≥6.5 %, highly suspected as having diabetes (diabetes) (*open bars*). Data were statistically analyzed using the Wilcoxon rank-sum test

to HbA1c levels using the criteria proposed by the Ministry of Health, Labour and Welfare [1]: <6.0 %, normal; 6.0 to <6.5 %, unable to exclude the possibility of diabetes (prediabetes); ≥6.5 %, highly suspected as having diabetes (diabetes). The percentage of subjects with glucose intolerance in 2003 tended to be increased from that in 1997, but the difference was not statistically significant ($P = 0.062$). Compared with the percentage of subjects with glucose intolerance in 2003, a tendency toward a slight decrease was seen in 2010, although again the difference was not significant.

Figure 2 shows temporal changes in the percentage distribution of subjects based on BMI from 1997 to 2010. Participants were classified into three categories according to BMI: <18.5, thin; 18.5 to <25.0, normal weight; ≥25.0, obese. The relative distributions of thin, normal-weight and obese subjects in 2010 were significantly different ($P = 0.017$) from those in 2003; the percentages of thin and normal weight subjects were increased, whereas the percentage of obese subjects was decreased.

Table 3 shows temporal changes in total energy intake on the three different occasions. Total energy intake decreased gradually from 1997 and reached a significantly lower level in 2010 compared with that in 2003 ($P < 0.001$). Temporal change in mean total energy intake was greater in women than in men. Mean total energy intake in men in 2003 (2,133 ± 628 kcal) was significantly higher than that in 1997 (2,007 ± 580 kcal, $P < 0.001$), while that in 2010 (2,071 ± 602 kcal) was slightly but not significantly lower than that in 2003. Intakes of carbohydrates and protein were decreased, but fat intake remained stable from 1997 to 2010. Table 4 shows temporal changes in the number of daily steps. Mean number of daily steps decreased significantly during the period from 1997 to 2003, but remained stable thereafter. The reduction in number of daily steps was more marked in women than in men, and the mean number of steps actually increased in men from 2003 to 2010. Table 5 shows temporal changes in the percentage of subjects who underwent annual health checkups in 1997, 2003 and 2010. Changes in the percentage of subjects undergoing annual health checkups over the three occasions differed among the various age brackets. Percentages of subjects who underwent annual health checkups were significantly increased from 2003 to 2010 in total and among subjects in their 30s and upward, but were unchanged and decreased over these periods among subjects in their 30s and 20s, respectively.



Survey year		1997	2003	2010
BMI category				
<18.5	(%)	5.6	3.9	6.5
18.5 to <25.0	(%)	65.7	65.1	66.3
≥25.0	(%)	28.7	31	27.1
N		858	743	1021
Significance vs. 2003		P=0.163	Reference	P=0.017

Fig. 2 Temporal changes in the relative distribution of subjects ≥20 years old with three categories of BMI who were randomly recruited from the general population for the survey in Tokushima. Participants were divided into three categories according to BMI: <18.5, thin (*hatched bars*); 18.5 to <25.0, normal weight (*filled bars*); ≥25, obese (*open bars*). Data were statistically analyzed using the Wilcoxon rank-sum test

Discussion

The results of this study suggest that our diabetes prevention programs along with those initiated by other organizations in Tokushima Prefecture affected the prevalence of diabetes from 2003 to 2010. The percentage of subjects with glucose intolerance tended to increase from 1997 to 2003 when no systematic programs for diabetes prevention were in place (Fig. 1). However, after the initiation of diabetes prevention programs in 2004, a slight decrease in the prevalence of diabetes was seen from 2003 to 2010, even though the participants in 2010 were older than those in 2003. If the programs had not been implemented during this period, the percentage of subjects with glucose intolerance would have increased in Tokushima in 2010, as it had increased during the period from 1997 to 2003. According to the National Health and Nutrition Surveys [1] conducted in 1997, 2002 and 2008, the percentage of subjects with glucose intolerance increased significantly from 20.2 % in 1997 to 23.8 % in 2002 and increased further to 27.0 % in 2008. Taking these facts together, it seems reasonable to infer that our prevention programs were effective in ameliorating the situation of diabetes in Tokushima Prefecture.

To the best of our knowledge, this is the first report assessing the effectiveness of diabetes prevention programs for the general public in a single prefecture. Tokushima prefecture was an ideal community in which to evaluate the effects of diabetes prevention programs since it has had one of the highest mortality rates from diabetes in Japan since 1993. Several recent clinical trials have demonstrated that lifestyle modifications with weight loss and moderate exercise can reduce the incidence of type 2 diabetes by up to 58 % among high-risk individuals [3–5, 15]. Translation of such results into community programs has been reported in many different settings and population groups [16, 17]. Successful programs have been implemented in rural areas of the USA [18, 19], Australia [20] and Japan [21] with an unsuccessful trial [22]. However, as the reported prevention measures have targeted selected individuals identified to be at increased risk, the benefits may not be applicable to the general population. Targeting of prevention measures to selected subjects is unsuitable for achieving health improvements among residents at the prefectural level. Although many trials on education and prevention have been conducted on municipal, prefectural or national scales in Japan, the outcomes of those trials have not been evaluated using objective measures. Based on an objective

Table 3 Temporal changes in total energy intake of subjects ≥20 years old who were randomly recruited for the survey in Tokushima

	Survey year		
	1997	2003	2010
Total			
Mean (kcal)	1,968	1,927	1,850
SD	568	591	555
N	986	955	1,057
P	0.17	Reference	<0.001
Men			
Mean (kcal)	2,007	2,133	2,071
SD	580	628	602
N	444	441	492
P	<0.001	Reference	0.063
Women			
Mean (kcal)	1,936	1,750	1,658
SD	557	495	427
N	542	514	565
P	<0.001	Reference	<0.001

Statistically analyzed using the Wilcoxon rank-sum test

Table 4 Temporal changes in the number of daily steps of subjects ≥20 years old who were randomly recruited for the survey in Tokushima

	Survey year		
	1997	2003	2010
Total			
Mean	6,838	6,228	6,210
SD	3,863	3,763	4,272
N	830	848	992
P	<0.001	Reference	0.42
Men			
Mean	6,736	6,508	6,719
SD	3,840	4,041	4,802
N	354	384	451
P	<0.001	Reference	0.907
Women			
Mean	6,913	6,228	5,785
SD	3,882	3,763	3,725
N	476	464	541
P	<0.001	Reference	0.218

Statistically analyzed using the Wilcoxon rank-sum test

analysis of prefectural health and nutrition surveys, we were able to show that our programs tended to reduce the prevalence of diabetes in the general population in Tokushima.

Weight loss has been linked to a reduction in the prevalence of diabetes in a community-based diabetes prevention study [23]. Evaluating temporal changes in the

Table 5 Temporal changes in the percentage of subjects who underwent an annual health checkup in 1997, 2003 and 2010

	Survey year		
	1997	2003	2010
Total			
Yes (%)	44.7	43.4	61.6
No (%)	55.3	56.6	38.4
N	960	976	1,095
P	0.533	Reference	<0.001
Men			
Yes (%)	39.7	43.3	63.5
No (%)	60.3	59.7	36.5
N	433	441	501
P	0.303	Reference	<0.001
Women			
Yes (%)	48.8	43.6	64.3
No (%)	51.2	56.4	35.7
N	527	535	594
P	0.097	Reference	<0.001
Age range (years)			
20–29			
Yes (%)	63.0	75.2	55.3
No (%)	37.0	24.8	44.7
N	92	105	76
P	0.087	Reference	<0.006
30–39			
Yes (%)	68.7	62.2	60.2
No (%)	31.3	37.8	39.8
N	99	111	113
P	0.384	Reference	0.785
40–49			
Yes (%)	40.8	47.0	67.1
No (%)	59.2	53.0	32.9
N	201	134	161
P	0.263	Reference	<0.001
50–59			
Yes (%)	35.4	34.6	74.3
No (%)	64.6	65.4	25.7
N	164	211	210
P	0.913	Reference	<0.001
60–69			
Yes (%)	33.5	34.5	59.1
No (%)	66.5	65.5	40.9
N	236	194	232
P	0.913	Reference	<0.001
≥70			
Yes (%)	47.2	33.0	53.8
No (%)	52.8	67.0	46.2
N	168	228	303
P	>0.001	Reference	>0.001

Statistically analyzed using the Wilcoxon rank-sum test

relative distribution of thin, normal weight and obese subjects in Tokushima was therefore important. Mean weight in 2010 (59.2 ± 11.9 kg) was not decreased from

that in 2003 (59.3 ± 11.3 kg) under the conditions of higher mean height in 2010 comparing with 2003. The relative value of weight to height, BMI, would thus shed light on the relative prevalence of obesity. During the period from 1997 to 2003, the percentages of thin and normal-weight subjects as defined by BMI declined and the percentage of obese subjects increased in parallel with the increase in the percentage of subjects with glucose intolerance. In contrast to the change in obesity parameters during the period from 1997 to 2003, the percentages of thin and normal-weight subjects increased and that of obese subjects decreased from 2003 to 2010, accompanied by a tendency toward a decrease in the percentage of subjects with glucose intolerance. Despite a decrease in the percentage of obese subjects in Tokushima, at 27.1 % in 2010, the level remained higher than the 2008 national average of 24.2 %, suggesting that our programs should be continued to further reduce obesity parameters in Tokushima.

Mean total energy intake decreased gradually and reached a significantly lower level in 2010 (1,851 ± 556 kcal), similar to the 2008 national average (1,883 ± 562 kcal). It is reasonable to assume that a decrease in total energy intake contributed to the improvement of obesity parameters in 2010. However, mean total energy intake increased significantly from 1997 to 2003 in men but fell in women during the same period, resulting in a slight but non-significant decline in mean total energy intake in all subjects. The decrease in mean total energy intake from 2003 to 2010 might be partly attributable to an increase in subjects of advanced age in 2010 compared with 2003. Incidentally, the same trend was observed in the National Health and Nutrition Survey [1].

A lack of physical activity is one of the major risk factors for diabetes and may have contributed to the high prevalence of obesity and diabetes in Tokushima in 2003. We therefore evaluated the physical activity of residents according to daily steps registered on a pedometer that had been given to them beforehand and was installed on waking in the morning and taken off just before going to bed at night. Daily step counts were about 1,000 less in Tokushima in 1997 and 2003 compared to national averages at the corresponding times. Mean daily step counts fell significantly from 1997 to 2003, particularly among women (Table 4). However, mean daily step counts stopped declining in 2010. The National Health and Nutrition Surveys [1] revealed that mean daily step counts for the whole nation continued to decrease from 7,606 in 1997 to 7,103 in 2003 and decreased further to 6,428 in 2008. This suggests that our programs along with the Tokushima Marathon, the AWA-ODORI Exercise and the walk rallies might have contributed to halting the decline in mean step counts in Tokushima in 2010.

Individual health awareness is an important motivating factor for lifestyle modification. The percentage of subjects who underwent an annual health checkup was significantly increased in 2010. This is probably partly attributable to the increase in participants of advanced age in 2010, but appears mainly due to the commencement of the Special Health Checkup for metabolic syndrome in 2008 since the percentage of subjects who underwent an annual health checkup was significantly increased among subjects in their 40s and over who were recommended to have a checkup by local governments and the companies for which they worked. This appears to have had a beneficial impact on lifestyle modifications, such as increased physical activity, weight loss and dietary changes.

Despite these activities, Tokushima Prefecture still has the highest diabetes mortality rate in Japan. As several factors contribute to diabetes mortality, related problems must be overcome to reduce the number of deaths due to this disease. However, such problems are beyond the scope of the present research.

We recognize that this study suffers from several limitations. The numbers of participants at the lectures and seminars given to the general population and medical professionals were not counted and thus could not be quantified. Survey respondents were not the same on the three different occasions; participants were randomly recruited from among residents of various regions whenever the survey was planned using the same method applied in the national survey. No data on response rates were available. Since serial data were not collected on the same subjects, we could not prove that our programs had a significant effect on glucose tolerance or other parameters over time. Although we did not adjust our data for age, the effects of our programs were evaluated in respondents within the same age bracket so there was no need for age adjustment. Not all items in the surveys were obtained from all respondents, and missing information represents a serious limitation in a survey of this kind. As the prefectural health and nutrition surveys and the national surveys related to diabetes were not conducted in the same year, it was necessary to choose the values of the corresponding items in the national survey collected at the time closest to the prefectural survey.

In conclusion, this study demonstrated that diabetes prevention programs implemented by us along with other organizations in Tokushima Prefecture appear to have been beneficial in ameliorating the diabetes situation in Tokushima. These programs should be continued to help reduce the prevalence of diabetes in the prefecture and additional data should be accumulated to confirm the efficacy of the programs.

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Conflict of interest None declared.

Ethical approval All study protocols were approved by the ethics committee at the Tokushima Medical Association.

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魚沼地域における「プロジェクト8」

上村伯人[*1]　布施克也[*2]　加藤公則[*3]
Kamimura, Norihito　Fuse, Katsuya　Kato, Kiminori

＊1 医療法人社団上村医院，＊2 新潟県立小出病院，＊3 新潟県労働衛生医学協会

はじめに

地域の糖尿病対策を進めるうえで，糖尿病地域医療連携の意義・重要性は現場では以前から認識されていた．2005年2月の日本糖尿病対策推進会議の設立以降さらに強く広く求められ，行政の医療計画にも盛り込まれ，全国でさまざまな形で取り組まれてきた．

その多くは病診・診診連携であり，地域の糖尿病診療レベルの向上や連携のレールに乗った患者の診療上の有益性は言うまでもない．だが，一方で必ずしも専門医の負担軽減になっていない形の連携があったり，クリニカルパスに乗れない患者も多く存在する．そして何より医療機関だけの連携では，糖尿病合併症のハイリスク者である未治療患者や治療中断者を救うことには限界があると考えられる．

そこでわれわれは医療機関のみならず，行政機関や歯科・薬局・健診機関・介護サービス事業所などの多職種連携（Inter professional work；IPW）と住民が学ぶシステムをつくり，地域の糖尿病対策を進めているので報告する．

魚沼地域糖尿病対策推進会議

新潟県は人口10万人対医師数が全国都道府県中42位（2010年）と少なく，なかでも魚沼地域は県内の7つの2次医療圏中最も少なく，医師数は全国平均の6割という医師不足の地域である．

神奈川県より広い地域に人口はわずか22万人，高齢化率30％の高齢過疎化の進んだ地域で，常勤の日本糖尿病学会専門医はひとりもいない地域である．だからこそ地域の医療者のネットワークは必須であり，必然的にでき，いくつかの糖尿病医療に関する研究会が開催されていた．

実は新潟県の糖尿病医療は「厚生労働省第2回医療計画の見直し等に関する検討会」（2011年2月18日）において，年齢調整受療率・新規透析導入など，9項目の評価の総合偏差値が全国で1位として評価された．これは県・市町村の保健行政と医療機関の連携の成果であると考えるが，特筆すべき取り組みとして，県医師会が中心となり平成8年に設立された「新潟県糖尿病検診研究会」の活動が挙げられる．そこでは従来，市町村によって糖尿病検診の判定基準が異なっていたり，せっかく検診で境界型や早期の糖尿病を見つけても医療機関では十分な指導・評価がされず，投薬が必要になってから，あるいは合併症が出てから介入されるという事態が多くみられていたことに対しての反省から，「糖尿病の診断手順フローチャート」作成，「検診におけるHbA1c全員実施」の推進，「境界型，軽症糖尿病指導・治療マニュアル」「境界型および糖尿病に対する早期からの指導・治療ガイドライン」の作成などが進められ，県内の糖尿病検診・診療の向上に寄与してきた．

そして，日本糖尿病対策推進会議設立の翌年度

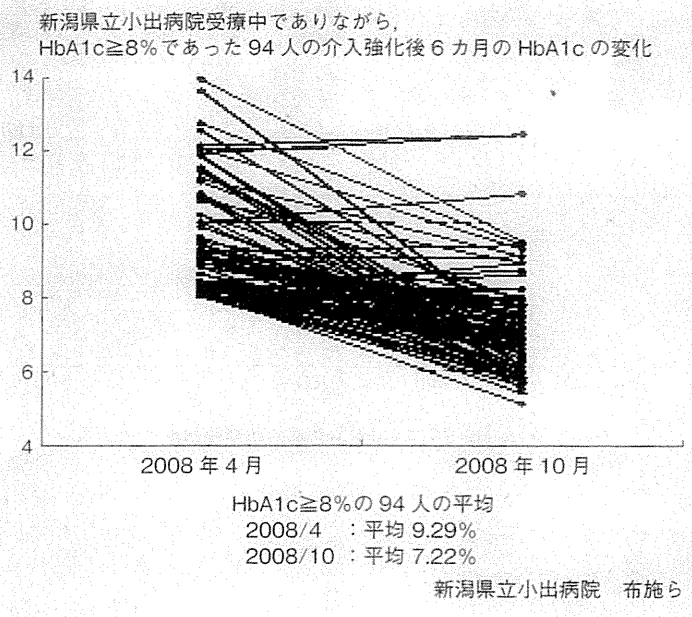

図1　医療者 Project 8

には，新潟県糖尿病対策推進会議および魚沼地域糖尿病対策推進会議が設立され，新潟県地域糖尿病療養指導士（LCDE新潟）の研修・認定制度も始まった．魚沼地域にも多くのCDEJ（日本糖尿病療養指導士），LCDEが育成され，さらに資格取得と関係なく，行政・歯科診療所・薬局・介護サービス事業所・健診機関などさまざまな施設の職員が，糖尿病の事例を中心に学ぶ「スタッフのための糖尿病教室」がIPE（Inter professional education）の場として定期開催されるようになった．

2008年4月から魚沼地域の中核病院である県立小出病院の院長に就任した布施は，糖尿病看護認定看護師らの協力を得て，糖尿病コントロール不可の者（HbA1c（JDS）≧8.0%）に対しての積極的治療介入を進め，その取り組みを「プロジェクト8」と命名し成果を上げていた（**図1**）．

また，2009年に新潟県糖尿病対策推進会議で実施した「新潟県糖尿病診療実態調査」の結果，県内糖尿病患者99,000人のうち11%（約1万人）がHbA1c（JDS）≧8.0%であり，魚沼地域でも糖尿病患者10,670人中9%（960人）がHbA1c（JDS）≧8.0%，すなわちコントロール不可であることがわかった．そこで，魚沼地域糖尿病対策推進会議として「プロジェクト8—すべての糖尿病患者のHbA1c（JDS）を8.0%未満に—」に取り組むこととした．

なぜ「プロジェクト8」か?

日本糖尿病学会による血糖コントロールの指標と評価でコントロール「不可」とされるHbA1c 8.4%以上（JDS値で8.0%以上）とは，細小血管症への進展の危険が大きい状態であり，治療の再検討を含めてなんらかのアクションをおこす必要がある場合を指すとされている．しかし実際の臨床現場では，コントロール「不可」症例でも数年間も処方の見直しもされずにいる例や，治療中断されたままでいる例が後を断たない．

これらの「不可」群は糖尿病腎症による透析導入や失明などのハイリスク群であり，将来の地域医療・保険財政への負担となることが危惧される

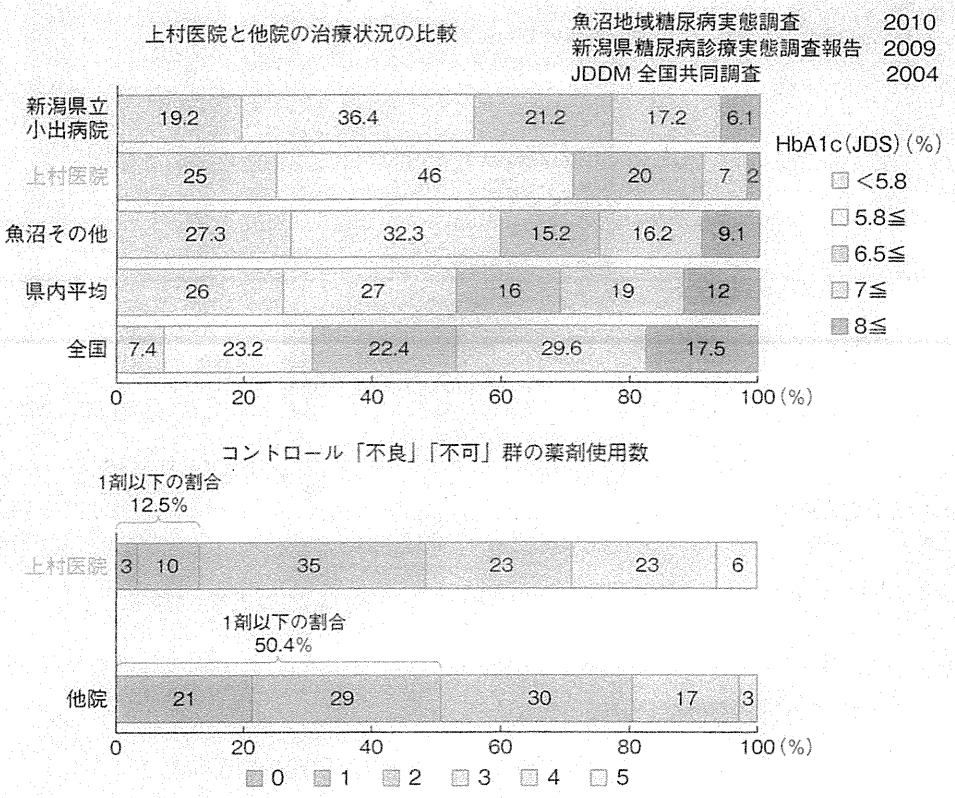

図2　糖尿病管理の実際（魚沼地域）

群である．医療資源が乏しく市町村の財政力も不足しているわれわれの地域で，これらのリスク群を看過・放置しておくことはできない．もちろんコントロール「優」「良」を目指すべきことは明らかだが，限られた医療資源のなかでまず介入すべきはコントロール「不可」群であることを，すべての医療者の共通認識とすべきであると考え「プロジェクト8」と名づけた．

魚沼地域糖尿病診療実態調査

地域の糖尿病対策事業としては①ポピュレーションアプローチ，②ハイリスクアプローチ，③診療機能の強化，④連携パスを利用した役割分担と医療連携推進に取り組んでいるが，事業の評価には糖尿病診療の実情を調査することが必要であると考え，2010年に実施した．

2010年の実態調査結果から当院とほかの医療機関での治療状況を比較すると，当院に通院する糖尿病患者のコントロールは他院に比べ良好であり，HbA1c（JDS）6.5%未満のコントロール「優」「良」が70%を超え，HbA1c（JDS）8%以上のコントロール「不可」群は全体の2%と他院の1/4～1/5であった（**図2**）．

その理由のひとつに薬剤選択の違いが挙げられると考えられた．すなわち，他院ではコントロール「不良」「不可」群においても使用薬剤が1剤以下の割合が50%もあり（当院では12.5%），治療強化が不十分な例が多いと考えられた．

さらに，事業所検診における調査でもHbA1c（JDS）≧8.0%でありながら無治療のまま2年間以上経過している例が働き盛りに多いことも明らかになり，健診機関による積極的介入が進められて

いる最中である.

地域を守る合言葉

本プロジェクトを魚沼地域全体に推進するために，われわれは3つの合言葉「医療者プロジェクト8」「連携プロジェクト8」「患者プロジェクト8」を提案した.

1)「医療者プロジェクト8」：—医療者（プロ）の合言葉—

医師・看護師・保健師・薬剤師などすべての医療者が，HbA1c（JDS）8.0％以上の患者さんを放っておかないでそれぞれの立場で介入できることを実行すること．たとえば調剤薬局の薬剤師も糖尿病手帳を見てHbA1c（JDS）8.0％以上が続いていたら，「お薬の増量や変更について先生からお話はありませんでしたか？」と声をかけたり，健診機関の医師・看護師もHbA1c（JDS）8.0％以上の受診者への受診勧奨と受診確認を繰り返すなど，それぞれの医療者ができることを考えるべきである.

2)「連携プロジェクト8」：—病院・診療所・健診機関などの連携の合言葉—

HbA1c（JDS）8.0％以上が3カ月以上続いたら同様の治療で継続せず，なんらかの治療介入の強化が必要であろう．もちろん合併症の精査も必要であろう.

自院でインスリンやGLP-1受容体作動薬の導入ができなければ他院に紹介する．あるいは食事療法の再確認と合併症チェックも兼ねて病院に教育入院してもらうなど，病診・診診の連携によって治療介入が進められている．最近では診療所から病院へ「プロジェクト8でお願いします」の一文が記されている紹介状も出てきている.

また，医療機関のみならず健診機関の協力も得られ，人間ドック・職場検診でHbA1c（JDS）8.0％以上が2年間続いていて治療を受けていない人に対しては，単なる結果通知のみでなく直接あるいは職場の衛生管理者に電話による受診勧奨と，健診機関医師からプロジェクト8参加医療機関への紹介状送付などに取り組んでもらい，連携が進められている.

3)「患者プロジェクト8」：—自分と家族の合言葉—

HbA1c（JDS）8.0％以上が続いていたら患者さん自身はもちろん，患者さんの家族も一緒に心配し受診を勧めたり医療機関に相談する（**図3**）.

眼科受診，尿中アルブミン検査や頸動脈エコー検査など合併症検査は定期的にできているか，医師まかせでなく患者自らが糖尿病管理に主体的になることが必要である.

アラーム6と薬剤選択

「プロジェクト8」の推進はコントロール不良・不可群に対して，療養指導の強化とともに薬物治療の強化も進められる．そこでは低血糖のリスクも生じてくるため治療強化のセーフティーアラームとして，低血糖リスクの注意喚起が必要だと考えた．そこで布施らが魚沼地域の低血糖救急の実態調査を実施した．すなわち，2009年1年間に救急指定病院の救急外来を受診した低血糖症例を解析したところ，62症例中60歳以上が9割近くを占め，薬物治療ではSU薬とインスリン治療が半々であった．そしてSU薬使用例で年齢がより高齢で，HbA1cが低く，eGFRが低値であることがわかった.

そこで，SU薬による低血糖リスクのアラームとして，年齢66歳以上，HbA1c（JDS）6.0％未満，eGFR 60ml/分/1.73 m^2 未満の群でのSU薬使用に注意を促すこととし「アラーム6」と名づけた.

さらに魚沼地域の糖尿病診療実態調査（6,381人）の結果からは，まだSU薬使用者が過半数を占めており，75歳以上の後期高齢者が糖尿病患者の40％を占めているなか，SU薬使用の後期高

図3　患者プロジェクト8

後期高齢者の割合
他院　2,032人/5,024人（40%）
上村医院　194人/455人（43%）

後期高齢者中のSU薬使用者の割合
他院　496人/2,032人（24%）
上村医院　23人/194人（12%）

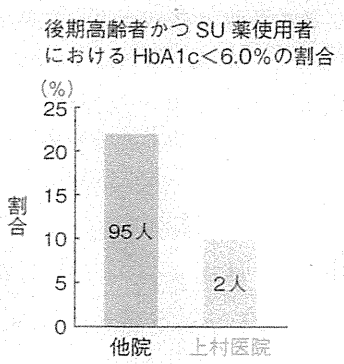

図4　後期高齢者75歳以上でSU薬使用者におけるHbA1c<6.0%の割合（インスリン治療者を含む）

齢者でHbA1c（JDS）6.0%未満の人が100人近くもいることがわかり，漫然と同一処方が継続されている例が多いと推測された（図4）．

地域医療魚沼学校

過疎高齢化が進み医療資源の少ない当地域では，少ない医療資源を保健・福祉との連携を密にすることで補ってきた．その連携のために多職種がともに学ぶIPE）の場を多くつくり，地域のネットワークを強化してきた．

そのネットワークが他地域からも評価され，2004年の新医師臨床研修制度の開始以前から，首都圏にあるマグネットホスピタル研修医の地域医療研修フィールドとして研修を受け入れてきたし，2010年度からは新潟大学の医学生の地域医療実習の場としても活用されている．そして2011年度からは，全都道府県に2カ所ずつ選定された「地域医療再生基金事業」の対象地域となったことを受けて，そのネットワークの強化と活用をさらに進めることになった．すなわち，医療者と住民がともに学ぶ場を「医療学校」とし，