

・研究成果の刊行物・別刷

第 29 回世界女医会国際学術総会 (29th International Congress of the Medical Women's International Association) (平成 25 年 7 月 31 日～平成 25 年 8 月 3 日、ソウル、韓国)において、本研究課題の取り組みについて紹介し、優秀賞を受賞した

29th International Congress of the
Medical Women's International Association

Life as a Medical Woman I
11:00-12:30, August 2 (Friday)

**Promotion for Japanese University Students to Prioritize Career and
Family Equally**

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Introduction: The birth rate in Japan has been decreasing and the average age of first delivery has been delayed in Japanese women. This is a serious problem in mature societies, because population decline leads to a decline in economic and political power. However, this critical situation not been coped with effectively by policy makers.

Objective: To enlighten young adults to prioritize career and child care equally in their life plans.

Methodology: We created brochures that promote self-management for a healthy and meaningful life and that provide information about social services and safety nets for working adults who need to support their families. Pilot special lectures related to the brochure were given in selected universities and the change of students' opinions before and after the lecture were evaluated by a self-report questionnaire.

Results: The free brochure consisted of 12 pages divided into five parts: safe delivery and aging, physical health for women/men, pregnancy and delivery planning, STDs and AIDS, and a healthy lifestyle. It was distributed to the selected universities through the Japan University Health Association. The brochure might have influenced the development of the students' understanding of their life planning.

Conclusion: Nation-wide promotion with the brochure is expected to improve life planning in young adults and increase the birth rate in Japan. (This project was supported by the Grant of aid from the Ministry of Health, Labour and Welfare.)

Keywords : life plan, promotion, birth rate