Report of Committee on School Hygiene

Tokyo Health Service Association studied that about 20% of fourth grade students contract adult-standard hypercholesterolemia (with LDL cholesterol (so-called bad cholesterol) levels above 140mg/dl). Hypercholesterolemia causes myocardial infarction and cerebral infarction. Even in general, more people now have myocardial infarction and cerebral infarction at a younger age. One of the main causes of these facts is in increased consumption of animal fat.

Japan Atherosclerosis Society (JAS) Guidelines for Prevention of Atherosclerotic Cardiovascular Diseases 2012 reports, “The National Nutrition Survey in Japan showed marked decrease in consumption of rice and all types of grains from 1946 to 1990 while that of milk, dairy products and meat markedly increased, indicating the Westernization of Japanese dietary habits.” Also, it trains all doctors to provide nutritional counselling; “reduce intake of meat fat, dairy products and egg yolk and increase the intake of fish and soy products and increase intake of vegetables, fruit, unrefined grains and seaweed.”

The medical examination for lifestyle related disease of infants by Omori Medical Association found more than 80% of children studied were with animal fat levels above 7%E (less than 7%E is said to be desirable), and their source of animal fat were milk and dairy products (46%), meat (19%), confectionery (7%), oils and fats (6%), and eggs (5%).

European and American developed countries succeeded in lowering people’s cholesterol levels and dramatically reduced myocardial infarction and cerebral infarction by teaching people to choose lower or non-fat milk and dairy products and reduce intake of animal foods such as meat fat and egg yolks.

In Japan, food education to prevent lifestyle related disease is not generalized yet. However, as Omori Medical Association’s study indicates, it is time to consider food education.