

FLIP WEBINAR SERIES | N°5 | MAY 18, 2023



# 'What is Food Literacy?'

Thursday May 18th, 2023 | 5:00 - 7:00 p.m. \*PDT

\* PDT - Pacific Daylight Time

## Webinar speakers

Dr. Katsura Omori | (Speaker & Host) Yamagata University, Japan

Dr. Kanae Takaizumi | Sendai Seiyo Gakuin College, Japan

Dr. Rie Akamatsu | Ochanomizu University, Japan

Dr. Fumi Hayashi | Kagawa Nutrition University, Japan

Chrissy Smith, Doctoral student | (Moderator) University of British Columbia

A world health statistics report by WHO stated that Japan has shown high healthy life expectancy, and *Washoku*, Japanese traditional cuisine, was added to UNESCO's Intangible Cultural Heritage list in 2013. Also, Japan has a long history of a school lunch system with a high attendance rate. Meanwhile, as with other countries, we currently face several issues such as non-communicable diseases, food safety and food waste. In addition, the high rate of underweight women is a concern in Japan, as double burden malnutrition has been a concern all over the world.

In this webinar, four Japanese presenters from different academic fields will provide you with what we have learned from our works. It includes researches on health and food literacy among a wide range of the Japanese population, which includes adults and children. We are happy to share our country's practices for healthy eating with audiences from all over the world. Some presentations are pre-recorded. Your comments and questions are very welcomed and please feel free to contact the host, Katsura Omori: [omorik@e.yamagata-u.ac.jp](mailto:omorik@e.yamagata-u.ac.jp).

Dr. Katsura Omori is a professor and initially worked in research regarding effective methods for teaching Home Economics. Home Economics is a required subject for all Japanese students from elementary school to senior high school. Her recent academic efforts have been focused on combining the standard curriculum and a school lunch program to improve children's food literacy.

Dr. Kanae Takaizumi is a registered dietitian and associate professor at Sendai Seiyo Gakuin College in Japan. She has conducted research related to health communication and her current research focuses on healthy eating literacy.

Dr. Rie Akamatsu is a registered dietitian, professor, and vice president at Ochanomizu University in Tokyo. She studied health psychology in her master's program and completed a doctorate in Public Health. Her research focuses on both individual and social factors related to eating behavior.

Dr. Fumi Hayashi is an associate professor at the Kagawa Nutrition University, Japan, and teaches Nutrition Education to dietetics students. Her current research focuses on developing the guideline to promote sustainable healthy diets for the general population.

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