

DECISION SCIENCE NEWSLETTER

ISSUE

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Reviving | Recovery
Rebuilding | New students
Yoga | English Café

EDITOR'S NOTE

The Institute of Decision Science for Sustainable Society (IDS3) welcomes new members and the start of the 2016 school year. The IDS3 program tackles important issues that face our global society. The theme of this issue is REVIVING. We aim to showcase the efforts by reporting on the recovery of struggling areas and the development of optimistic students.

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FEATURE

Superhero Koi or Supervillain Carp!

♣ *Andrew Rebeiro-Hargrave*

Sometimes, good reputations go bad; super heroes turn to the dark side and create mayhem. Take the famous Japanese carp (Koi), according to Dr. Kano, IDS3's enthusiastic ichthyologist, "the carp is the largest native freshwater species in Japan, it can live 100 years, survive 3 days out of water, if kept wet, and professionally bred colored carp are priced up to 10 million Yen." With wriggling fish in hand, Kano continued "the superhero carp is aggressive in the spring, a female can spawn over 1.5 million eggs, and it tolerates polluted, turbid, low oxygen stagnant pond water. Historically, its out of water jumps has been likened to a rising dragon." Wow, no wonder, Japanese parents hope their children will become strong and determined like the carp, alias dragon. In fact, every year, large numbers of Koinobori (carp kites) are flown on Kodomo no Hi - Children's day - a spring school holiday

dedicated to health and happiness of Japanese children. To celebrate children munch sweet mochi rice cakes and chimaki, and get money gifts. However, distracted from the riverbank Kano warned "outside Japan, the Asian carp is a villain, an invasive species originating from the River Danube, farmed by the Romans, and now a feral pest in many countries. In the USA, carp is listed as a menace that devastates native fish populations, by out-competing them for food and its behavior is associated with cloudy waters and riverbank erosion. In Australia, the government is releasing a specific herpes virus in the Murray-Darling basin to eradicate carp without harming other fish species." Returning the fish, Kano, philosophizes, is it the carp to blame or human management? Often, the river environment is already degraded before the carp move in. Villainy can be a result of misunderstanding.

EVENT | IDS₃ new students reception party



♥ *Yuki Kubo*

IDS₃ restarted the new fiscal year on April 1st. Twenty-one first year graduates revitalized the IDS₃ student population. There is a

great variety of research majors and unique characters. We organized a welcome reception party on May 17th and everyone brought food or drink as a potluck party. The happening was similar to the Decision Science home cooked Bento-day experiences organized by Dr. Hiramatsu and Mr. Takeuchi every week. It was a great opportunity for the new students to introduce themselves to other new students, senior students and faculty members at IDS₃. I was very glad to welcome them and looking forward to collaborating

on the activities. This is the 3rd year of the IDS₃ program, and it is an important year to configure the meaning and direction of the whole plan. We have conducted many discussions on the actuality Decision Science and we have faced difficulties in generating a new Decision Science from our knowledge and recent field studies experiences. This year, we the students, will continue to explore the world of interdisciplinary science and construct a valid consensus of from surveyed opinions on the title of our program.

PROJECT | Recovery work in Kumamoto



♥ *Yuki Kubo*

Students of the Decision Science program and Graduate School of Technology at Kyushu University visited and assisted the displaced elderly in Yasunaga and Tsumori, areas damaged by the 2016 Kumamoto earthquake on May 2nd. The Yasunaga area is one of the most damaged areas. Many buildings were completely destroyed and there were

countless buildings at severe risk of collapse. We provided recovery works in the Tsumori area by removing of fallen roof tiles fallen for three houses. It is difficult for elderlies to physically move the large amount of heavy tiles by themselves and there is an immediate demand for manpower to make the recovery smoothly. Mr. Okayama said "For the student-

ts, it was a simple manual work to remove the tiles. We were glad to help the local people. Although, we had figured out the actual condition of the damaged areas, as this information is missing from the news stories." We plan to visit there again and continue supporting the works of building demolition for after-disaster restoration.



FIELD TRIP | Co-developing a plan for the future of the Island of Tsushima

♥ *Brian Kenji Iwana*

Governance module members in cooperation with the students of Kamitsushima High School carried out joint-field training in Tsushima, Japan, May 23 to 24. Tsushima is a large island located between the Korean Peninsula and Kyushu of Japan. The purpose of the training was to participate and cooperate in joint field projects and co-develop a plan for the future of Tsushima. The IDS₃ study aims are to research public relations between Japan and Korea in Tsushima and experience Tsushima's attractions and tourist places. The Governance students wanted to touch the local history, food, nature, and natural

resources. A meeting was held by the Governance module members and the high school students and reported the findings of the last two years of local citizen surveys. The survey results will be used by the students and Tsushima Chamber of Commerce for the improvement and development of Tsushima. Mr. Higashi reported, "This was only my first trip to Tsushima and I could not evaluate the effectiveness, but through future cooperation, I am sure new ideas and plans will emerge." The joint fieldwork will help with the urban development of Tsushima and boost interest from the high school students

who will become the future of the island.



FIELD TRIP

Yoga restorative tonic during a busy Jaipur Trip

◆ *Qirui Yao*

Sit cross-legged, lie down, relax, and raise both legs. These stereotypical Yoga movements have been rooted in people's minds for thousands of years. Yoga is one of the most representative symbols of India, prevailing among people of all social standings, and considered as a relaxation discipline for both the body and the spirit. In March 2016, IDS₃ staff and Health module students traveled to Jaipur, India for international field training. The trip was hosted by Biyani College in Jaipur and facilitated by Grameen Communication Center, Bangladesh. After intensive study days and tiring local travel between college facilities, IDS₃

staff and students were starving for energy recharge and pressure relief. According to the informant, following a Biyani College guide, the exhausted team stepped into a Yoga class from which we were able to learn core ideas of Yoga philosophy, practice basic Yoga, and manage to hold our first Yogic poses. During the class, they learned that meditation is a powerful way to seek for a peaceful mind and can be performed in combination with Yoga. The combined effect of Yoga and meditation was an incredible restorative tonic and helped the IDS₃ team to revitalize, stay positive, and overcome challenging obstacles that emerged

during the rest of the journey. All participants felt good after Yoga and enthusiastically yelled, "Hurrah, we will succeed."



ACTIVITY

Smile please! We are talking English



◆ *Brian Kenji Iwana*

Since last year, IDS₃ students have hosted an English Communication Café. The Café allows IDS₃ members to come together and practice English conversation in a casual

environment. Spoken English communication is vital for overseas field studies and for presenting at international conferences. However, in Japan, there are not many opportunities for multidisciplinary students and staff to communicate in English. A brainchild of Mrs. Mie Ariyoshi, the English Communication Café aims at developing student confidence in speaking English through experience, exchanging opinions, and practicing conversation. Activities include group discussion and brief presentations related to

a particular theme. For example, there was a discussion about "impressions and values." Dr. Rebeiro-Hargrave led this group discussion and conversation revolved on mood improvement by prolonged smiling, as a day starting exercise. Other themes included, "leadership," "memories and holidays," and "habits and lifestyle." The Café is held 2-3 times per month. It is open to both English learners and fluent speaker and benefits both by providing an environment of mutual interaction and communication.

LECTURE | TED Season Kick-Off

◆ *Kazuki Tagawa*

The TED seminar season kicked off on May 12th at Kyushu University Ito and Hakozaki Campuses. IDS₃ TED (Technology Entertainment Design) seminars coach students on making attractive presentations and improving their skills to explain their research to general public audiences in a clear and straightforward manner. During the 1st seminar, Dr. Kikuchi and Dr. Murakami gave model presentations. Dr. Kikuchi, a new teacher in IDS₃ and majoring in international preventive medicine, presented her research project "Hygiene for HIV patients in Rwanda." In her African field study, she showed that

the effectiveness of treatments differed according to home environments and the quality and quantity of food the subjects ate. Digesting the content, Ms. Obata, an IDS₃ fresher was concerned why Rwandan children hesitate to take a HIV medicine. She thought Dr. Kikuchi's communication method was effective through the use of many attractive photos, graphs and figures." Dr. Murakami, an IDS₃ veteran, majoring in behavioral ant ecology, presentation was titled "The effect of radioactive substrate on the ecology of ants and the responsibility of researchers." He expanded on his novel and interesting research conducted in the environment around the



Fukushima nuclear power plant. Ms. Kohata concluded that it is very important for researchers to communicate their research results and new students learn presentation skills with an aim to make a winning presentation during the "Biblio battle" in July.



♠ *Jecinta Kamau*

Professor Naoki Nakashima is the director of Medical Information Center at Kyushu University Hospital and leader of health module of IDS₃. His research interests include analysis of medical big data, Japanese model of disease management for Non-communicable diseases (NCDs) such as diabetes mellitus, prevention of NCDs using ICT tools, and enhancement of medical internationalization. Professor Nakashima met us at the IDS₃ offices in Ito Campus and talked to us regarding health care and wellness decisions.

Positive thinking

NCDs are among the most common, costly and preventable of all health problems. People with NCDs have to consider diet therapy. Prof. Nakashima points out that his patients who have positive thoughts do fairly better and are happier than those with negative thoughts. An important role of a diabetic doctor is to impact positive thinking and activate conscious behavior change. Positive thinking leads to curiosity about food, medicine, exercise, restaurants, travel and daily life. There is a positive side and a negative side to almost any situation. Training the mind to think of the positive outcome will over time, start to happen naturally. Another way to encourage healthy decisions is a 'giving joy' psychological

INTERVIEW
Prof. Naoki Nakashima

Positive Thinking and Digital Healthcare

approach. For instance, if a healthy menu is selected in a restaurant, a percentage of the profit will be given for a social outreach to the needy. This stems from the psychological notion that human beings get more joy from doing something for someone else than from oneself.

ICT as a tool

Prof. Nakashima has researched telemedicine systems in Bangladesh and India. He has worked with the Portable Health Clinic and recognizes that this sophisticated telemedicine system is a potential solution for Japan where rural population is rapidly decreasing and many ageing people with NCDs require regular medical attention. He states that ICT is a tool for human decisions and is increasingly being used in medical decisions. He postulates the use of ICT in risk management: identifying emergency conditions through triage. ICT is important as the number of patients is increasing with increase of ageing population in Japan, medical cost per year in Japan is estimated at 43 trillion yen, which is expected to increase to 50-60 trillion yen per year. This cost burden is increasingly unmanageable. Telemedicine's contribution to reducing medical costs would be viable for the Japan situation. In August last year, the restrictions on cases where telemedicine can be used were lifted, making the practice easier. Prof. Nakashima introduced to us his research in info-medicine. Correct information provided at the correct time allows for correct healthcare action to be taken on time. He encourages use of smart sensors that provide real time information like heart rate monitor-

ing when jogging, reminder to take medication, weight loss and diet monitoring, and so on. Use of info-medicine can contribute to reducing or preventing NCDs with minimal cost and side effects.

Reviving economy through healthcare

Healthier people are more productive. Companies with healthier staff tend to increase productivity and hence more profit. Many companies now consider health status of employees as a major stream in company policies. The same applies to families, villages, and countries. When we consider mental health as well as NCDs families are more productive when health status is positive. The same applies at national level: countries with large population of unhealthy people do not do well economically and incur large medical costs. Often, in these countries, fast food is more affordable than healthy food for lower income persons and increases the prevalence of NCDs. This in turn reduces their productivity while increasing medical costs which in turn considerable reduces income level creating a vicious circle of unhealthy societies. This is a great problem that health education, awareness and use of ICT as a medical tool can attempt to solve.



UPCOMING EVENTS

- Jun. 22, Jul. 4, 11, 18, Yame, Japan. **Survey on community building**, *Governance module*.
- Jul. 2-3, Kyushu Univ., Japan. **Biodiversity research in Conservation zone**, *Environment module*.
- Jul. 11-14, Yaku Island, Japan. **Field trip**, *Environment module*.
- Jul. 28-30, Saiki, Japan. **Leadership training workshop of team organization**, *Integration team*.
- Jul. 26 - Aug. 4, Bangladesh, **International collaboration research**, *Health module*.
- Jul. 23, Aug., Kumamoto disaster area, Japan, *Health module*.
- Jul. 11, Hisayama Town, Japan. **Hisayama study**, *Health module*.
- Aug. 13-24, Ontario, Canada. **International Study Tour**, *Integration team*.

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