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Review of DASH-JUMP program: The power born from the fusion of western science and oriental food culture

Statement of the Problem: It is increasingly important to prevent hypertension since Japan has become a super-aged society compared with other countries. Medical expenses for hypertension in Japan amount to 2 trillion yen per year, and it is estimated that 65% of medical expenses can be reduced by improving lifestyle habits. A high frequency of salt-sensitive alleles was reported in the Japanese population, and blood pressure decreases due to salt restriction. However, it takes 10 years to achieve 1 g of salt restriction. Therefore, it is important to develop the diet for preventing hypertension other than salt restriction, and to increase the choice of diet for hypertension prevention. The purpose of this study is to introduce the WASHOKU-modified DASH diet (DASH-JUMP: DASH- Japan Ube Modified diet Program) and spread all over the world.

Method and Theoretical Orientation: The DASH-JUMP study was designed as an open-label single-arm cohort study. We prepared 42 meals of nutritional composition as close as possible to DASH diet, and delivered 3 meals a day to the participants' home or workplace every day for 2 months. Then, for 4 months after the intervention, the participants consumed their usual diets. We conducted Laboratory measurements (Hypertension research open Journal in July 2016, EUROPEAN HEART JOURNAL 2016; 37, 548), a nutritional survey using the FFQg nutrient questionnaire (EUROPEAN HEART JOURNAL 2015; 36, 114-115), the stage of behaviour change model questionnaire and the modified perceived health competence scale (PHCS).

Conclusion & Significance: The DASH-JUMP diet indicated a great hypotensive effect and improved indices of life-style related diseases as well as lipid profile. Although we did not provide nutritional guidance, Health management goodness significantly increased from baseline to other points, lifestyle modification failure degree significantly decreased from baseline to after 2 or 6 months.

Biography

Atsuko Kawamura has strong beliefs, passion and expertise to innovate health promotion in super aged society. WASHOKU-modified DASH diet (DASH-JUMP) that combines Western science and Oriental culture creates a new route to improve people's lifestyle habits. She has developed this diet from experience in nursing practice, research, evaluation and education related to cardiovascular disease in both hospital and educational institutions. In Japan where the declining birthrate and aging progresses, the spread of new dietary regimens other than salt restriction can prevent and improve high blood pressure, contribute to the extension of healthy life expectancy and reduction of medical expenses.

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