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[SHORT NOTE]

The Relationship between Satisfaction with Specific Health Guidance and Weight Change

GOTO Saya¹, KIYOKAWA Takuma¹²**< Abstract >**

Since 2008, specific health guidance aimed at improving lifestyle habits has been initiated. This study investigates the correlation between satisfaction with this guidance and weight change. 79 participants underwent health guidance. Satisfaction surveys and weight change over six months were analyzed. Higher satisfaction correlated with greater weight loss, suggesting tailored support enhances outcomes. Individualized support positively impacts satisfaction and weight outcomes, highlighting the need for personalized health guidance strategies.

Key words: Health Guidance Weight

1 Introduction

Since April 2008, the system of specific health guidance has been initiated based on the "Act on Securing Medical Care for Elderly People." This system aims to enable the subjects to be aware of their health status and continue voluntary efforts to improve their lifestyle habits.

Our association conducts specific health guidance, supporting the subjects for six months. However, there is currently a significant variation in outcomes among the subjects. Therefore, we hypothesized that the content of specific health guidance is closely related to the improvement of the subjects' motivation and significantly correlates with the outcomes.

In this study, we focus on the effectiveness of

specific health guidance implemented by our association and investigate the relationship between satisfaction with specific health guidance and changes in weight.

II Method

We targeted 79 individuals who underwent specific health guidance at our association over a period of two years, from the fiscal years 2021 to 2022. We collected the results of satisfaction surveys conducted at the end of specific health guidance and calculated the changes in weight over six months. We examined whether there was a difference in weight reduction based on the satisfaction level with specific health guidance. The survey was conducted via email, and satisfaction was rated on a four-point scale

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ranging from 1 to 4.

【Ethical Considerations】

We ensured that individual identities were protected in the use of data for this study. Participants were informed that their participation was voluntary, and they could withdraw at any time without consequences, even if they had initially consented to participate. These ethical considerations were clearly stated in the written materials distributed during the implementation of specific health guidance and verbally communicated to the participants.

III Result

Among the 79 participants, 35 reported "1 - Very beneficial," 39 reported "2 - Beneficial," and 5 reported "3 - No change before participation" regarding satisfaction. No participants reported "4 - Not beneficial." Furthermore, we calculated the average weight change over six months for each satisfaction rating. Participants who reported satisfaction

level 1 showed an average weight loss of 1.8 kg over six months. Those who reported satisfaction level 2 showed an average weight loss of 0.2 kg, while those who reported satisfaction level 3 showed an average weight gain of 1.46 kg. We summarized the breakdown of satisfaction survey responses and the average weight change over six months in Table 1.

IV Consideration

The survey results indicated that satisfaction levels 1 through 3 were obtained, with greater weight loss observed among those reporting satisfaction level 1. It is speculated that individualized support tailored to the participants was provided during specific health guidance, leading to comprehensive support. As a result, participants felt that specific health guidance was "very beneficial," possibly enabling them to take on more active challenges.

On the other hand, participants who reported satisfaction levels 2 and 3 showed almost no change or a slight increase in weight. This

Level of satisfaction	Response Count	Weight change over 6 months (average)
1 : Very Beneficial	35	-1.8kg
2 : Beneficial	39	-0.2kg
3 : No Change Before Participation	5	+1.46kg
4 : Not Beneficial	0	—

Table 1) Breakdown of answers and average weight change

suggests that the content and methods of specific health guidance may not have matched the needs and lifestyles of these participants, highlighting the necessity for refining support strategies and emphasizing even greater individualization in specific health guidance.

From these results, it is suggested that there is a significant correlation between the satisfaction felt by the participants regarding specific health guidance and changes in weight. To further enhance the quality of specific health guidance for the purpose of maintaining and promoting the health of the participants, it is important for us to continue making efforts. We need to not only evaluate satisfaction on a four-point numerical scale but also solicit feedback from participants on the reasons for their satisfaction or dissatisfaction and strive to improve our skills as

health practitioners based on these opinions. Furthermore, creating opportunities for health practitioners to share the content of health guidance and exchange opinions on individualized health guidance will be essential for implementing better health guidance.

Additionally, the absence of responses indicating "not beneficial" throughout the two-year period underscores our confidence in the content of specific health guidance provided by our association. We will continue our efforts to further enhance satisfaction and strive for the promotion of the participants' health.

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