

# The One Health Master Training Program for 2025 has started.



The One Health Master Training Program, implemented by Fukuoka Prefecture since 2023, has started again this year!

## Fukuoka Prefecture has been implementing the “One Health Master Training Program” since FY2023!



📖 This program consists of eight sessions in total. 📖 While learning about the connections between human and animal health and lifestyles, participants can also enjoy nature experiences and facility tours!

After completing all the sessions and being certified as a Master, participants will go on to serve as instructors in local study sessions and other community activities.



### Program (Session 3)

#### Learning One Health: From Biodiversity to Climate Change

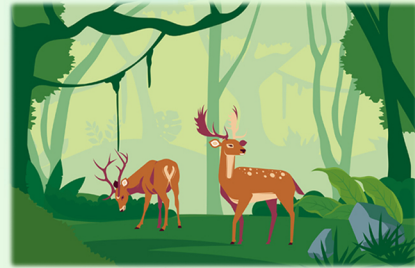
From the “One Health” perspective, which emphasizes the interconnectedness of people, animals, and the environment, various lectures and hands-on learning activities were conducted.



## — Lecture — Biodiversity and Environmental Conservation

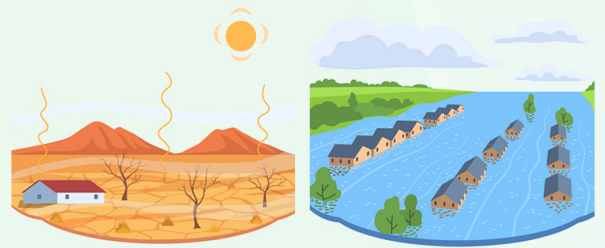
In the first lecture, it was explained that the diversity of living organisms is directly connected to our daily lives and health. For example, if the deer population increases too much, the plants in the forest are eaten up, which raises the risk of heavy rain disasters.

Furthermore, the excessive predation of small animals by invasive raccoons is a factor that disrupts the balance of ecosystems. It was emphasized that such changes in the natural environment can even affect human society.



## — Lecture — Climate Change and One Health

In the following lecture, attention was drawn to the impact of global warming on the health of humans and animals. Issues such as the increasing number of heatstroke cases and the spread of mosquito-borne infectious diseases were discussed as familiar challenges. In addition, the importance of disaster preparedness and everyday eco-friendly actions was emphasized, focusing on the two key concepts of “mitigation” and “adaptation.”



## Two Climate Change Measures

### What is mitigation?

minimize the causes

To prevent the negative impacts of climate change on our lives and nature, it is important to reduce greenhouse gas emissions and minimize climate change as much as possible — this is called “mitigation.”



eco-cars



use of renewable energy



saving electricity and energy



increase forests

### What is adaptation?

prepare for the impacts

Even if we reduce greenhouse gas emissions as much as possible, we cannot completely avoid the impacts of climate change. That is why it is important to take adaptive measures — to minimize the damage and help us live more safely and securely.



prepare for disaster



prevent heatstroke



be careful of insect bites to prevent infections



heat-resistant crops

## — Experience — The Road to Climate Change Adaptation: A Sugoroku Board Game

Participants enjoyed a game where they rolled dice and experienced simulated events and countermeasures related to climate change. The game board included creative spaces such as “Lose points due to heavy rainfall disaster” and “Overcome disasters with an adaptation card,” allowing players to learn while having fun. Through the game, participants naturally came to understand that climate change is not a distant issue, but something closely connected to our daily lives.



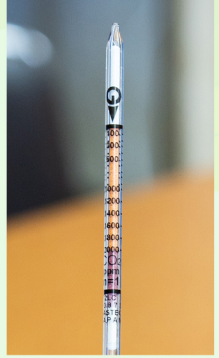


— Fieldwork —

## Atmospheric Environment Observation

After learning about air monitoring conducted at 55 locations throughout Fukuoka Prefecture, we actually used measuring instruments to measure the concentration of carbon dioxide.

In the enclosed indoor environment, the readings were close to 2000 ppm, greatly exceeding the safety standard of 1000 ppm or less. Through this practical exercise, we were able to experience firsthand how the “quality of air,” which we usually do not pay much attention to, is directly connected to our health.



— Fieldwork —

## Measurement of Water Quality

We collected river water using a bucket and conducted a simple water quality test.

By examining the level of water pollution and other factors, we learned how water quality is connected to human health and the ecosystem.

We were once again reminded of an important yet easily forgotten truth — “once water becomes polluted, it eventually affects the water we drink and the food we eat.” This activity gave us a deeper understanding of the vital relationship between clean water and our lives.



# Climate change is a global SOS.

Because people, animals, and the environment are all connected as one, our small realizations and actions have the power to protect the future.

