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Identifying Social Factors of Non-Communicable Diseases in Palau: Futures-Studies Perspective

Panel: Health and Well-Being

Republic of Palau, a small island state in the Pacific, has experienced deteriorating condition of health in this era of rapid modernization and globalization. Although typical communicable diseases have largely been controlled, the cases of non-communicable diseases, or NCDs, have risen significantly and have already become a health trend of contemporary Palau. In 2013, both an epidemiological study and qualitative research were conducted to uncover the health status of the Palauan people in Palau. The qualitative study helps not only identify the trend of lifestyle but also unleash possible contributing factors that have been generated from the shift of family and community patterns in the island society. Employing futures-studies methodology, this paper discusses alternative futures for healthier Palau focusing on possible social factors of NCDs in Palau.