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Social Capital and Nutrition/Health Transition in Postwar Okinawa

Panel: Social Capital and Well-being in Okinawa and Japan from the Perspectives of the Life Course (Session 2)

The U.S. played a critical role in public health in Okinawa for 27 years after World War II. The US military period can thus still be said to have influenced Okinawans nutrition/health transition and social capital in Okinawa. Compared to mainland Japan, the socioeconomic changes happened in a short period of time in Okinawa, and the dietary habits and social capital among the postwar generation become different from those of the prewar generation.

The differences in living conditions and dietary styles between the prewar generation and postwar generation could also have had an impact upon the health and the rapid change in the life expectancy, especially for men. American-style dietary habits have had a significant influence on the health of the Okinawans. The US administration in postwar Okinawa had both positive and negative consequences. In this abstract, we discuss the following questions: (1) Did the U.S. administration had any influence on Okinawan longevity; (2) What can we learn from the comparison in the U.S. public health policies in postwar on Okinawa and Japan.