

## **The Association between Knowledge and Awareness in the Health of Women and Infants in Japan**

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### **Abstract**

The main objective of this research is to increase the birth rate in Japan in the future. In addition, it is to improve the health and healthy lifestyle in Japan through nutritional education. The research tool used to collect data is a questionnaire. It consisted of 20 questions. The target group included 120 Japanese women who had given birth to at least one baby. The data was collected during 21<sup>st</sup> October to 7<sup>th</sup> December, 2017. Excel and Google forms were used to collect the needed information and to analyze the results.

The findings have proven that there is a certain in-depth association between women and infant health through all answers of the questionnaires. In addition, the overall answers indicate that there are other factors related to the low birth rate in Japan. Through the results and discussion, solving the issue of the low birth rate of Japan is really significant to consider that it is not only from the view of health such as eating habits, health awareness, and food education, but also from the view of the environment of Japanese society, society's security system, and the major perspective about child raising. They are other emerging challenges to be solved for a higher birth rate in Japan in the near future.

**Keywords:** *women health, infant, birth-rate, future health, eating habits, nutrition*

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