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| **Health support for new mothers facing isolated baby raising in the super ageing Japanese society**  |
| **Setting/problem**Japan, being the first country to enter ‘super-ageing’ population, has the most ageing population in the world. This demographic change results in serious concerns about the child raising by the young generation who have no chance of having seen actual baby birth and care but facing sudden lifestyle and environment challenge of isolated baby raising. The leading cause of death among pregnant women and new mothers from 2015 through 2016 in Japan was suicide, making up about 30 percent of the total, according to a survey by the National Center for Child Health and Development and other research institutes (Sep. 2018). The women apparently killed themselves because of postnatal depression, according to the first survey showing a nationwide incidence of suicide among by women in pregnancy or shortly after childbirth (Mori, 2018). The reasons for the suicides are considered to be varied but pregnancy and delivery are big events for a family and people involved tend to have worries. The health ministry of Japan launched a new program in the fiscal year of 2017 to provide financial support to municipal governments offering health checkups and counselling by clinical psychologist two weeks or one month after childbirth in a bid to prevent postnatal depression or child abuse. Therefore many new facilities and programmes have started.**Intervention**Participant observation. The authors have recently experienced their own baby birth; received new health checkups and have been participating in various community health programmes by public health nurse, child minders, midwives of municipal government health department as well as NPOs of midwives and others. **Outcomes**When a new mother left hospital, therefore daily attention from midwives and nurses, and started the new life with a baby on their own is a time of challenge. Various new programmes attempt to provide at this timing new mothers a chance to meet other new mothers, share their concerns, experience and information for support. Various programmes targeting different groups of mothers. The programmes and activities vary by municipal government. Mothers may select which city to live due to the availability of community support programme.**Implications**The mental health issues such as postnatal depression are a challenge for the provision of medical care for pregnant women and new mothers. A support system using community networks for new lonely mothers is needed.  |