10th International Conference on MCH handbook
Maternal and Child Health Handbook
born in Japan, flourishing around the world

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What is the Maternal and Child Health (MCH) Handbook?
What is MCH Handbook?

Definition of MCH Handbook in 2009
(International Committee on MCH Handbook)

The Maternal and Child Health Handbook is a book that contains essential information, kept by the family, to promote and maintain the health of mothers and children.

MCH Handbook born in Japan, flourishing around the world

1 MCH Handbooks contain health records – both of the mother and her child – in one booklet.
2 Parents keep their MCH handbooks at home.
3 MCH Handbooks can be used as a guide to pregnancy, delivery and child-rearing through essential health information.
MCH Handbook started in Japan

In 1948 MCH Handbook (Boshi Techo) (20 pages) was published for the first time.

Obstetricians, pediatricians, public health nurses and midwives may write down medical records in MCH handbook.

Parents bring MCH Handbooks to clinics for health examinations, immunizations or treatment. The coverage is almost 100%.

Most parents keep MCH handbooks until their children are married.
MCH Handbooks in the World in 2016

1 National program
Japan, Benin, Bhutan, Burkina Faso, Cote d’Ivoire, Indonesia, Lao PDR, Kenya, the Netherlands, Niger, Palestine, Philippines, Senegal, South Korea, Timor Leste, Thailand, Tunisia, USA(Utah) ....

2 Pilot project supported by UN, JICA and NGOs
Afghanistan, Angola, Bangladesh, Brazil, Burundi, Cambodia, Cameroon, China, Djibouti, Dominican Republic, Gabon, Ghana, India, Madagascar, Micronesia, Mongolia, Myanmar, Peru, Tajikistan, Uganda, Vietnam ....

3 Planning to introduction
Brunei, Nigeria, Turkey ....
Parents treasure MCH Handbooks for a long time. The late Prof. Azrur Azwar said, “When parents keep their MCH Handbook, they can communicate their concerns to health professionals. The MCH Handbook empowers parents.”

MCH Handbooks are often the only health care guides available at the family home.

MCH Handbooks are gifts from parent to child

“I received my MCH Handbook from my mother. Now I became a mother and often compare my child's handbook to my own.”

(A Japanese mother with one girl and one boy)
Historical Review of MCH handbook Conferences (1998-2016)

1st International symposium on MCH Handbooks, Tokyo, Dec. 1998
   by the research fund of MOHW
2nd, Manado in Indonesia, Sep. 2001
   by Toyota Foundation
3rd, Bogor in Indonesia, Aug. 2003
   by JICA
4th, Mahidol University in Thailand, Dec. 2004,
   by Mahidol University
5th, Ben Tre Province in Vietnam, Nov. 2006,
   by Ben Tre Province
6th, UN University at Tokyo, Dec. 2008,
   by Osaka Univ., HANDS
7th, Dhaka in Bangladesh, Dec. 2010,
   by Dhaka Univ., Osaka Univ. ICMCHH
8th, Nairobi in Kenya, Dec. 2012,
   by MOPH Kenya, ICMCHH
9th, Younde in Cameroon, Sep. 2015,
   by MOPH Cameroon, ICMCHH

The Innovative Roles of MCH Handbooks

The MCH Handbook is not a tool that can directly reduce maternal and child deaths. However, it can increase knowledge, promote attitude and change maternal and child health related behaviors.

1) To leave no one behind
2) To ensure the continuum of maternal, newborn and child health care
3) Promoting a harmonized mélange of care within many health fields
4) To offer a flexible tool that can be adapted to each country's needs and culture.
5) To empower women
6) To apply ICT to MCH Handbook

Why not both? analog and digital MCH Handbooks
You can download PDF files of MCH Handbooks in the world and find the new scientific papers.
Transforming our world: Sustainable Development Goals (SDGs)

Leave no one behind!
SDGs (Sustainable Development Goals)

Goal 3. Ensure healthy lives and promote well-being for all at all ages

1. MMR (maternal mortality ratio) < 70 per 100,000 live births
2. NMR (neonatal mortality rate) 12 per 1,000 live births
   - under-5 mortality 25 per 1,000 live births
3. AIDS, tuberculosis, malaria and neglected tropical diseases
4. NCD (non-communicable diseases)
5. Substance abuse, including narcotic drug and alcohol
6. Global deaths and injuries from road traffic accidents
7. Sexual and reproductive health-care services
8. Universal health coverage
9. Hazardous chemicals and air, water and soil pollution
Neonatal mortality rates (NMR) decreased before medical high-technology development in Japan

*Sources: Ministry of Health, Welfare and Labour, Japan T. Yamada, K. Yoshitake (2000)*

1948 MCH Handbook
1958 Free medical care for Premature baby
1964-69 Warm, Nutrition, Infection Prevention, Oxygen
1975 Mechanical Ventilation
1980 Artificially Pulmonary Surfactant

The NMR in Japan was 9.9 in 1967

The target of SDGs (NMR less than 12)
Take Action!

MCH Handbooks are the starting point and a basic tool for an improvement in the quality of life of mothers, children, and families around the world!