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Panel 4.4: Health and Targeted Populations

Community Empowerment for Healthier Lifestyle in Palau: Challenges and Potentials

The Republic of Palau president declared a state of emergency on non-communicable diseases (NCDs) in 2010. The cases of NCDs have risen significantly in Palau and have become a health trend over the past few decades. Research collaborations among universities in Japan, Palau health authority, and local NGOs have uncovered an overall health status, trend of lifestyle, and possible contributing factors to the current health trend in Palau. Based on the collaborative workshop conducted in Palau, this paper discusses and foresees social, community, and global factors that contribute to a healthier lifestyle of the people in Palau in the era of globalization and transition.