

Sasakawa Nursing Fellow 2023 Progress Report

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Purpose and Overview

Since August 2023, I have been studying life course epidemiology at the Department of Population, Family, and Reproductive Health at Johns Hopkins University. This entails acquiring knowledge and methods to promote the early and lifelong health and well-being of children from infancy through adolescence and into adulthood. The focus encompasses advancing scientific understanding, identifying public health determinants, devising programmatic strategies, and considering policy implications to enhance maternal, child and youth health equity.

Academic Aspects

Throughout the program, I have undertaken an extensive array of courses spanning statistics, epidemiology, sociology, and other relevant disciplines. These courses have provided a comprehensive foundation in understanding the multifaceted aspects of public health and its application within diverse populations. Under the guidance of esteemed professors engaged in projects utilizing the life course framework, I have gained profound insights into the interplay between various factors shaping individuals' health trajectories. Moreover, through rigorous academic endeavors, I have honed critical analytical skills necessary for conducting research and implementing evidence-based interventions. The academic environment at Johns Hopkins University has fostered a culture of interdisciplinary collaboration, allowing me to engage with scholars from diverse backgrounds and enrich my understanding of public health challenges and solutions on a global scale.

Personal Aspect

My time studying abroad provided valuable insights into the diverse fabric of the United States. Living in Baltimore, I've contemplated how academic endeavors intersect with public health promotion and health system enhancement. At Johns Hopkins Bloomberg School of Public Health, I've witnessed a longstanding commitment to engaging with both international initiatives and local Baltimore communities. Collaborative projects in Baltimore address pressing issues such as gun violence, food insecurity, early childhood education, mental health, and more, with mechanisms ensuring effective project assessment and prompt implementation. Despite persistent challenges, there has been tangible progress in Baltimore's security and health systems, underscoring the importance of rigorous evaluation and effective project implementation in daily life space as well.

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