

LiSM10!® Manual for the Office Staff



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1. What LiSM10! ® is

1-1. The LiSM10! ® way of thinking

LiSM10! ® is a lifestyle-related disease prevention program based on the latest theories in health promotion, behavioral science, and health education. The main element of this program is face-to-face, individual counseling sessions that approach lifestyle issues by focusing both on eating habits and exercise habits.

Based on a preliminary assessment, the first goal-setting counseling session is constructed to ensure an effective beginning. Support is based on stages of change (focused on lifestyle improvement) and self-efficacy (focused on setting reasonable goals for an improved lifestyle). Implementation is based on the participants' own determination and introduces self-monitoring to help them achieve their targets.

⇒ It is not just a diet program, it is a program to support behavior change.

— The effectiveness of this approach has been demonstrated in three intervention studies in work sites in Japan. From 2001 to 2007, clinical trials were conducted using male employees over 30 years old. Significant improvement was observed in diagnostic indicators such as weight, fasting blood glucose, insulin, HOMA-IR, HbA1c, and liver function (AST, ALT, and γ -GTP), thereby validating the LiSM10! ® approach.

The LiSM10! ® program aims to improve individual health management competencies. It empowers people to protect their own health from lifestyle-related diseases.

1-2. Program flow

Approximate dates (○ indicates the first goal setting counseling session date)	Enter the date when it is fixed	Implementation content
		LiSM10!® participant briefing
— 20 days before the first counseling session	/ ()	Receive the preliminary assessment form
— 10–20 days before the first counseling session	/ ()	Participants answer and submit the questionnaire
— 10 days before the first counseling session	/ ()	Announcement of goal-setting counseling date
○ date, ○ month	/ ()	Goal-setting counseling session
45 days (1.5 months)	/ ()	Review counseling session
90 days (3 months)	/ ()	Review counseling session
125 days (4.5 months)	/ ()	E-mail counseling / telephone counseling
160 days	/ ()	Participants answer the questionnaire
180 days (6 months)	/ ()	Final counseling session