

## Consultation and information in multiple languages on pregnancy, childbirth, and childcare

### Life with babies

Being able to spend time every day with your baby should be a source of great happiness, celebrating a new life from birth through every stage of growth and development.

**We're here to help! Please contact us about any problems.**

Changes in lifestyle and social situations can make it increasingly difficult for parents on their own, or even with the help of other family members, to raise children. That is why each local government is working to improve systems that provide necessary support for the child-rearing generation. Your concerns are our concerns, so please do not hesitate to contact your local or municipal Public Health Center and/or our Comprehensive Support Center for Child-rearing.

References: Maternal and Child Health Handbook / Mothers' and Children's Health and Welfare Association



### Free Telephone Counseling

Help Desk for Foreign Residents  
Gaikokujin Jumin no Tame no Sodan Madoguchi  
Support Desk for Foreign Residents

Interpretation is available in 13 languages  
(Languages other than 13 are negotiable)

024-524-1316

E-mail ask@worldvillage.org



Visit the Fukushima International Association (FIA) Website

### "Yoriso Hotline"

In addition to telephone service, we also accept inquiries via "Facebook Messenger" for those who do not have access to a telephone. To contact us, send us a message on our FB page.



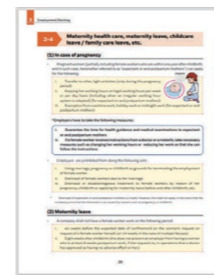
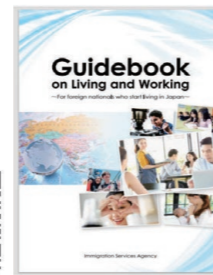
Social Inclusion Support Center  
https://www.since2011.net/yoriso/en/

### Daily Life Support Portal for Foreign Nationals

The website covers procedures and paperwork related to daily life, pregnancy, and child-rearing in 16 languages.



The Ministry of Justice, Immigration Services Agency  
Foreign Residents Support Center (FRESC)

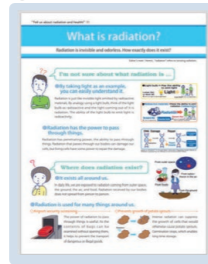


### Information on radiation

#### Tell us about radiation and health! (English · Chinese · Korean)

The flyer was created in collaboration with the Fukushima Medical Association to provide easy-to-understand answers to concerns and questions about radiation and health.

Fukushima Medical University  
Radiation Medical Science Center for the FHMS



#### Fukushima Updates Revitalization Information Portal Site (Multiple languages supported)

The website is an official portal site of Fukushima Prefecture to present the current status of Fukushima's revitalization.

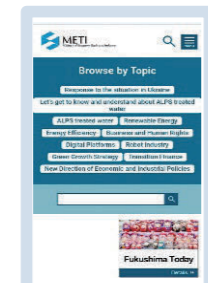
Fukushima Prefecture



#### Fukushima Today (English)

The site introduces the current situation in Fukushima, including power plant decommissioning and ALPS-treated water.

Ministry of Economy, Trade and Industry



#### Fukushima Updates Attractions of Fukushima (Multiple languages supported)

Reconstruction Agency



## Dear Mothers and Fathers in Fukushima Prefecture See Results of the "Pregnancy and Birth Survey" on the Fukushima Health Management Survey (Survey Period : FY2011 to FY2022)

Fukushima Prefecture and Fukushima Medical University have been conducting a "Pregnancy and Birth Survey" as a part of the Fukushima Health Management Survey since FY2011, to understand the physical and mental health of pregnant women in Fukushima Prefecture following the Great East Japan Earthquake and the Fukushima Daiichi Nuclear Power Plant accident, to provide necessary care, and to reduce anxiety.

Over 13 years since the survey began, responses have come from about 90,000 mothers, of whom more than 12,000 have requested and received support.

We have summarized the Survey results and conclusions with the hope that this will be a valuable resource for mothers and fathers in Fukushima Prefecture, helping them to give birth and raise their children.



### About the survey

The Survey consists of the Main Survey (for one year after the issuance of a Maternal and Child Health Handbook), and Follow-up Surveys (for 4 years and 8 years after childbirth).



#### Main Survey

For those who experienced pregnancy and childbirth in Fukushima Prefecture during the FY2011-FY2020 period

#### Follow-up Survey

For those who responded to the main survey in FY2011-FY2014.

Distribution of questionnaires

Responses

Consultation/  
support by phone  
or e-mail



Based on individual Survey responses, we contacted mothers considered to be in need of support, to provide consultation and assistance.

We also established a dedicated telephone line and email address to handle inquiries.

### For inquiries related to childbirth, childcare, or the Survey

You can contact us via phone or email to discuss any concerns you may have. Our team of midwives, public health nurses, nurses, and certified psychologists are here to help. We're also happy to answer any questions you may have about our surveys. Please don't hesitate to contact us by phone or email:



Fukushima Medical University  
Radiation Medical Science Center for the FHMS



Pregnancy and Birth Survey  
Dedicated Number  
024-549-5180  
9:00~17:00 (Mon to Fri)



Email  
nimpu@fmu.ac.jp

For more information, please visit our web site  
https://fukushima-mimamori.jp/pregnant-survey/

Fukushima  
Pregnancy and Birth  
Survey

Search



Please check and follow our Center's official X (formerly Twitter) account (@FMU\_FHMS) for the latest news and information

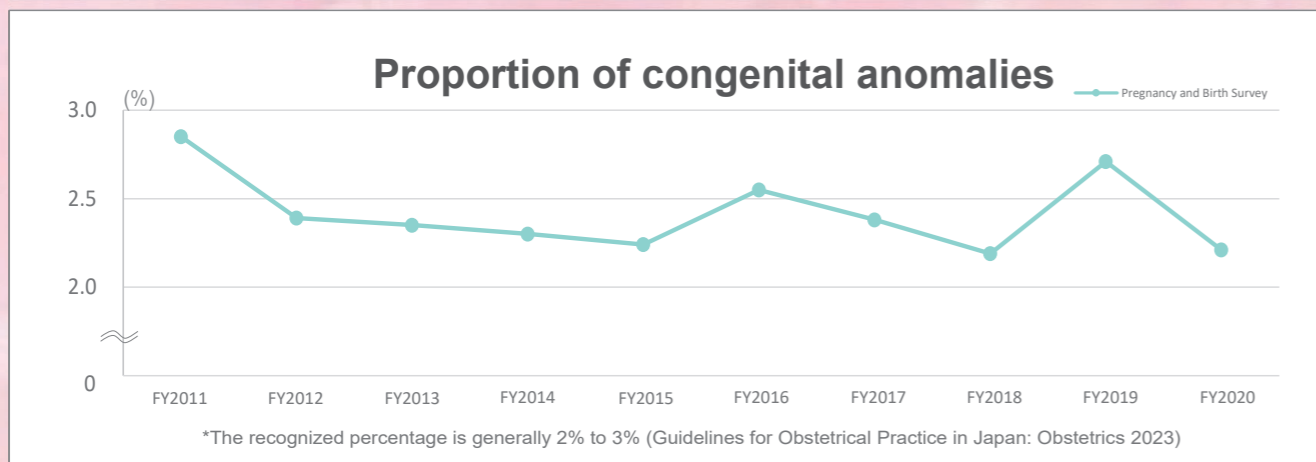
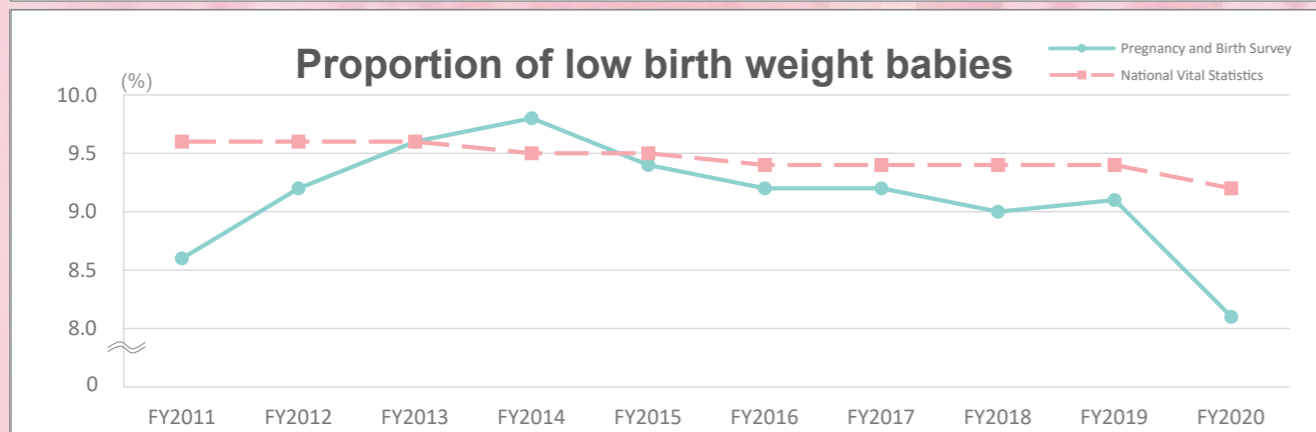
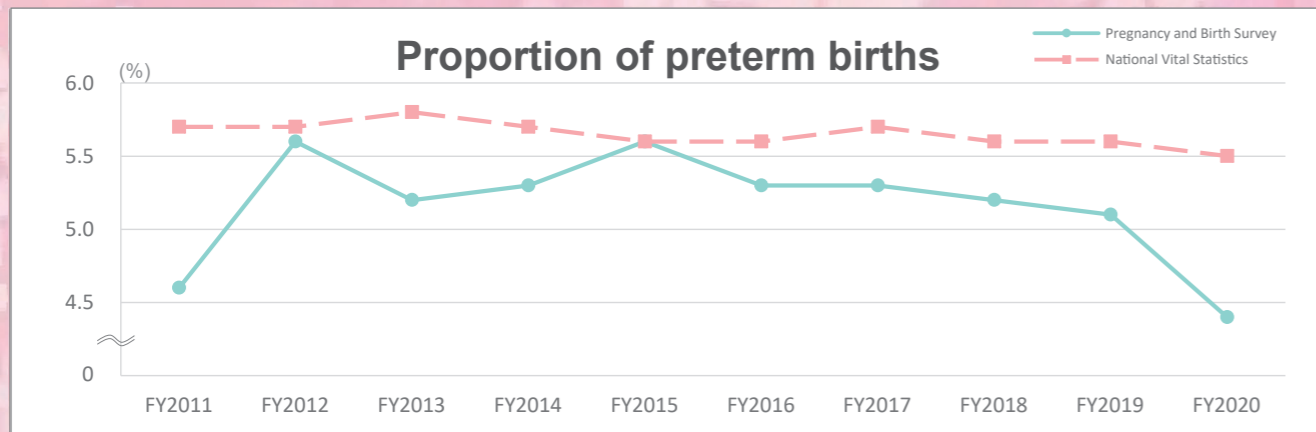
https://twitter.com/FMU\_FHMS



# Findings from the “Pregnancy and Birth Survey”

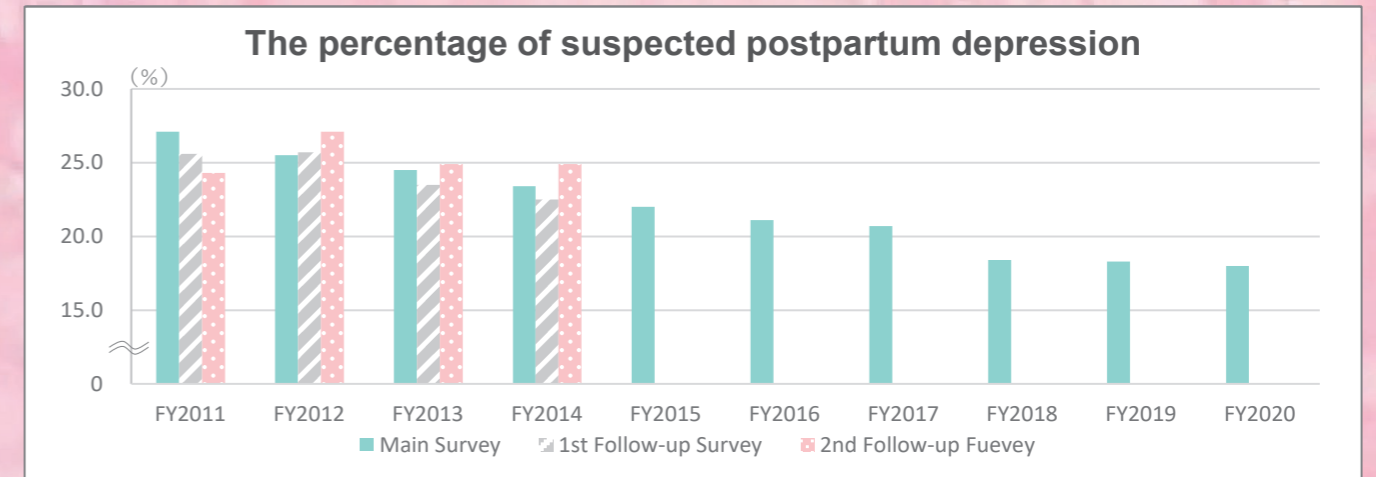
## Pregnancy outcome (the Main Survey)

Preterm births, low birth weights, and congenital anomalies from FY2011 to FY2020 surveys did not significantly differ from national government statistics and other generally published data for each fiscal year. The FY2020 survey showed the proportions for: 4.4% preterm births, 8.1% low birth weight babies, and 2.21% congenital anomalies.



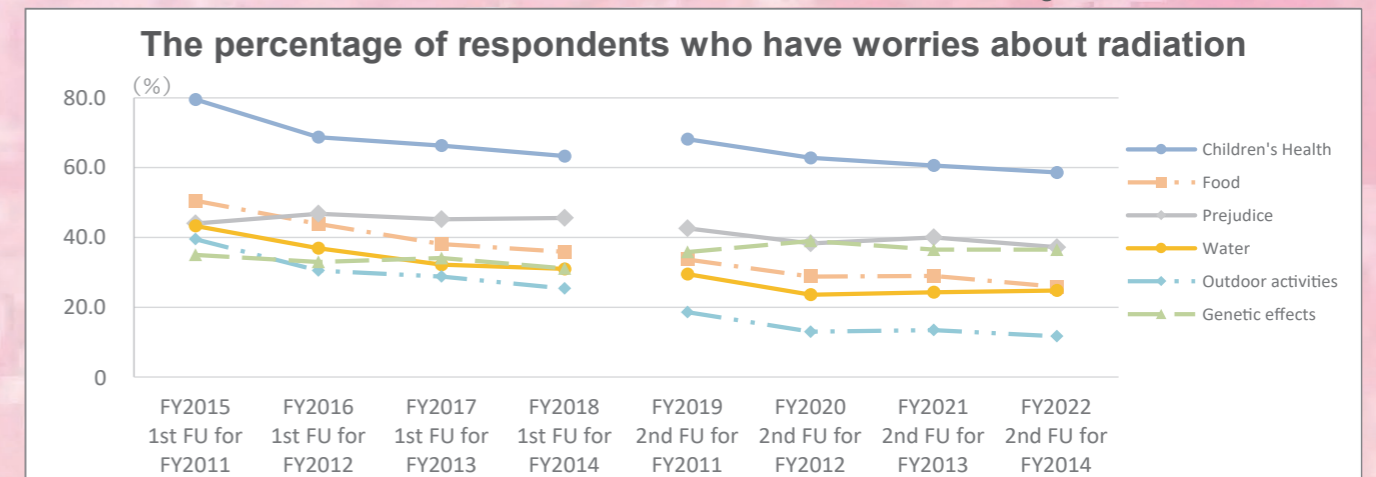
## Mothers' mental health (from Main and Follow-up Surveys)

Based on Main Survey results, the percentage of mothers with depressive symptoms has been decreasing. The proportion of suspected postpartum depression in FY2020 was 18.0%, which adjusts to 10% on the Edinburgh Postnatal Depression Scale (EPDS). This is almost the same as the FY2017 national average of 9.8% for postpartum depression.



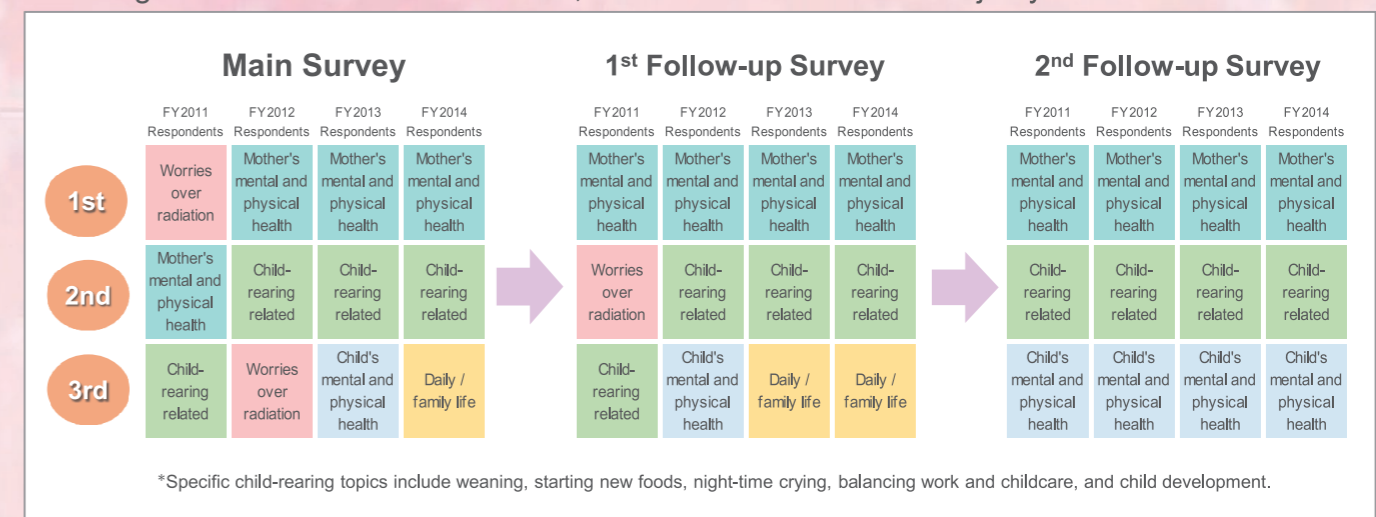
## Worries about radiation effects (from Follow-up Surveys)

While concerns over “prejudice” and “genetic effects” show no specific trend, concerns over “children’s health,” “food,” “water,” and “outdoor activities” are decreasing.



## Details of telephone support (from Main and Follow-up Surveys)

The proportion of consultations regarding “radiation effects and concerns” has decreased over time, while “the physical and mental health of mothers” and “child-rearing” consultations have increased, and now account for the majority of consultations.



## Health effects of radiation exposure

In March 2021, the United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR), a committee of international experts, released its 2020 report on the nuclear accident in Fukushima Prefecture. The report concluded that there is a low probability of any current or future health effects on pregnant women or their babies due to radiation exposure from the Fukushima nuclear power plant accident.

Additionally, an official website summarizes the report's contents, accessible through the URL and QR code below.

Information Update on Health Effect of Radiation, Reconstruction Agency  
<https://www.fukko-pr.reconstruction.go.jp/2018/fukushimanoima/health-effects/>

