

**Health and Health Care: What can we learn about producing health from Japan's example?**

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Japan has been the healthiest country in the world for about 30 years. In the early 1950s, it was far behind the USA which was then one of the most healthy. Now the USA is less healthy than all the other rich countries and some poor ones despite spending half of the world's health care bill. Why do Americans die so much younger than they should? Why does Japan have such good health despite having one of the highest rates of male smoking among rich nations? The US was instrumental in giving Japan the 'medicine' that helped it become the healthiest nation.