



Science for Resilience: A Healthy Community is Resilient against Disaster

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Disaster risk is a function of Hazard & Exposure, Vulnerability, and Coping Capacity. Thus, the Sendai Framework for Disaster Risk Reduction 2015-2030 is documentation of how we can reduce the risk. Resilience is a relatively new but defined terminology by United Nations Office for Disaster Risk Reduction (UNDRR).

Japan is one of the most disaster-prone, but one of the most resilient countries with the highest life expectancy. As a pancreatic surgeon fighting with the most retractable cancer, I was wondering why Japan and its people are resilient against disaster and found a negative correlation with life expectancy and the disaster risk. As the Sendai Framework says, understanding disaster risk, disaster risk governance, investment in disaster risk reduction, and enhancing preparedness for effective response and “Build Back Better” in recovery, rehabilitation, and reconstruction are the priorities both to be a healthy and disaster-resilient community.