

Health Promotion for Older Persons in Japan



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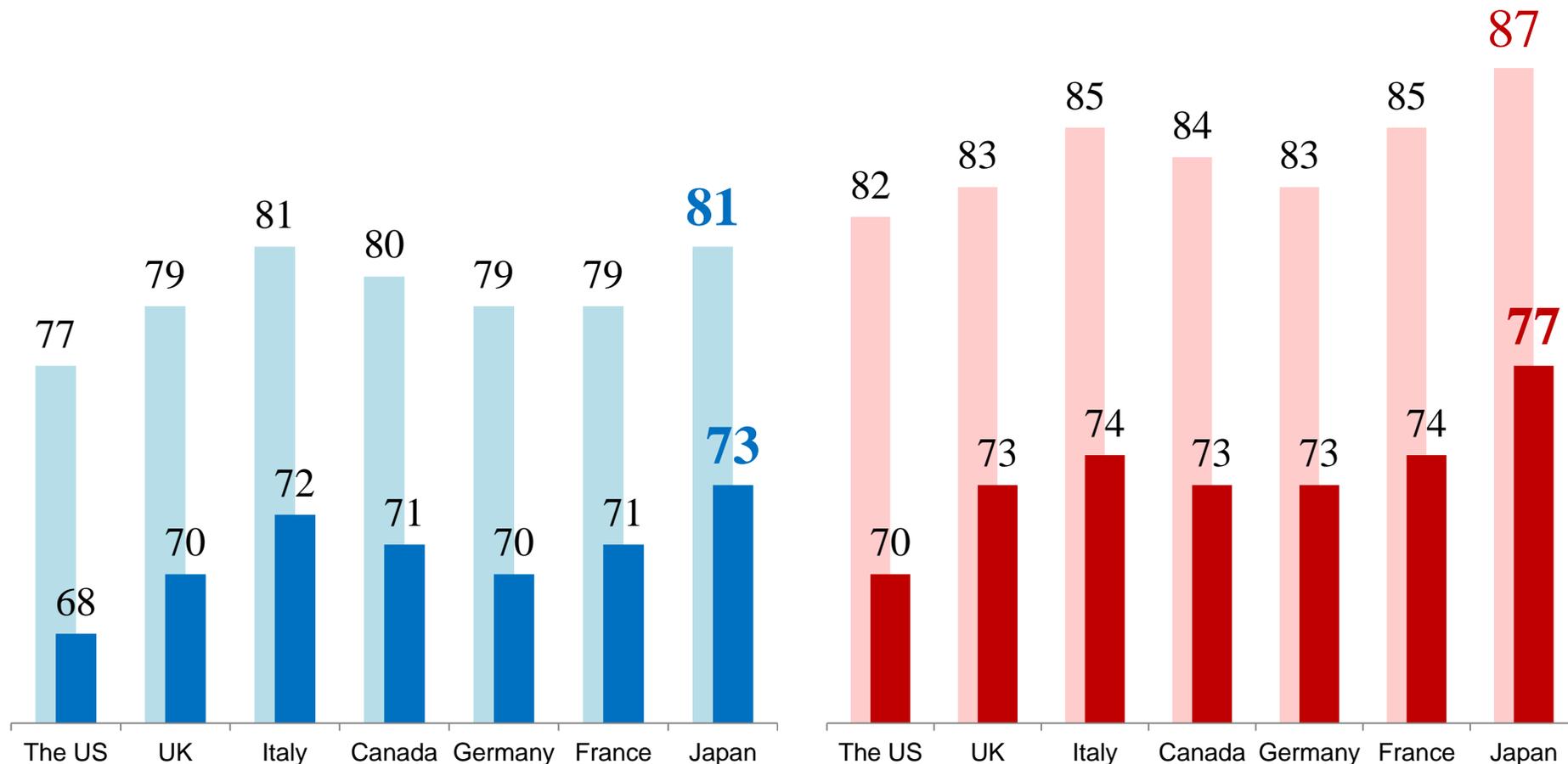
International comparison of life expectancy and healthy life expectancy

Male

Female

Life expectancy (years)
Healthy life expectancy (years)

Life expectancy (years)
Healthy life expectancy (years)

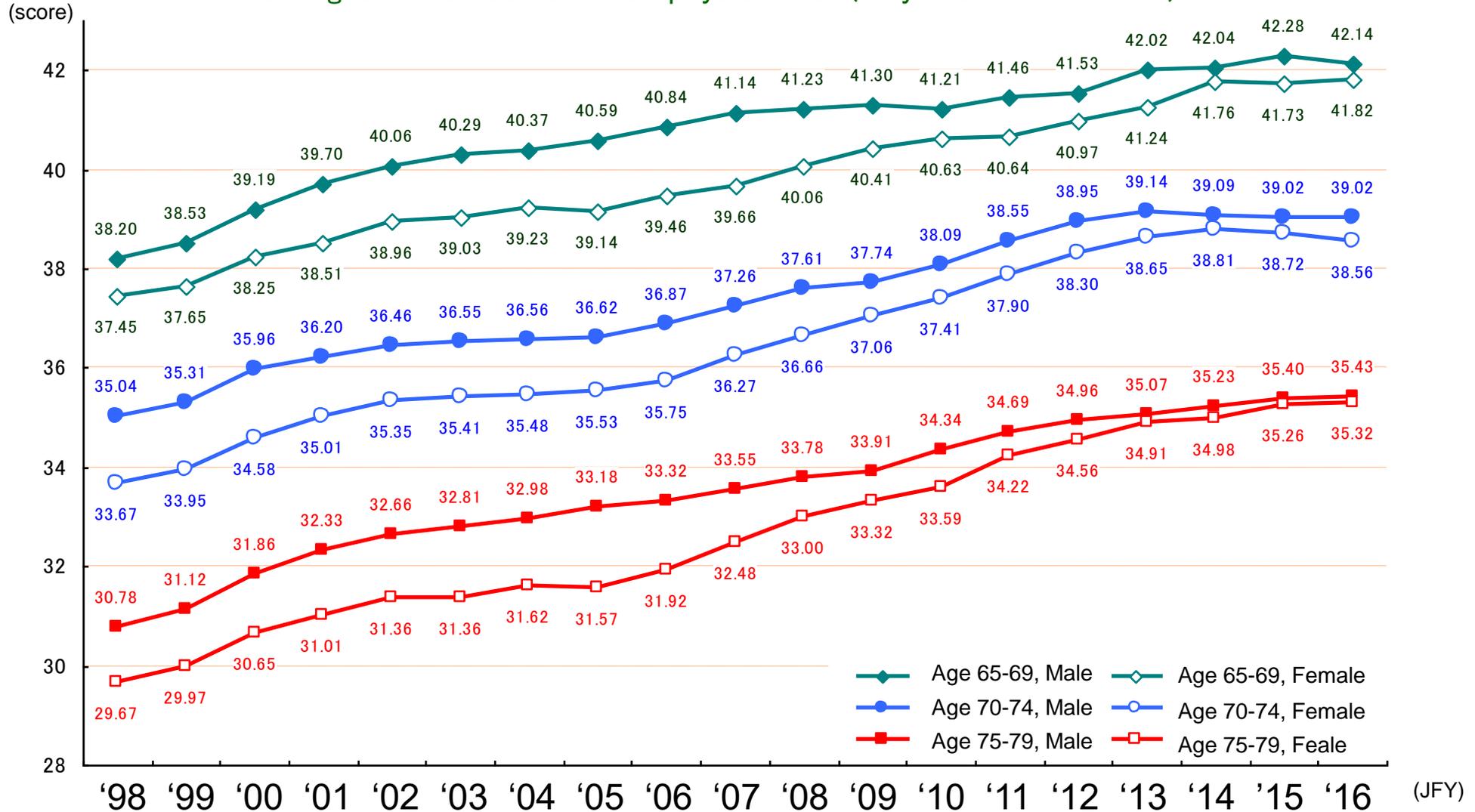


Data source: Global Health Observatory (GHO) data

Note: 2015 data used for mean life expectancy and healthy life expectancy

Physical ability of older persons in Japan is improving year by year

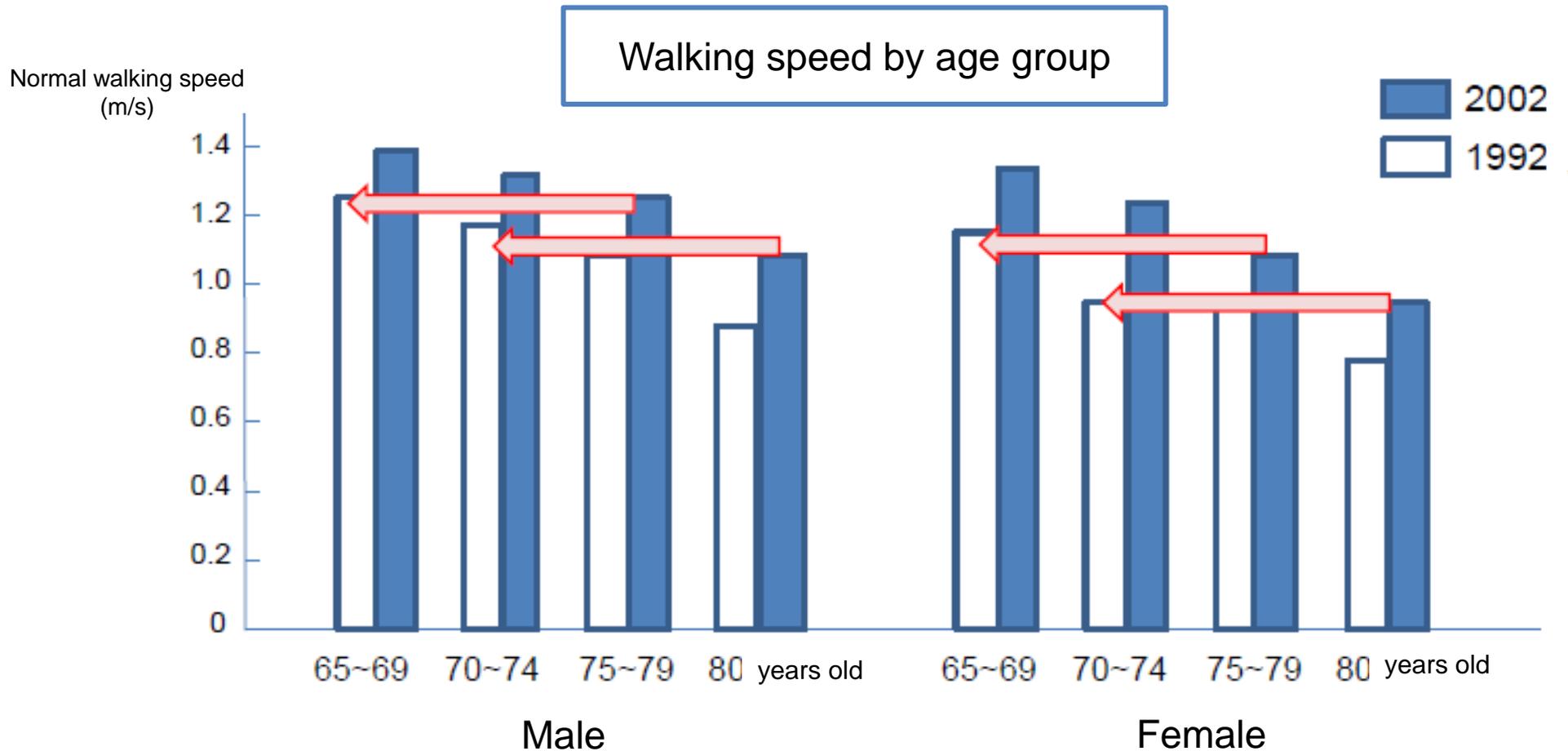
Changes in total score of new physical test (65 years old and above)



Data source: Analysis on physical fitness and motor ability (FY2016), Ministry of Education, Culture, Sports, Science and Technology

Physical changes in older people

- Normal walking speed of older people has become faster recently, and the walking speed of age 75-79 in 2002 is equivalent with that of age 65-69 in 1992. Thus the physical ability of older person has been better.



(Among population from 75 to 84 years old)

Year	Ratio of people who keep more than 20 teeth	Average number of teeth
1993	10.6%	6.2
1999	16.3%	8.6
2005	25.0%	10.1
2011	40.2%	14.2
2016	51.2%	16.9

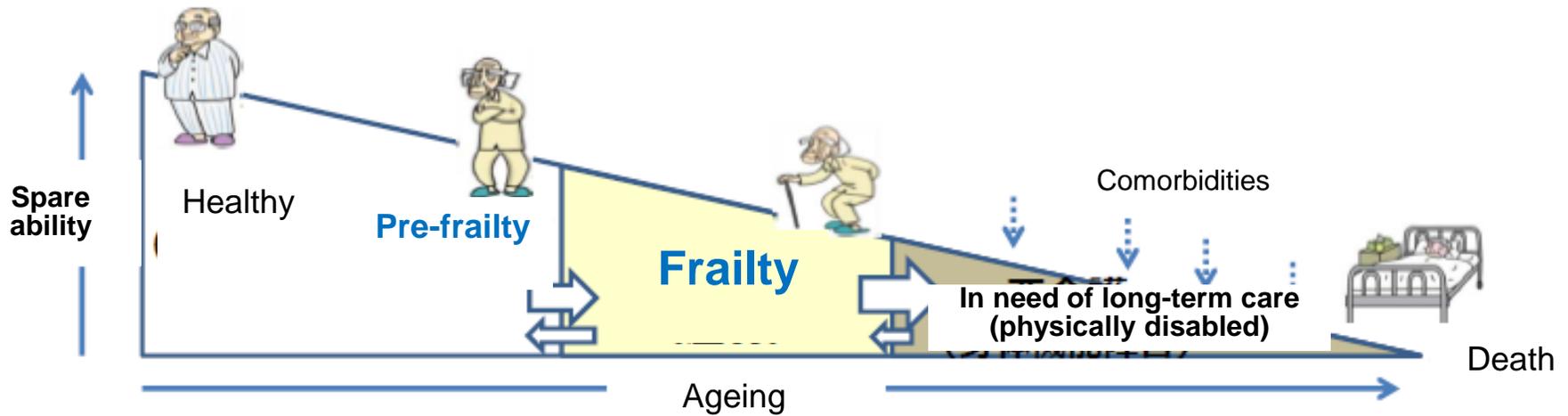
※“8020 Campaign” was started in 1989.

(Target)

- Prevention of diabetes among middle and old ages
(measures against metabolic syndrome)
- Measures against frailty of older persons

(Stakeholders)

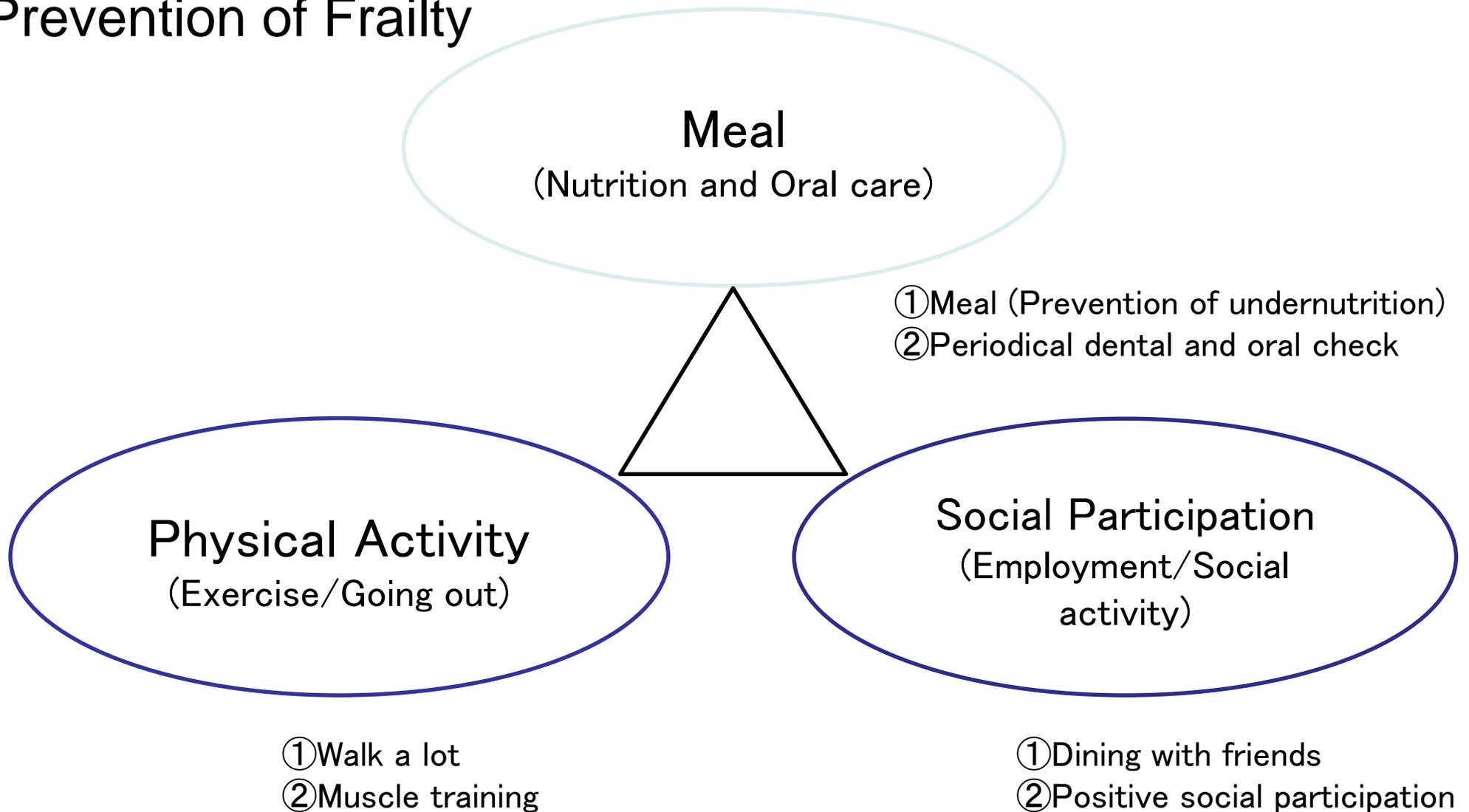
- Insurer of medical insurance:
 - “Insurers’ function”
 - “Data-based Health Management”
- Company / Employer:
 - “Health & Productivity Management”
- Local government:
 - “Smart Wellness City”
 - “Frailty (Preventive care)”



(translated by author based on the chart made by Katsuya Iijima, Institute of Gerontology, The University of Tokyo)

- It's important to prevent progress of infirmity at the stage of frailty condition in old age.
- It's also important to create various opportunities of social participation such as exercise, dining together and others led by residents in their community as preventive measures at the “pre-frailty” stage.
- Those measures are also effective for risk reduction of dementia.

Prevention of Frailty



Role of municipal government is important
(from the viewpoint of community building and residents' participation)

Project for Supporting Community Preventive Long-Term Care Activities ("Kayoinoba" established by residents)

○ The objective is to effectively, efficiently, and in accordance with the situation in the community, support activities for establishing, by the residents, (activities such as exercises, hobbies etc.), so called "Kayoinoba", where anyone residents-operated gathering places can participate without segregating older people based on their age or physical or mental status and which the municipality deems will contribute to preventing the need for long-term care across the entire locality.

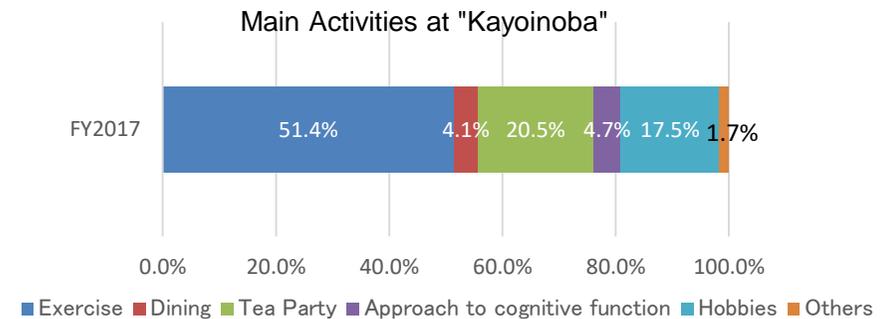
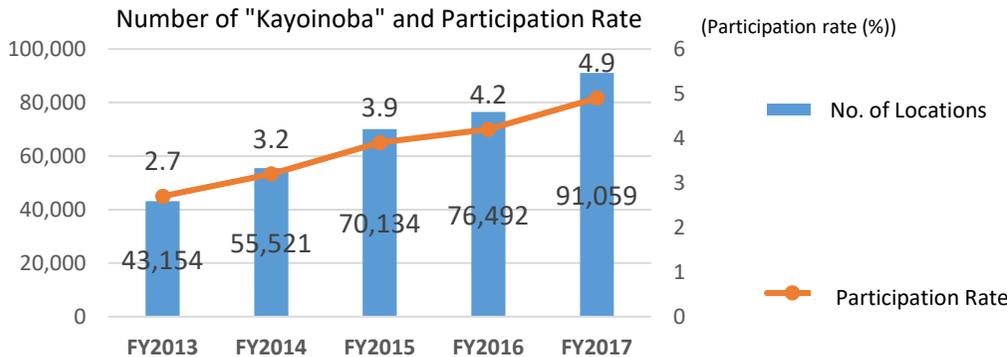
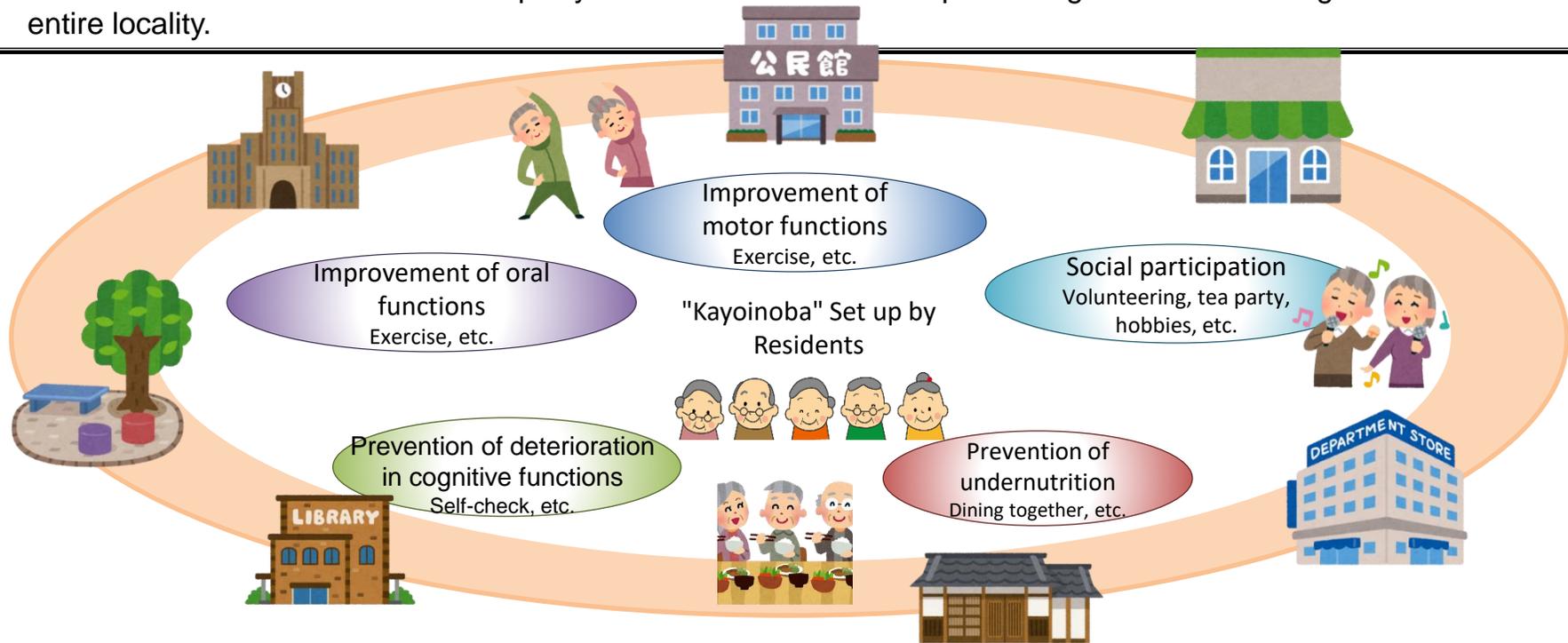


Image of "Kayoinoba" (gathering places operated by residents)



"Kayoinoba" of exercises etc.



Current system of employment for older persons

○ Prohibition of retirement age under 60 years old (Article 8, Act on Stabilization of Elderly Persons)

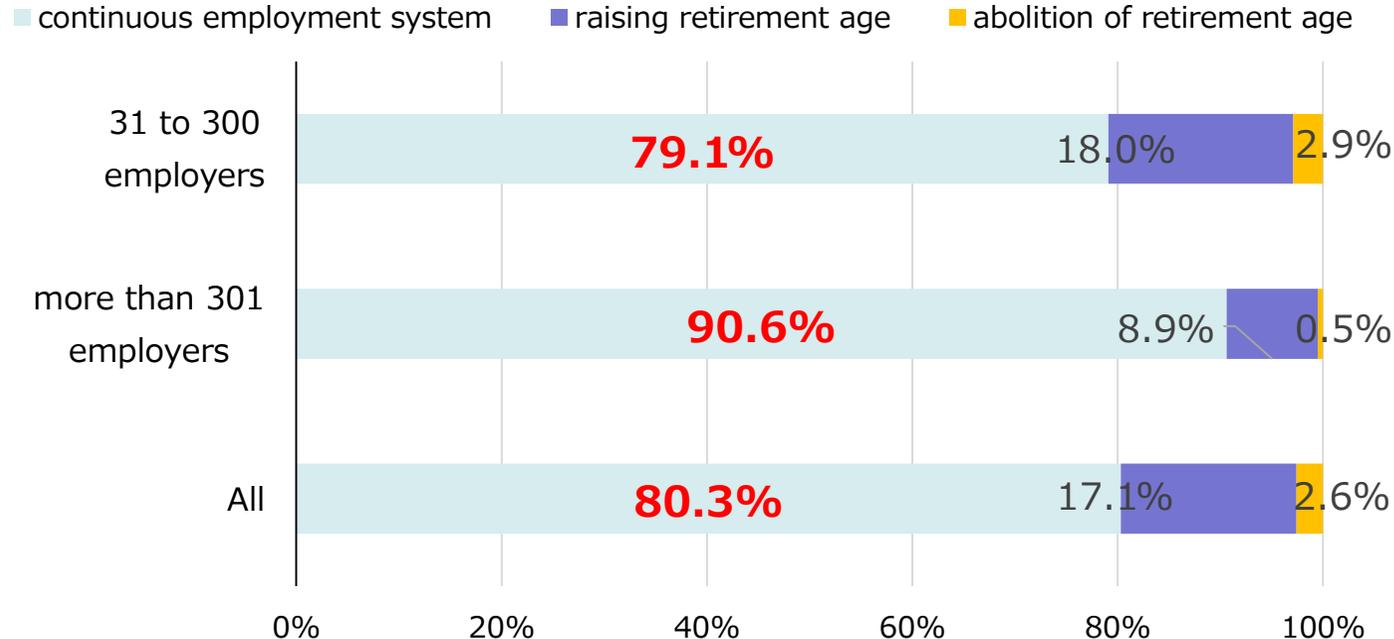
When employers fix the retirement age, its age should be age 60 or older.

○ Measures for securing employment until age 65 (Article 9, Act on Stabilization of Elderly Persons)

Employers should take any one of the measures listed below.

- ① raising retirement age until age 65
- ② introduction of continuous employment system until age (Re-employment system/ Employment extension system)
- ③ abolition of retirement age

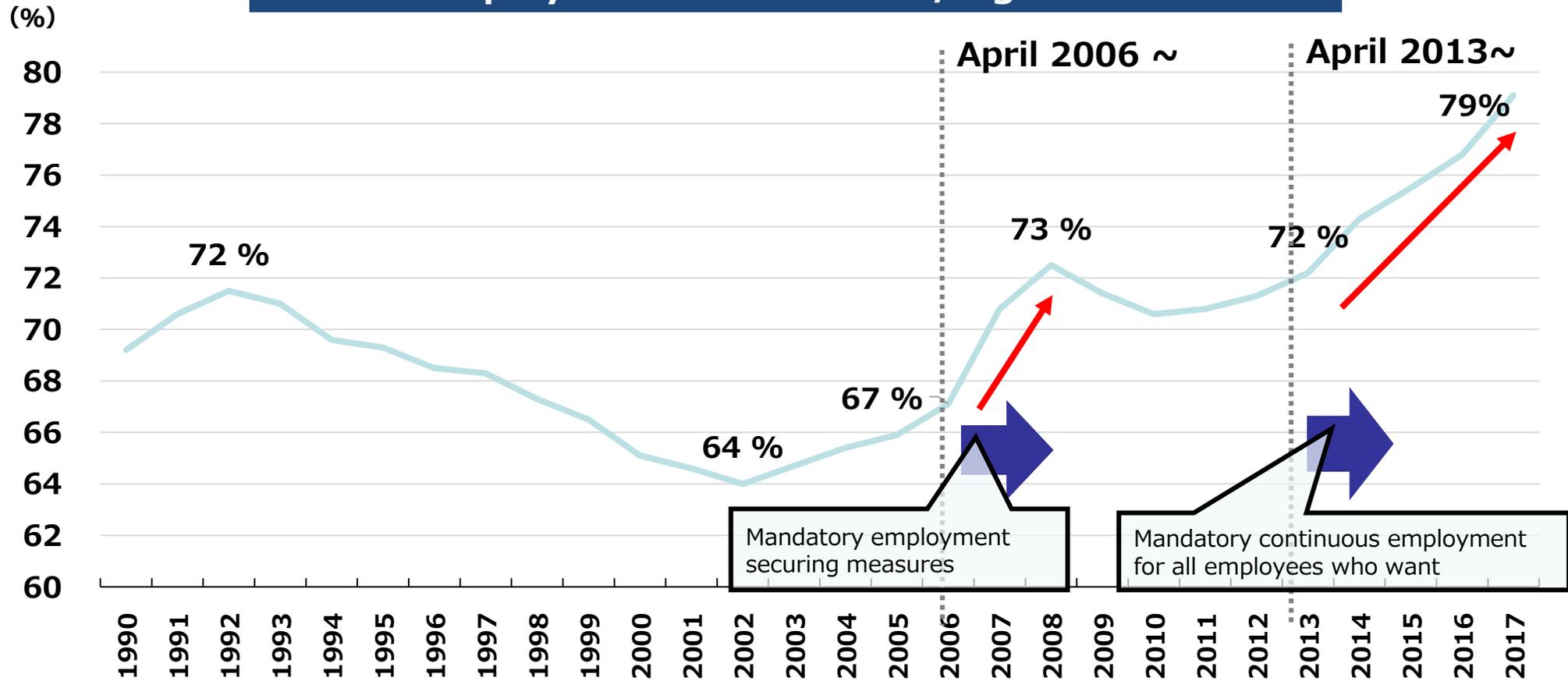
Breakdown of employment securing measures by company



Changes in employment rate of first half of 60s realized by revision of act

○ Employment rate of first half of 60s has risen according to revision of Act on Stabilization of Elderly Persons in 2006 and 2013.

Employment rate of male / age 60-64



Source: "Labour force survey", Ministry of Internal Affairs and Communications

**Vertical and horizontal approach of
“Community-based Integrated Care System”**

