Experience of JAGES with the Community-based Management Support System

lessons from JAGES

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Japan Gerontological Evaluation Study (JAGES)

- One of the few population-based gerontological surveys in Japan
- Focused on social determinants of health (SDH) and social environment
- Conducting the survey to provide the evidence for the policy making for long-term care prevention
- In 2010, 112,000 older people across 31 municipalities responded (response rate (RR): 66.3%).
  - In 2013, 138,000 older people responded (RR: 70.3%).
  - In 2016, about 200,000 responded (RR: 70%).
JAGES Approach
Approach for the PDCA & EBPM

Preparation of the survey
Data Collection
Analysis
Evidence-Based Policy Making
Implementation of the policy

Evaluation (Survey)
Scale-up/revision of the policy

Check
Plan

Action

Remarks
Researcher & Municipality
Municipality
Researcher
Develop the indicators to recognize the challenges of the region.

The results of the comparison between the municipalities.
volunteering (1/month+)
65-74 y.o.
75 y.o. +
Knowledge Translation: From JAGES to Local Governments

How to use the JAGES-HEART

**Visualizing status**

**Sharing the results**
Community meeting

**Setting the agenda**
Poor health and difficulty of shopping are detected in area A

**Developing program**
Fostering volunteers

**Implementing the program**

Needs of shopping are simultaneously filled by the invited mobile shops

Lunch club for older people living alone

M. Yamaya, et. al. 2015
Low frequency socialization may be cause of high cancer fatality rates (female)
Participants keep functions

Taketoyo project, 2014

Comparison between Participants and Non-Participants in Taketoyo Project

6.3% point reduction during the 5 years followed up

Publications and inputs

• Papers in English: 96 +40(2018-9)
• Papers in Japanese:
  – 290 +20(2018-9)
• Books: 7 +4(2018-9)
• Academic Awards:
  – 36 +10(2018-9)
• Inputs in government & media
  – Central gov.: Cabinet office, Ministry of Health/Sports/Land/Industry
  – Local gov.: Yokohama, Nagoya, Kobe, etc.
Kondo K, Rosenberg M, editors.

Advancing universal health coverage through knowledge translation for healthy ageing: lessons learnt from the Japan Gerontological Evaluation Study

World Health Organization 2018

https://apps.who.int/iris/bitstream/handle/10665/279010/9789241514569-eng.pdf
International Expansion of the JAGES approach

1) Introduction of the JAGES method
   • Continuous cooperation between municipalities and researchers
   • Periodical collection of data
   • Surveys in multiple municipalities using the same questions
   • Longitudinally Survey techniques
   • Visualization / Mapping of data (Mieruka)
   • Evidence-based policymaking (EBPM) and community-based prevention activities

Main characteristics of JAGES data
   • Participation by many municipalities enables comparisons
   • Accumulation of data over time enables evaluation of effects
   • Possession of data related to social factors enables analysis of the population approach

JAGES data
   • Accumulated over ~20 years
   • Social factor/nursing care data
   • 40 participating municipalities (2016 survey)
   • Data accumulated on over 500,000 people

2) Construction of an international database (DB)
   • Sharing of data from Japan and Association of Southeast Asian Nations (ASEAN)
   • Comparisons between Japan and ASEAN

What is anticipated from the establishment of an international DB?
   • New discoveries from comparisons between Japan and ASEAN
   • Initiatives for the older adults in ASEAN utilizing Japanese findings
   • Export of Japanese-style data health to ASEAN (or assessment of ASEAN companies’ effects in Japan) etc.

3) Community-based (Local resident-centered) preventive care activities
   • Devising initiatives and activities based on data
   • Cooperation between central government, municipalities, and regions
   • Activities involving businesses and NGOs
Resource of **emotional support**: Myanmar vs. Japan (JAGES)

- **In Myanmar**, older adults receive/provide emotional support mainly from/to their children, and men from/to their wife.
- **In Japan**, women receive/provide emotional support from/to various people.
Resource of instrumental support: Myanmar vs. Japan (JAGES)

✓ In Myanmar, older men receive/provide instrumental support mainly from/to their wife and children. Older women do mainly from/to their children.

✓ In Japan, older adults receive/provide instrumental support mainly from/to their spouse.
What we learned from the results:

The cultural and traditional difference in lifestyle should be considered when each county/municipality develops long-term care system.

✓ E.g., family-centered care is general in Myanmar, and the other multiple resources, including neighbors and friends, are utilized for supporting older adults in Japan.
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