

## Sharing Knowledge and Experiences Towards Sustainable Ageing Societies in North-East Asia: The 1st Meeting of the North-East Asian Forum on Population Ageing

Session 2: Active ageing: Facilitating older persons' participation in cultural, economic, political, and social life

# Active Aging in Japan: Policy, Practice, and Research

Nov. 6-7, 2015

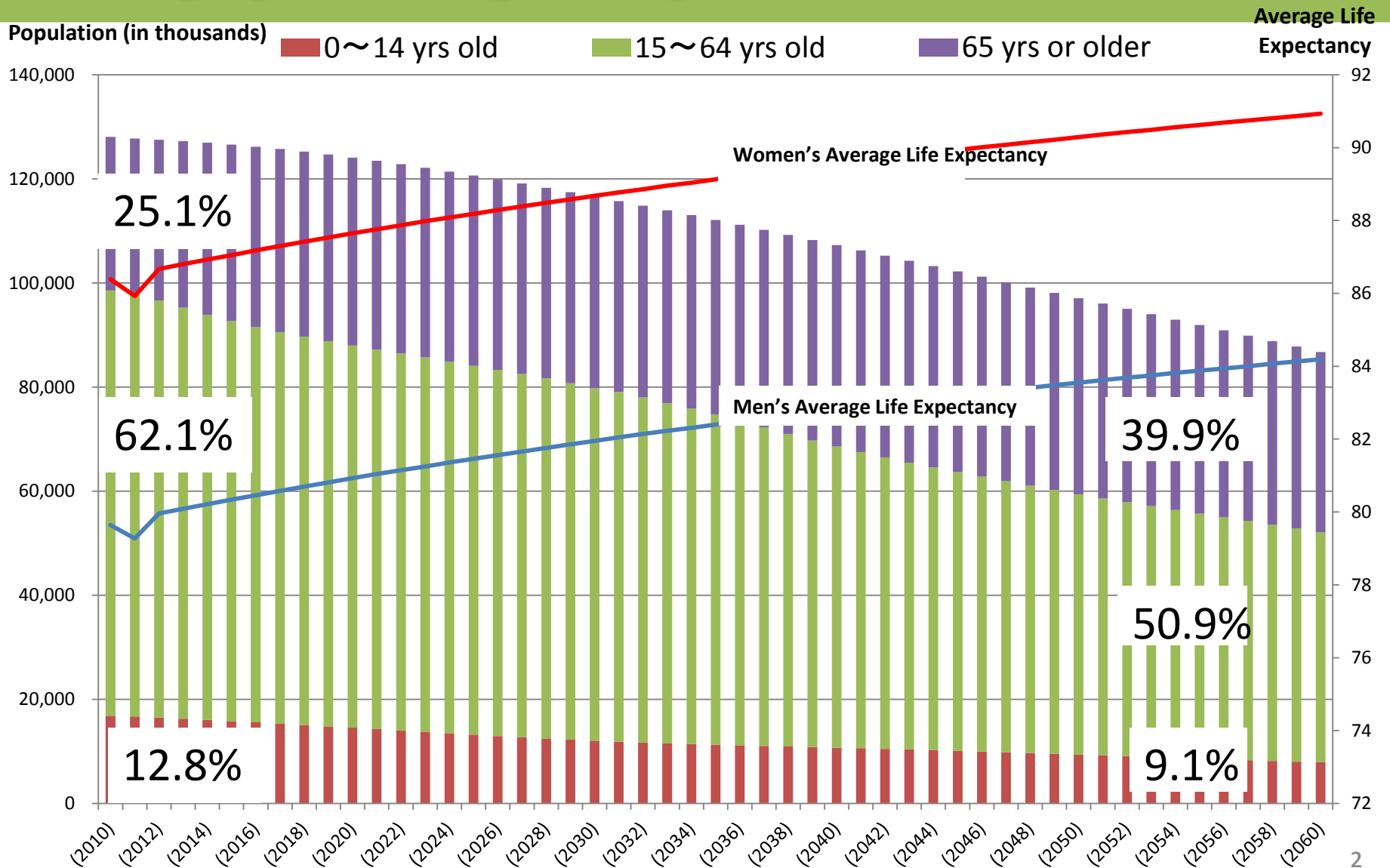
Masataka Kuraoka Ed.D.



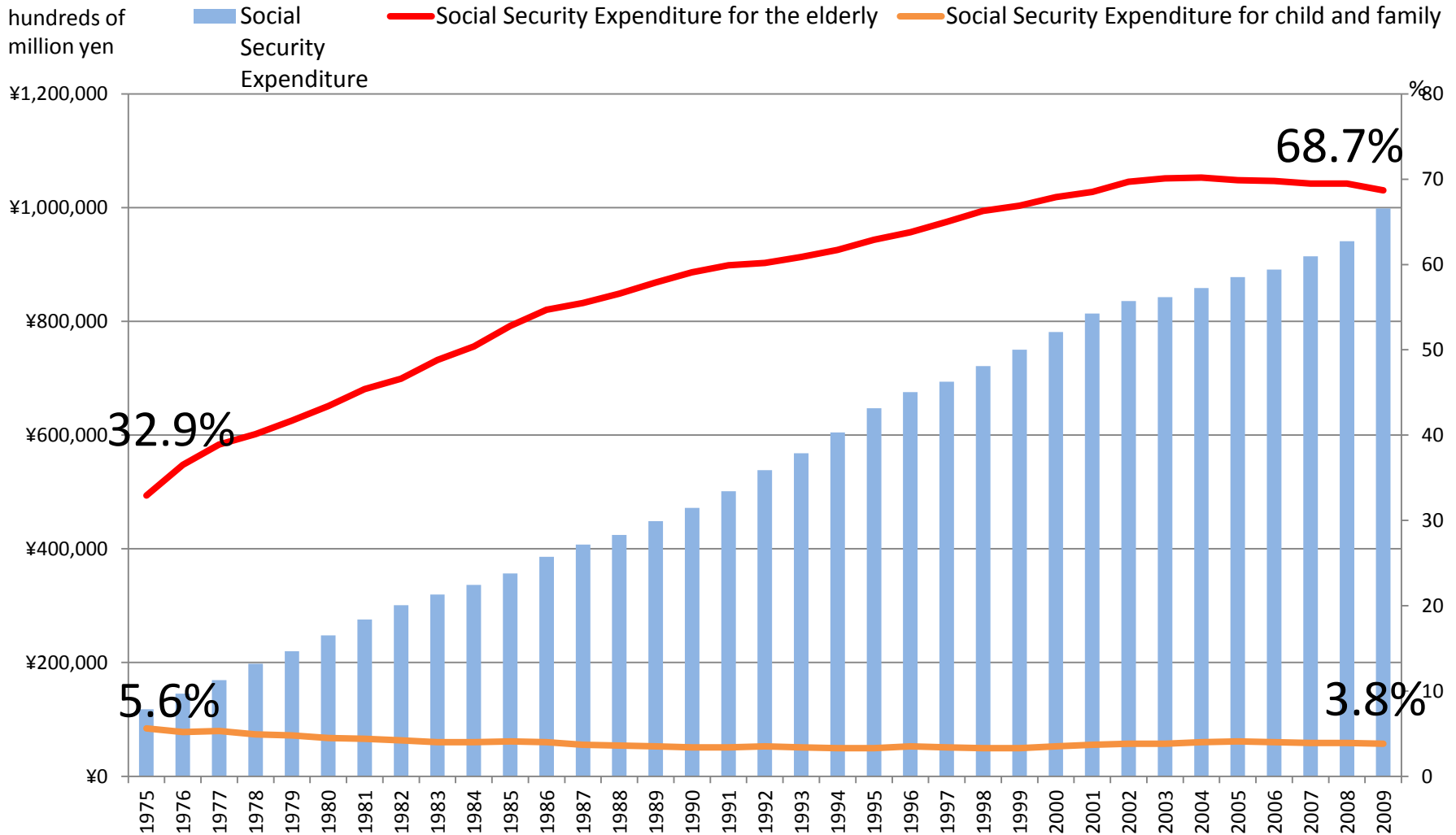
**TOKYO METROPOLITAN INSTITUTE OF GERONTOLOGY**  
Research Team for Social Participation and Community Health



# Demographic Change in Japan



# Government Expenditure on Social Security



Source: National Institute of Population and Social Security Research, "Social Security Expenditure for the elderly, fiscal years 1973-2009" and "Social Security Expenditure for the child and family, fiscal years 1975-2009".

# Life Expectancy and Healthy Life Expectancy in Japan

		Life expectancy at birth			Life expectancy at age 60			Healthy life expectancy (HALE) at birth		
		Both sexes	Female	Male	Both sexes	Female	Male	Both sexes	Female	Male
Japan	2013	84	87	80	26	29	23	75	78	72
	2012	84	87	80	26	29	23	75	77	72
	2000	81	85	78	25	27	22	73	76	70
	1990	79	82	76	23	25	20			

Source: Global Health Observatory (GHO) data

# Policies Related to Active Aging from Health Perspectives

## The Basic Law on Measures for the Aged Society (Law No.129, 1995).

### Article 2. (Basic Objective)

The basic objective of measures for the aging society is to create a society as described in the following items.

- i) A fair and energetic society where people can be ensured that they have the opportunity of participating in diverse social activities or working throughout their lives.
- ii) A society where people are respected as important members throughout their lives where local communities are formed based on the spirit of independence and solidarity.
- iii) An affluent society where people can live peacefully and with fulfillment throughout their lives.

### Article 3. (Duties of the National Government)

### Article 4. (Duties of Local Governments)

### Article 5. (Efforts of People)

### Article 6. (General Principles Concerning Measures)

### Article 7. (Legislative Measures, etc.)

### General Principles Concerning Measures for the Aged Society

# Policies Related to Active Aging from Health Perspectives

## General Principles Concerning Measures for the Aged Society (revised in 2012)

### ***Fundamental Principles***

- i. Change of Awareness on “Elderly Persons” —How to conceptualize them
- ii. Establishment of social security system for securing peace of mind in people’s old age
- iii. Utilization of will and capability of the aged
- iv. Strengthening of regional power and realization of stable regional society
- v. Realization of safe and peaceful living environment
- vi. Preparation for “Age of a 90-year lifespan” from the younger time and realization of generation circulation

# Healthy Japan 21 (secondary): Direction in Health Promotion for the Elderly

Longer healthy life expectancy / Closing the health gap

Improving QOL

Improving social environment

Preventing long-term care  
or delaying it

Social participation and  
contribution by the elderly

- Maintaining and promoting physical, mental and social functions
- Preventing geriatric syndrome such as dementia, locomotive syndrome, depressive mode, homeboundness, and low nutrition

- Good food and nutrition
- Physical activity and strength
- Social participation and social network

<Individual behavior change>



- More opportunities for social participation, securing a fair society, improving access to support for health (public health, medical, and care services).
- Health promotion based on community networks

<Achieving good social environment>



# Healthy Japan 21 in Practice in a Municipality

**健康づくりのムーブメント! 思い立ったら参加しよう。いつでもスタート、それが「よこはま健康スタイル」**

「よこはま健康スタイル」には、世代に応じた以下の3つの事業があります。ライフスタイルに合わせた健康づくりや社会参加等に取り組むとポイントが貯まります。たまったポイントはプレゼントや寄付などに交換できます。ぜひご参加ください。詳細は横浜市長ホームページをご覧ください。

全市民対象	40歳から	65歳から
370万市民の健康習慣のきっかりづくり <b>健康スタンプラリー</b> (平成29年11月開始予定)	中高年からの日々の運動習慣づくり <b>ウォーキングポイント</b> (平成29年11月開始予定)	これまでの経験・知識を活かして社会貢献 <b>シニアボランティアポイント</b> (平成29年11月開始予定)
<b>健康アクション</b> 健康・運動・健康づくりの推進に貢献する活動に参加	<b>健康アクション</b> 参加登録して毎日の歩数計GET!から、歩く	<b>健康アクション</b> 高齢者施設等でボランティアに参加
<b>ポイントをとめる</b> スタンプの押印	<b>ポイントをとめる</b> 店舗の専用機で歩数計を読み取り、貯まったポイントはパソコンなどから確認できる	<b>ポイントをとめる</b> ボランティアカード

それぞれのポイントに応じてプレゼントや寄付に交換!

横浜市長ホームページ 保健事業課  
横浜市長1-1 TEL: 045-671-2454 FAX: 045-663-4469  
www.city.yokohama.jp/kenko/

**よこはま健康アクション Stage1**  
「第2期健康横浜21」リーディングプログラム  
「健康寿命日本一」への挑戦

活動する超高齢社会  
370万市民と12万事業所が健康づくりを推進

「よこはま健康アクション」  
先進的な都市型の「健康づくり」を推進

**つながりde健康づくり**  
「つながりde健康づくり」あなたはどのタイプ?

「つながり」が多い  
「つながり」が少ない

「つながり」が多いタイプ  
A 「つながりde健康づくり」タイプ  
「つながり」が多いタイプ  
B 「つながりde健康づくり」タイプ  
「つながり」が多いタイプ  
C 「つながりde健康づくり」タイプ  
「つながり」が多いタイプ  
D 「つながりde健康づくり」タイプ

The Case of Yokohama City



# Policies Related to Active Aging from Long-term Care Perspectives

## Amendment of the Long-Term Care Insurance Law (2006)

- Establishment of Prevention-oriented System
- Establishment of Community General Support Centers

### 1. Population Approach

Health promotion programs  
for healthy elderly

Health Education on  
individual, group or  
community basis

- Physical activity
- Nutrition
- Social participation
- Volunteering

### 2. High-risk Approach

Screening using uniform check-list  
Falls, lower nutrition,  
homeboundness, cognitive  
decline, depressive mood

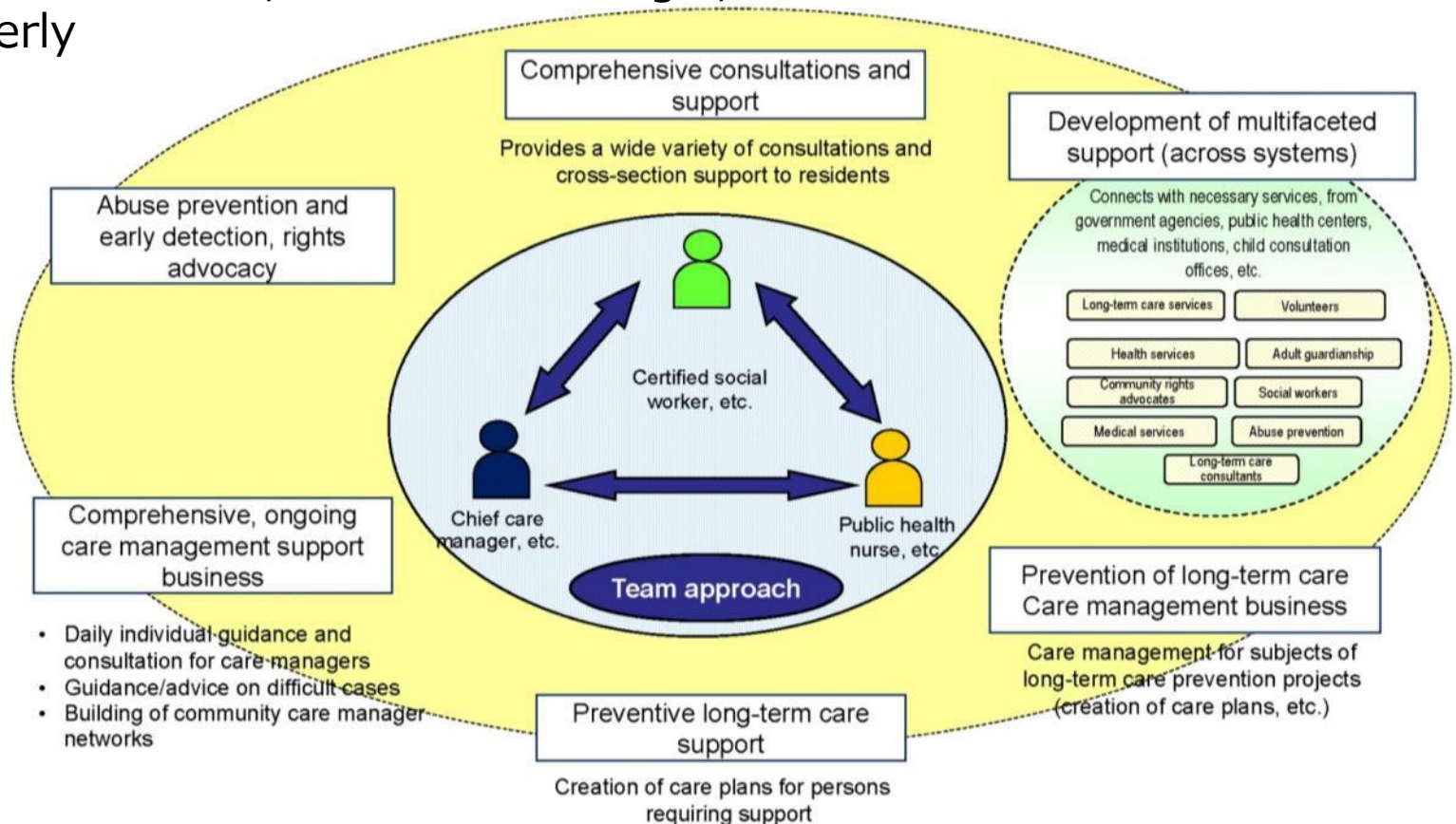


Long-term care prevention program  
for high-risk persons

# Community General Support Centers

**Localized, comprehensive, single point of access centers for the entire elderly population**

- Established in 2006 ⇒ 4,323 centers in 2012
- Located in every junior high school district
- Public health nurse, chief care manager, and certified social worker assist the elderly



## **Policies Related to Active Aging from Economic Perspectives**

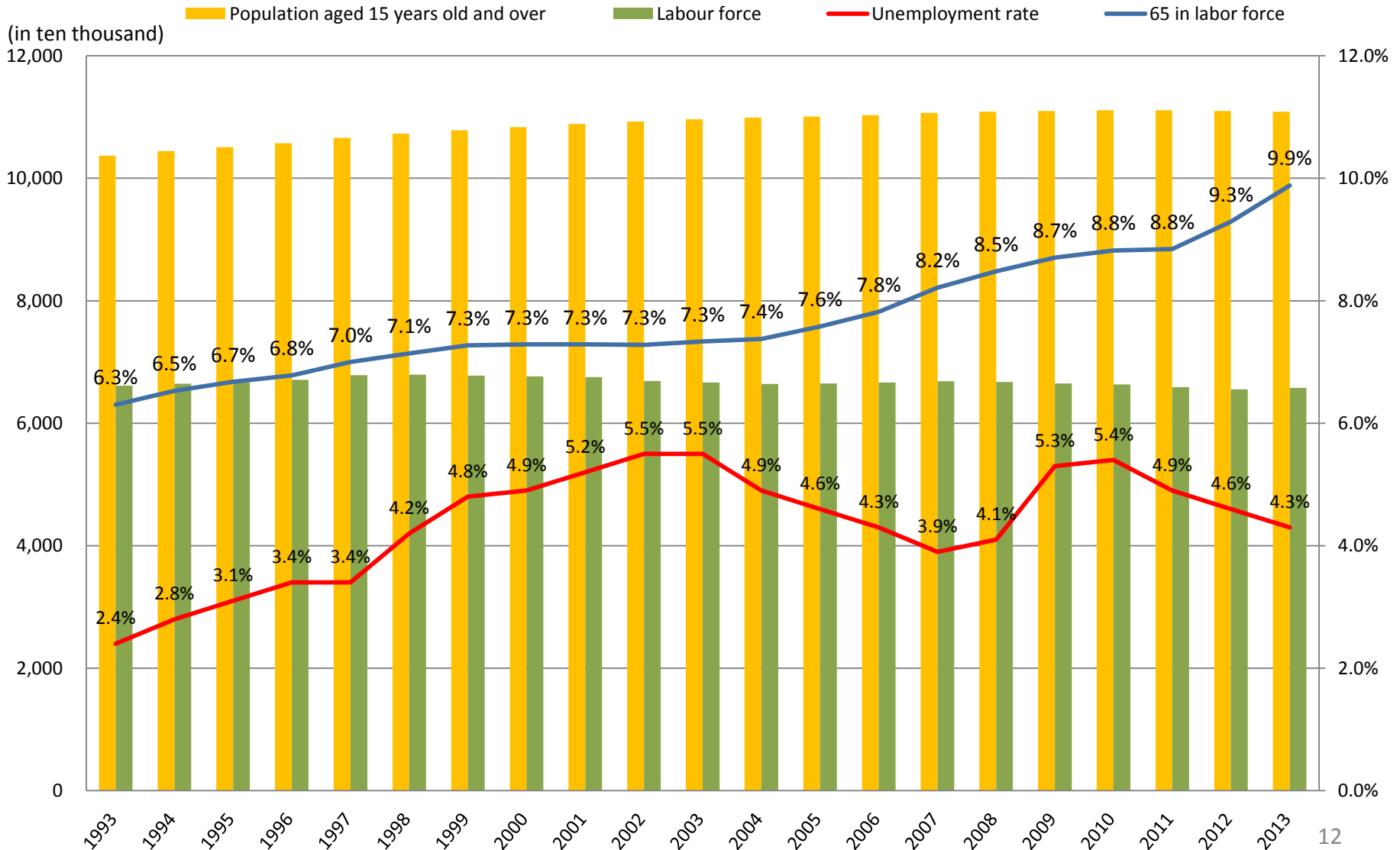
### **Amendment to the Act on Stabilization of Employment of Elderly Persons in 2004 and 2012**

- 1. Abolition of the scheme to exclude some of their employees from coverage by the continued employment system**
- 2. Expanding the scope of companies employing persons covered by the continued employment system**
- 3. Announcing the name of companies in breach of the obligation**

The policy promotes the hiring of workers over 60 years old.

→ Since 2013, companies have to employ people who wish to work after the retirement at age of 60.

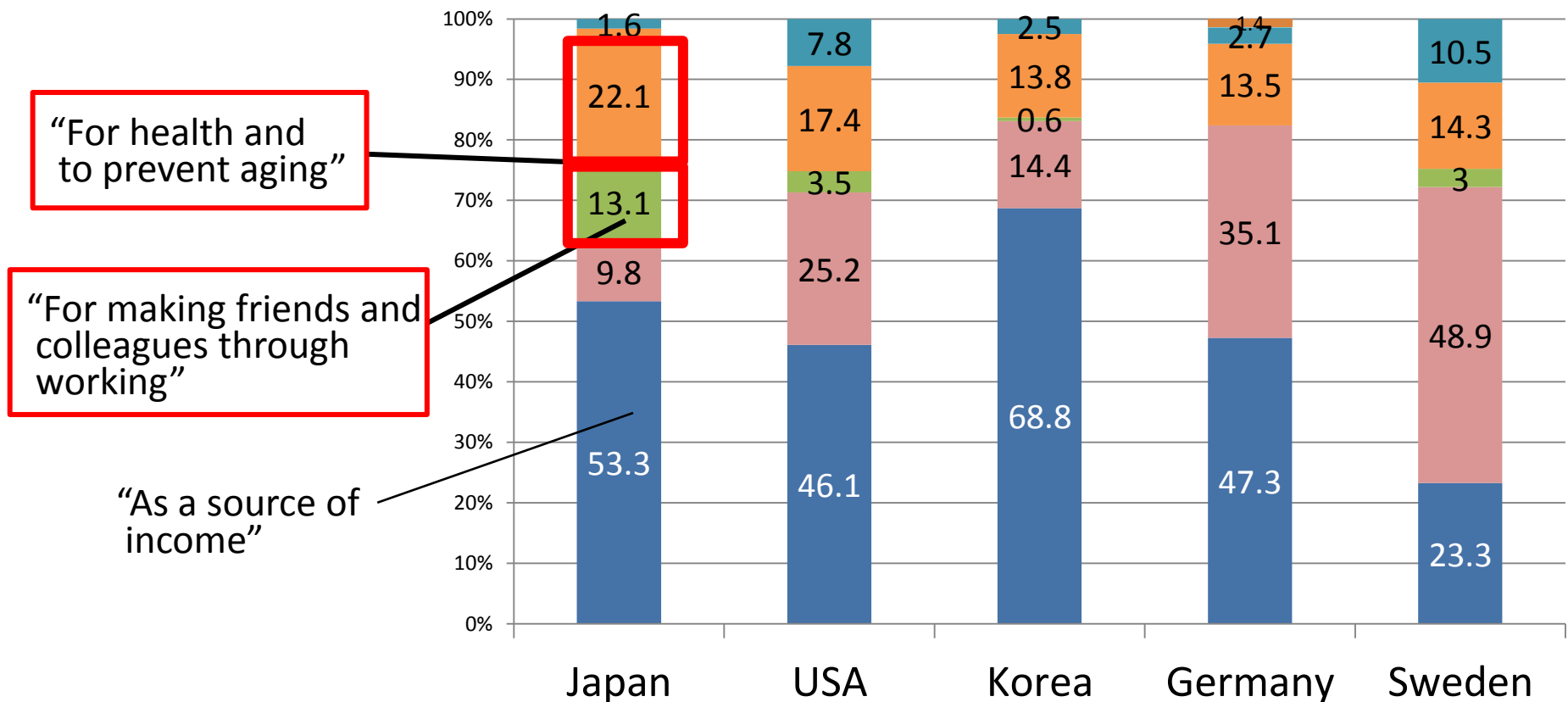
# Elderly People in Labor Force



# Elderly People in Labor Force

## Working as active aging to improve quality of life

In a question to elderly over 60 years old, and currently not employed, as to why they would like to work in the future,



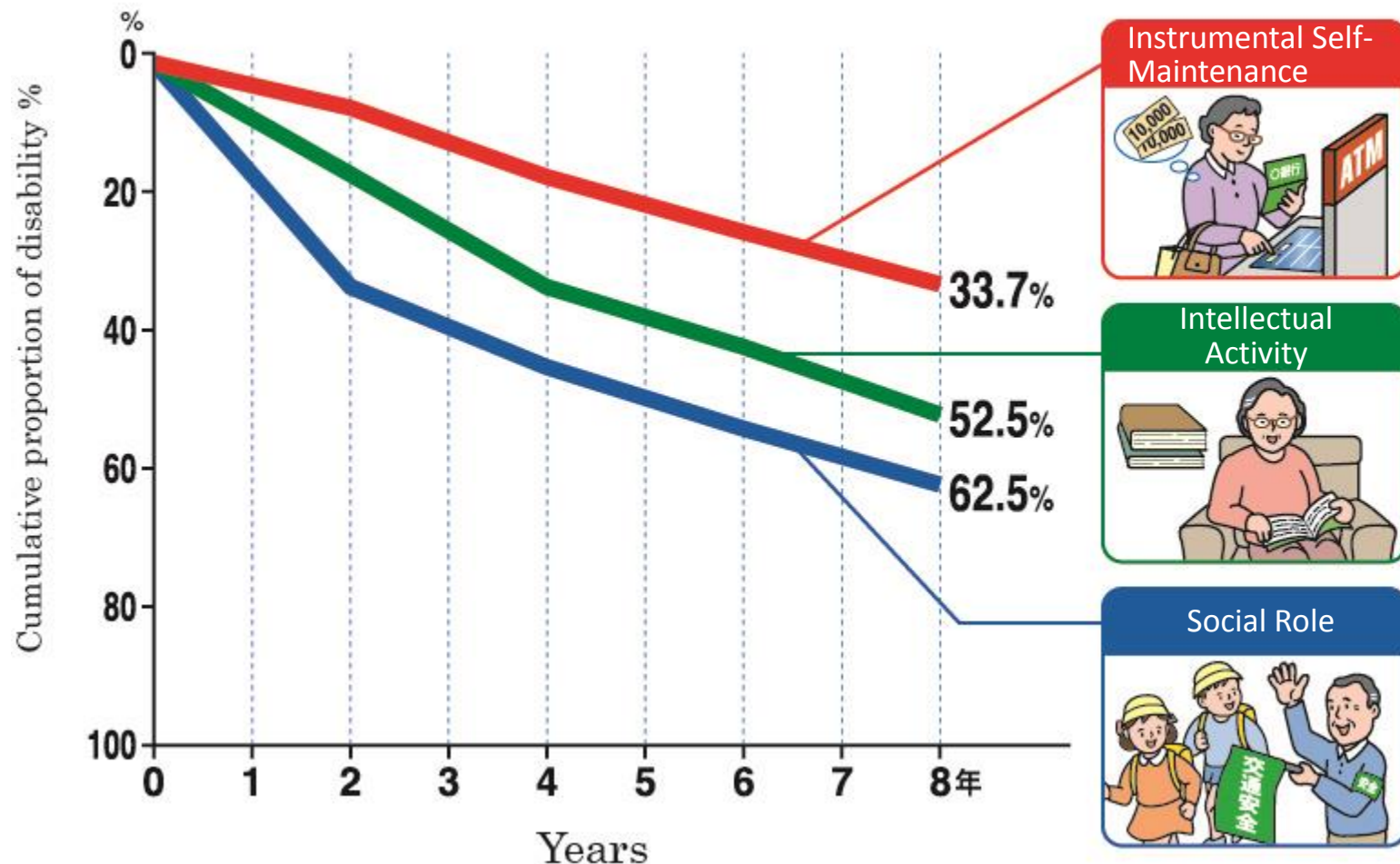


A photograph of a person with grey hair wearing a dark bucket hat and a white patterned sweater, seated in a wheelchair. They are using a black hand exerciser on their right hand. The background is slightly blurred, showing other people and what appears to be an indoor setting. The text "Social Participation and Health" is overlaid in the center of the image.

# **Social Participation and Health**

# Social Participation and the Effect on Health

## 8 year longitudinal survey in a suburb in Tokyo



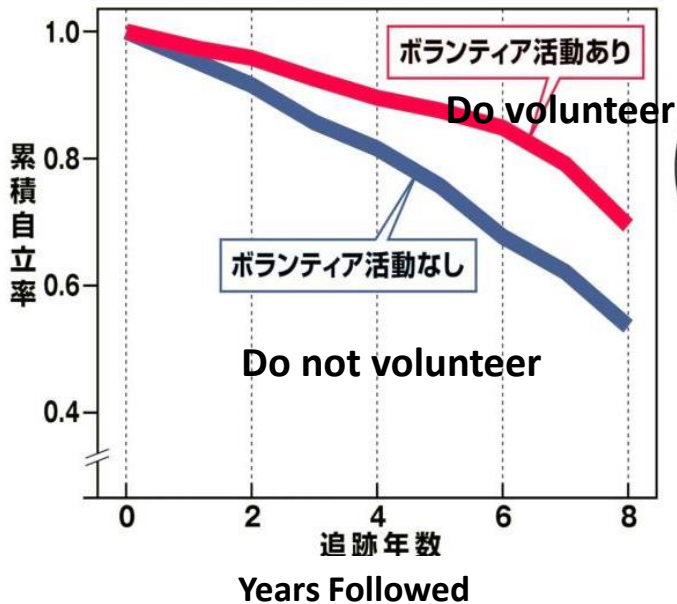


# Social Participation and the Effect on Health

## Volunteer Activity and Independence

社会参加と健康寿命 (TMIG-LISA)

ボランティア活動の有無と自立率

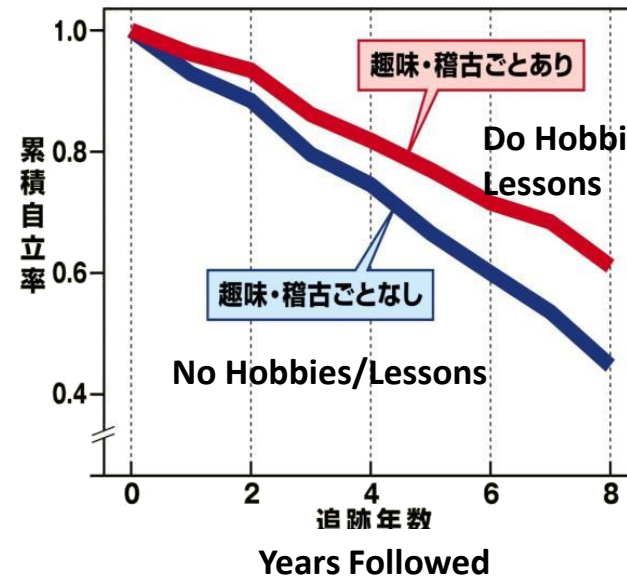


ボランティア活動をしている高齢者ほど自立を維持しやすい

## Hobbies and Lessons and their relation to Independence

社会参加と健康寿命 (TMIG-LISA)

趣味や稽古ごとの有無と自立率



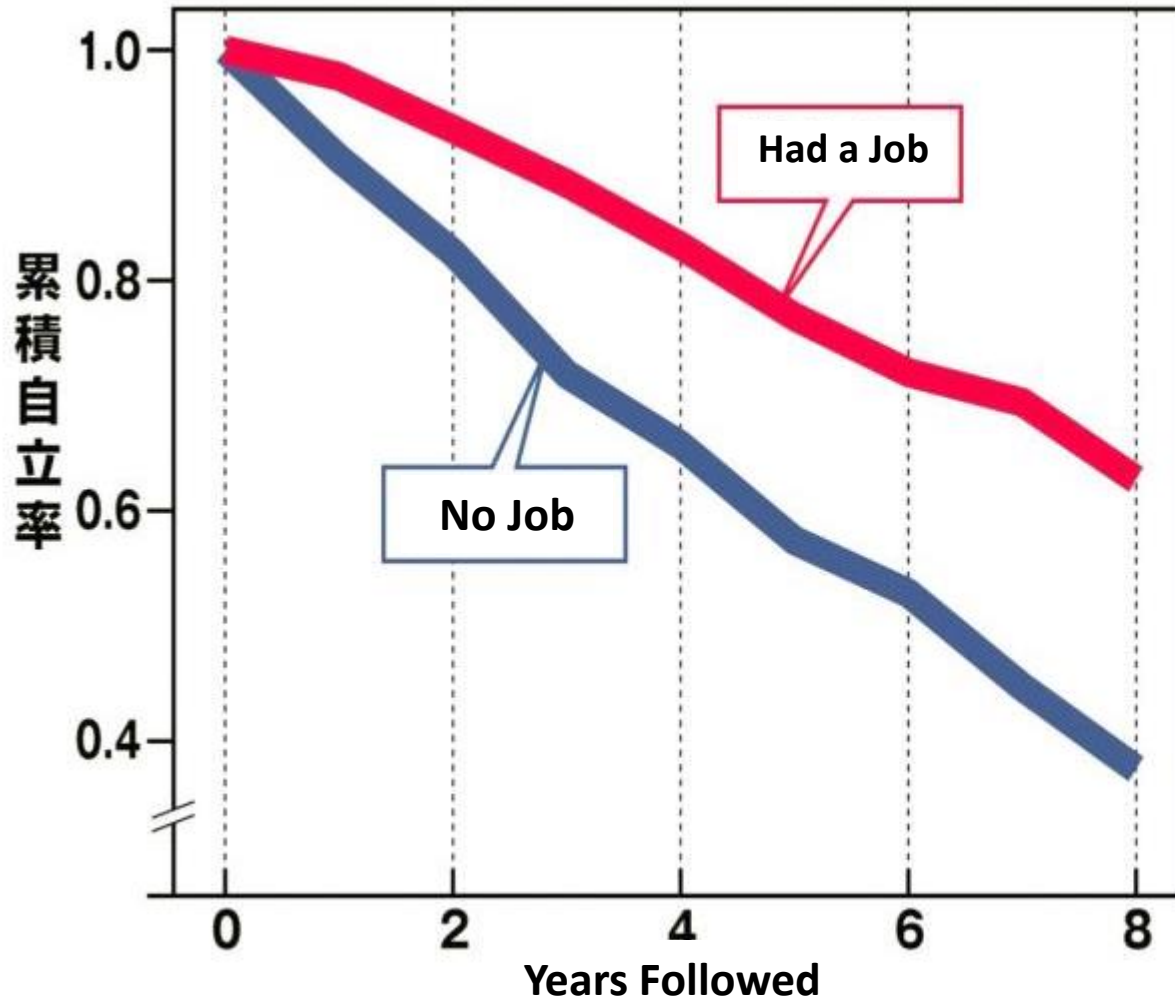
趣味や稽古ごとをしている高齢者ほど自立を維持しやすい

Tokyo Metropolitan Institute of Gerontology-Longitudinal Interdisciplinary Study on Aging (TMIG-LISA)

People who volunteered and who have hobbies maintain their independence

# Social Participation and the Effect on Health

Change in the basic ADL scores



People who had a job maintain their independence



# Social Participation Program “REPRINTS”



# Research of Productivity by Intergenerational Sympathy(REPRINTS)

Read Aloud Picture Books Training Program (designed by TMIG Social Participation Team)

## Training

Learning method to select good picture books, practicing to read fluently, understanding the state of today's children, theories and practices of volunteer activities

## Health checkup



## Geographic locations of REPRINTS



# REPRINTS Training Program: Read Aloud Picture Books

Building Body, Expression, Reading Comprehension etc.

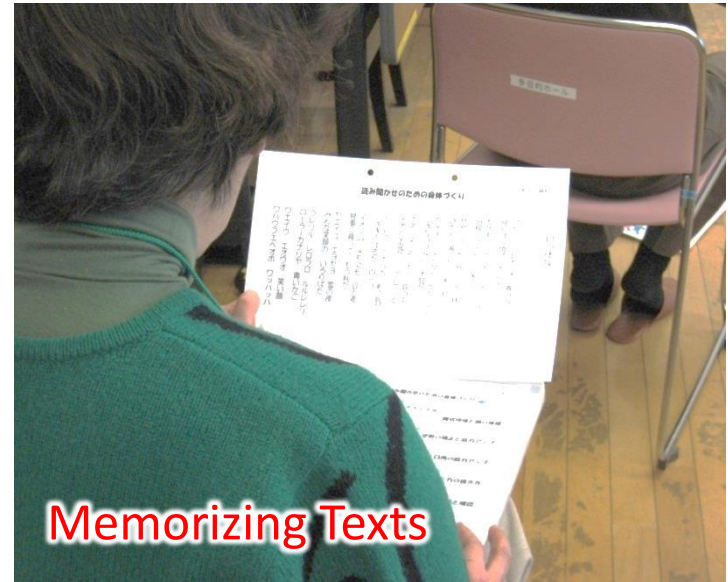


Solo Performance

Participants in group create a 30 min program and perform it in the last seminar



# REPRINTS Training Program: Dementia Preventing Exercise



Understanding human memory and how you train in daily life from lecture, texts, games and songs.



# Good Practices connecting generations



Reading picture books to kids in a community center



Reading at nursery school

「シニア読み聞かせボランティア」による

## Effect on Seniors



### Psychological Effect



- Self-esteem
- Self-efficacy
- Social Support and Network

### Physical Effect



- Increased physical activities by participation
- Warming up before reading
- Voice training

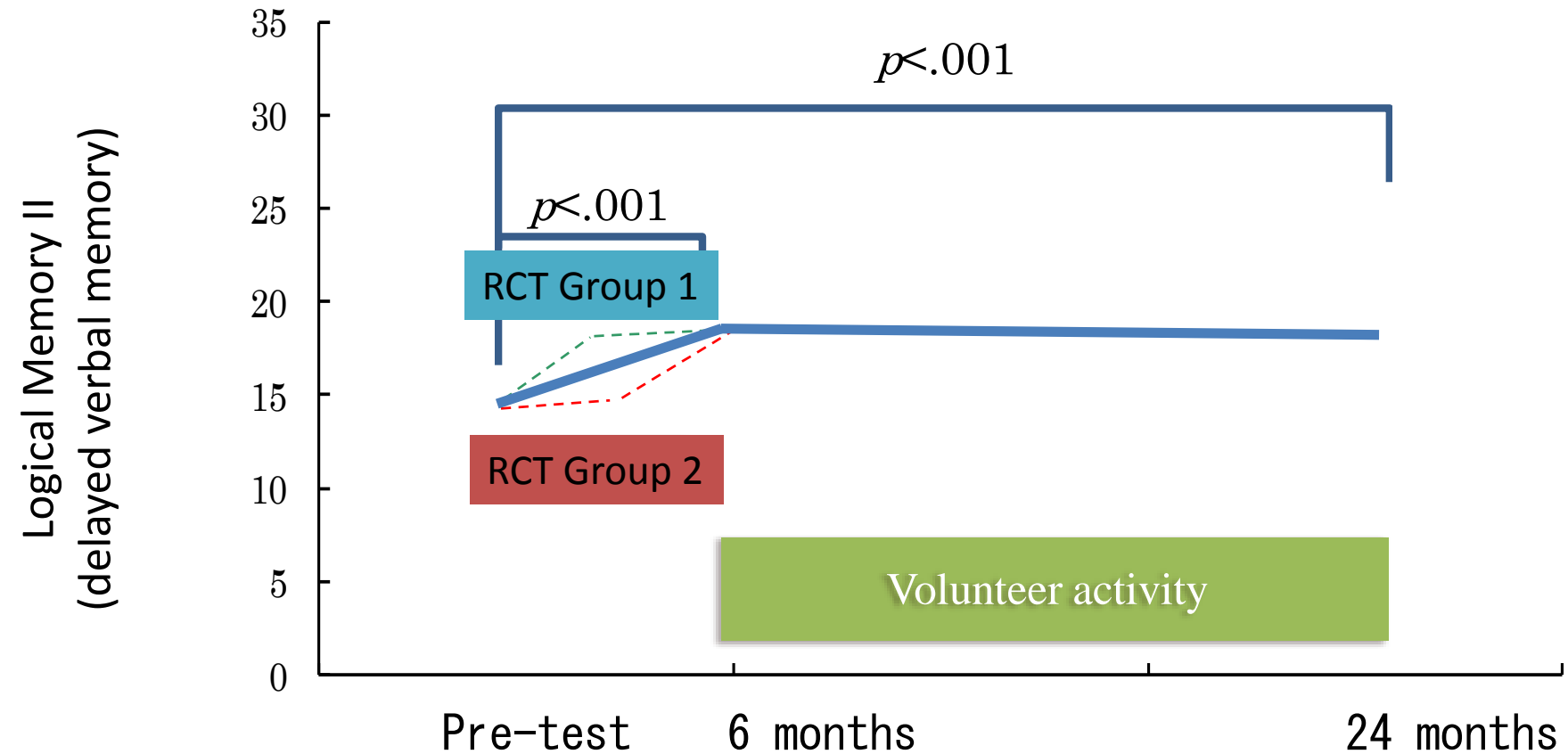
### Cognitive function Effect



- Executive function
- Language function
- Memory function



# Cognitive intervention through a training program



The elderly participants improved and retained the delayed verbal memory.

# Policies related to Active Aging from Educational Perspectives

## Public Sector

公民館  
Kominkan

生涯学習センター  
Lifelong Learning Centers

ボランティアセンター  
Volunteer Center



学校支援地域本部  
School Support Regional  
Headquarters

14,681 centers  
in 2011

In 2013 3,527 headquarters, 8,342 coordinators

## Private Sector

通信教育

Correspondence Learning



カルチャースクール  
Culture School



大人向け個人塾  
Cram School Business



## Home Econ Class



## Field Trip Assistant



## First grader Support



Elementary school students performing at daycare service center





# Japanese Elderly Attitude toward Volunteering

***“Are you volunteering or participating in some kind of social activities?”***

**“Never participated”**

<b>Japan</b>		<b>USA</b>		<b>South Korea</b>		<b>Germany</b>	
2005	2010	2005	2010	2005	2010	2005	2010
53.4%	51.7%	32.3%	33.1%	72.5%	74.2%	46.2%	42.9%

from 7<sup>th</sup> International Comparison Survey of the Daily Life and Attitudes of Elderly Persons  
source: Cabinet Office

## Conclusion and Discussions

- Social and economical needs for the elderly's productivity (work, social participation and social contribution) is high.
- Older people's health has improved enough to respond to such needs.
- The needs and improvement of health supported by the policies and system drive Active Aging in Japan.
- However, the gap in health between those who are involved in activities and those who are not widens.
- More inter-section collaboration from national to local level is necessary.