

## 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

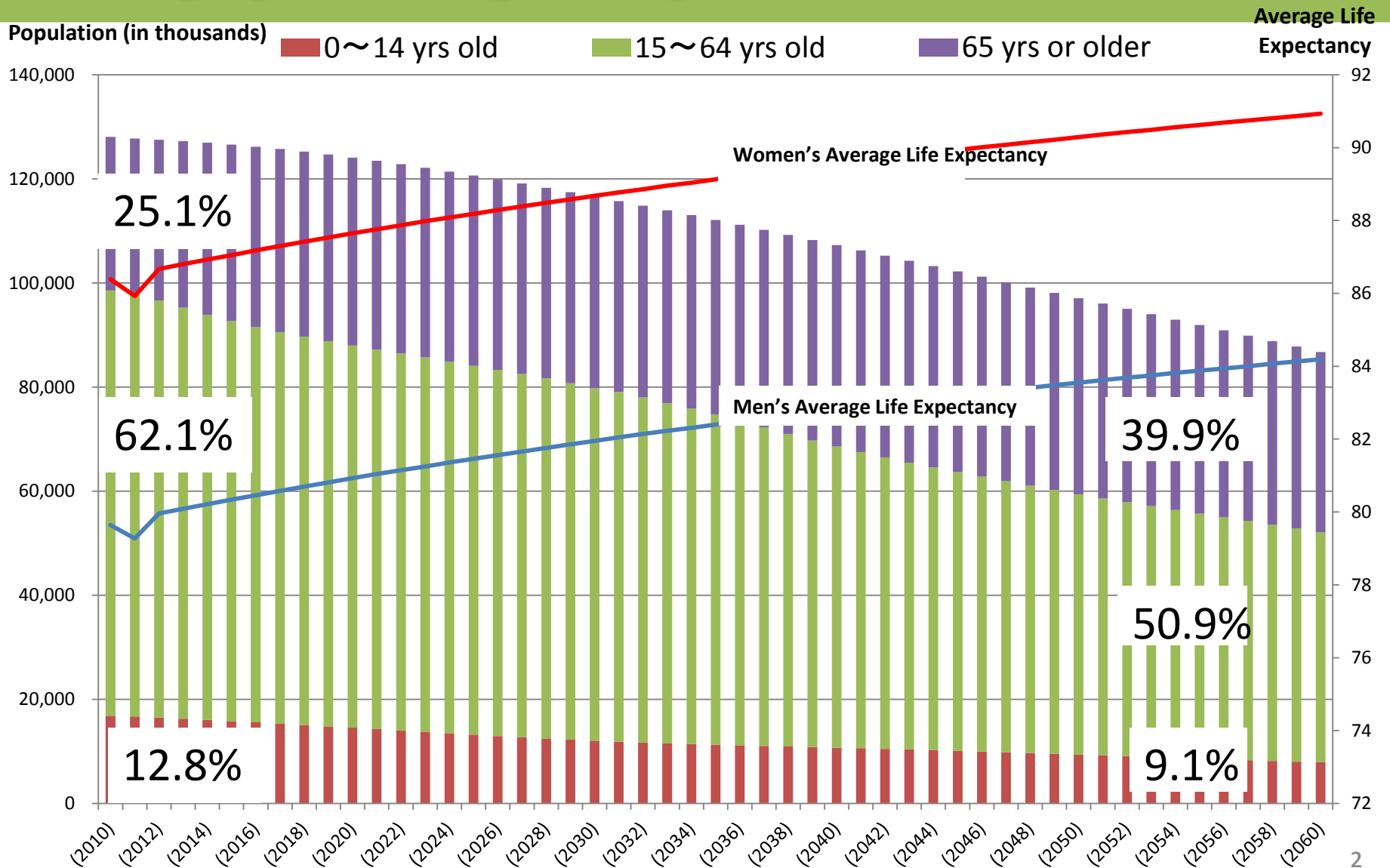
Masataka Kuraoka Ed.D.



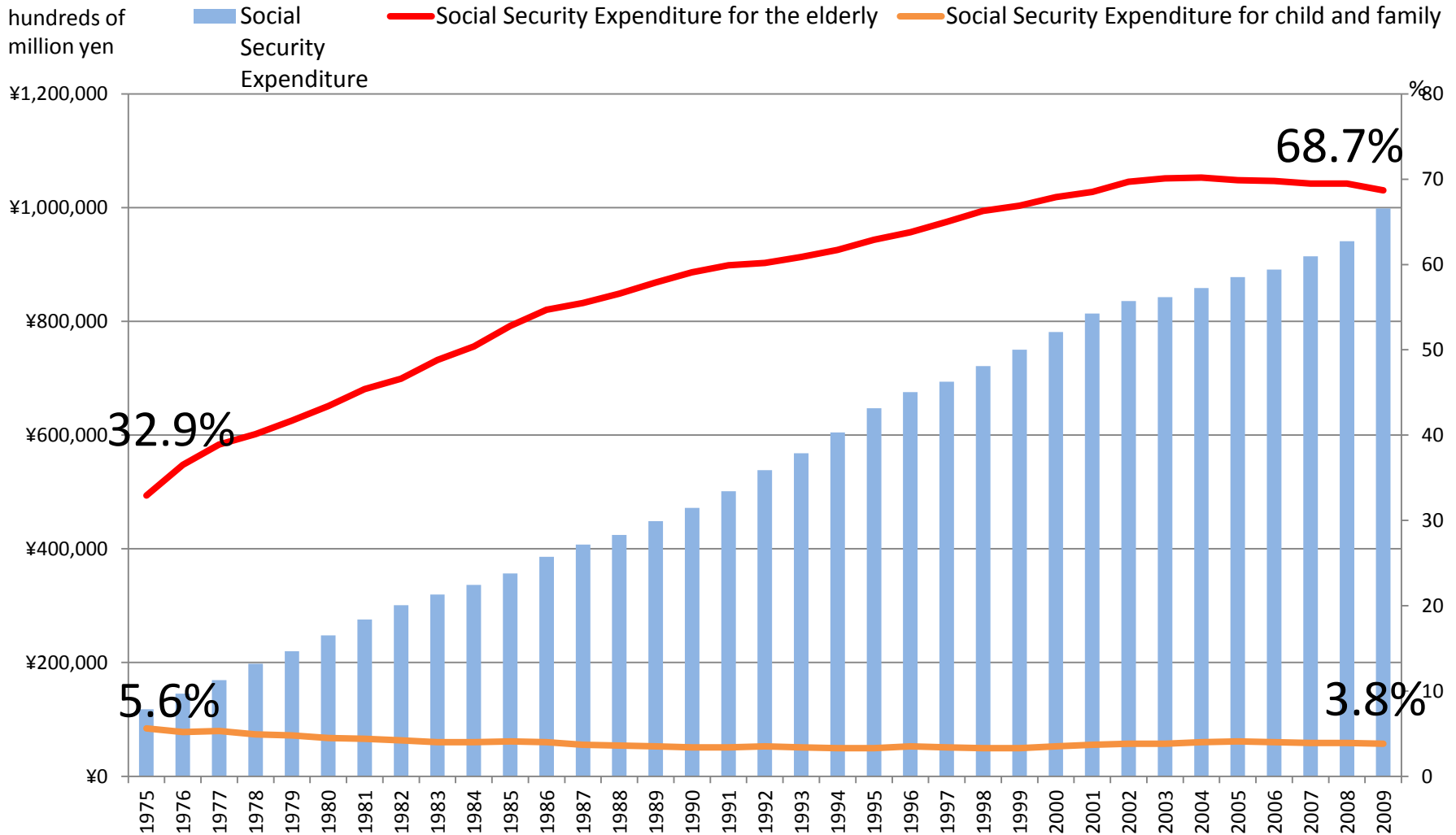
**TOKYO METROPOLITAN INSTITUTE OF GERONTOLOGY**  
Research Team for Social Participation and Community Health



# 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。詳細は横浜市ホームページなどをご覧ください。

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けづくり <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・食生活・運動・健康づくりの活動づくりのセッションなどに参加	<b>健康アクション</b> 参加記録として特定の歩数計GET!へも、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 社会福祉施設等の活動でポイントが貯まる。ポイントはカードで管理

それぞれのポイントに応じてプレゼントや寄付に交換!

**よこはま健康アクション Stage1**

「第2期健康横浜21」リーディングプロジェクト  
「健康寿命日本一」への挑戦

活力ある超高齢社会  
370万市民と12万事業所が健康づくりを

**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

预览已结束，完整报告链接和二维码如下：

[https://www.yunbaogao.cn/report/index/report?reportId=5\\_3886](https://www.yunbaogao.cn/report/index/report?reportId=5_3886)

