

Review article

## Health promotion actions to realize a society in which all citizens are dynamically engaged.

Yasuhiro Suzuki

Vice-Minister for Health Ministry of Health, Labour and Welfare, Tokyo, Japan

### Abstract

In the era of aging population combined with diminished number of children, the cabinet decided to tackle new challenges to bring a halt to the dwindling birthrate with aging population and to build a society in which all people — elderly or young, male or female, and those with intractable illnesses or disabilities — can take another step beyond where they now stand. These challenges are critical to achieve continuous growth of economy and to take over brilliant future for our posterity. In this context, Japanese Plan for Promotion of Dynamic Engagement of All Citizens was developed by the cabinet on June 2nd, 2016.

In this section, we will briefly summarize the background on which the Plan was created and the policies for promoting employment of the elderly and for health promotion. Both policies are essential to implement the Plan with success. Ministry of Health, Labour and Welfare plays a key role in these policies.

**KEY WORDS:** health promotion, aging population, The Japan's Plan for Dynamic Engagement of All Citizens, employment of older persons

### Introduction

“We hope that we will be able to live a long life in good health.” Everyone in the world would have this dream regardless of age. Fortunately, Japan has achieved this goal ahead of other countries. However, now Japan is a nation in the forefront of population aging in the world<sup>1)</sup>. Considering the rapid advancement of an aging society, it is urgent and essential to construct a new social model where citizens are able to live in good health with hope and purpose through their life stage. The framework is designed to provide a society where the elderly could exert their abilities based on their motivation and citizens can support each other in their communities. At the same time, the public support system and implementation of supportive environments is necessary for citizens to live a healthy life even when they grow old. This statement is placed at the beginning of an Annual Report on the Aging Society (2016 fiscal year edition)<sup>2)</sup>. This would be undisputed.

This manuscript would elucidate the background context of “The Japan’s Plan for Dynamic Engagement of All Citizens”<sup>3)</sup>, which was compiled as a Cabinet decision on the second of June in 2016 and also the political measures proposed in the Plan, which are intended to secure and promote labor supply, observing how increasing longevity and declining fertility would advance. Furthermore, this article would elaborate on measures for health promotion committed

to by the Ministry of Health, Labour and Welfare, which could be the groundwork to realize a society for the dynamic engagement of all citizens.

### *Toward the Society in which All Citizens are Dynamically Engaged The Aging Population with dwindling Birthrate and the Decrease in Labor Supply*

An aging population and low fertility rate is a structural issue, which triggered a bottleneck on economic growth. Over these last thirty years or so, the steep decline in fertility has been shown. The total fertility rate has fallen from 1.81 in 1984 to 1.26 in 2005 and has hovered around 1.3-1.4 up until now. Contrarily, the proportion of the elderly has been steadily increasing from 9.9% in 1984 to 26.0% in 2014. After the peak in 2008, the total population entered a decreasing phase. Once population started to decline, its decline rate will increase at an accelerated pace. According to population projections, the population decline in Japan would change from approximately six hundred thousand persons per year at the beginning of the 2020’s to approximately one million persons per year in the 2040’s. If this demographic trend persists, the population is estimated to be less than fifty million by 2100.

Changes in population composition are shown in *Fig. 1* “Japan’s Population Pyramid”<sup>4)</sup>. An expansive population pyramid, like Mt. Fuji, is shown in 1960 with a larger percentage of the population in the younger age cohorts. The pattern of a mountain has disappeared and a constrictive population pyramid is shown in 2010, which indicates the great decrease in the young and the enlargement in the middle and the old. Finally, the graph for 2060 shows an inverted pyramid due to the progression of aging population and declining birth rates. A high center of gravity in an inverted pyramid is unstable, mirroring the societal impact of a rapidly aging population. The ratio of child population and productive population would be very low, while the ratio of elderly population, especially aged 75 or older, would be extremely high. In 2010, 2.8 working persons at the age between 15 and 64 supported one elderly person 65 years old and above, while in 1950, ten working persons supported one elderly person 65 years old and above. The population projection for 2060 would estimate that 1.3 working persons would support one elderly person 65 years old and above. Even if the estimation format of age is changed, setting the working age between 15 and 64, and elderly person 75 years and above, 2.4 working persons between 15 and 64 would support one elderly 75 years and above in 2060, which means even in the new format the number of working supporters would still decrease in 2060 from the estimation in 2010.

The transition of self-supported degree of the elderly, which was obtained by National follow-up survey, is shown in *Fig. 2*<sup>4,5)</sup>. Self-reliant persons under 74 years of age account for 81.0% of the total population in males and 87.9% of the total population in females. It is also shown that persons 75 years and above still live a life self-reliant to some extent.

In view of the imminent situation, we need to urgently achieve the revolution of economic and social system, where job opportunities are given to as many elderly persons as possible.

### *Discussion process towards the Society in which All Citizens are Dynamically Engaged*

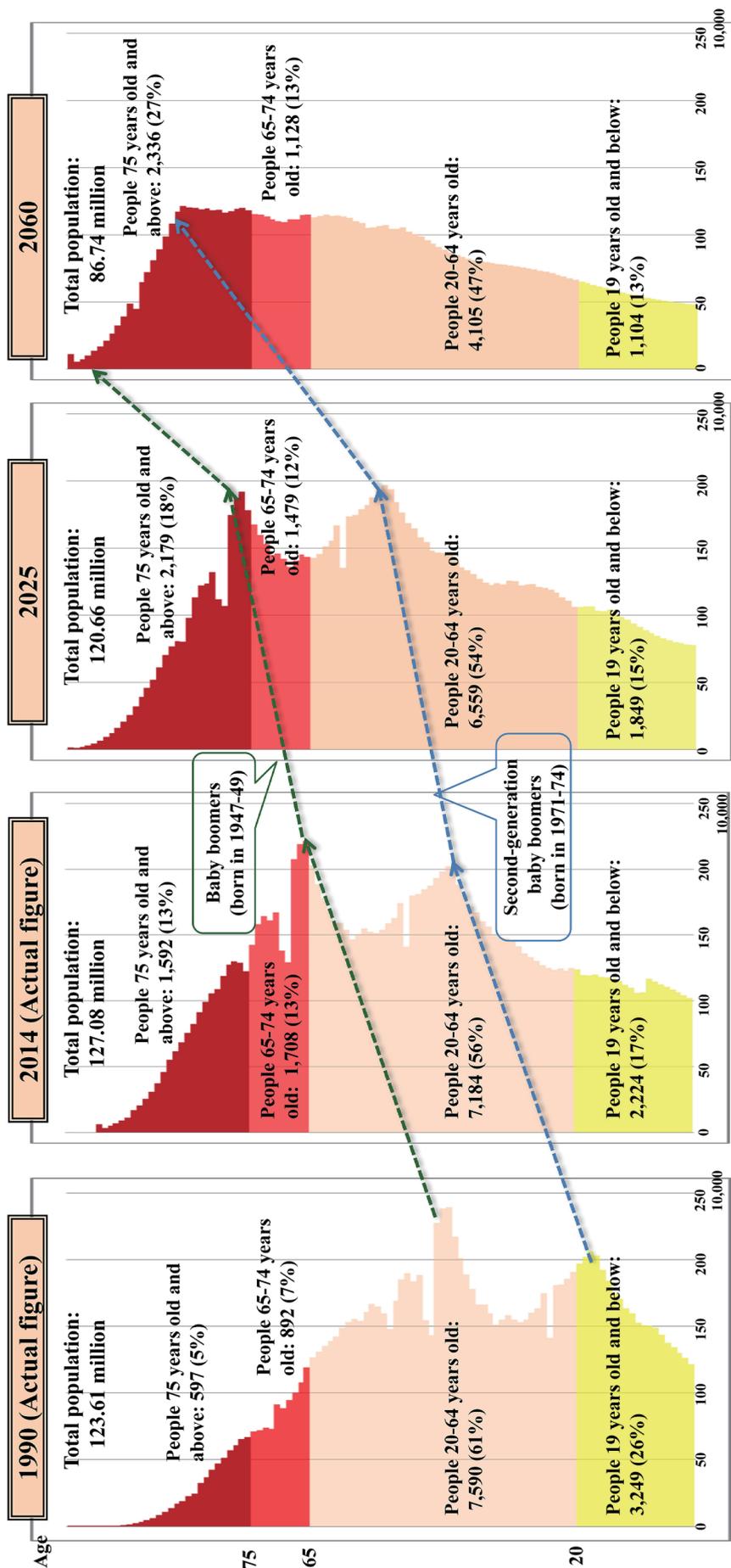
In light of the present situation in Japan, Prime Minister Shinzo Abe tackled the structural issue of the declining birthrate and the aging population and, in September of 2015, declared a goal for the realization of the society in which All Citizens are dynamically engaged. The society should be participated in by all citizens, whether they are women or men, the elderly or, youths, people who have experienced a failure, people with disabilities and people fighting an illness so that people can play active roles in their homes, workplaces and local communities or any other places. This full-participation society would be realized with subsumption, which would create a secure feeling, reliable prospect, for the future, a boost in consumption and the promotion of investment. We will encourage all citizens to fully exert their own various talents, which will lead to improvement in the labor participation rate and creation of innovation, in order to further accelerate economic growth. “The Japan’s Plan for Dynamic Engagement of All Citizens” would make full use of the fruits of “growth” harvested due to Abenomics and enhancement of the foundation of childcare and social security, which will lead another “growth”. Thus, a spiral of new economic and social system will be constructed as an

ultimate strategy of reproduction of “growth”.

“National Council for Promoting Dynamic Engagement of All Citizens” was established for the realization of the “New Three Arrow” policy in October of 2015. The Prime Minister Shinzo Abe, who is attempting to tackle the structural problem of the declining birthrate and aging population, held the national council for the deliberations of planning, as the chairperson, along with relevant ministers and experts. The Council, with serious and vigorous discussion, was held at the pace of once a month. Concurrently, citizen dialogues were conducted in diversified manners, including dialogues where persons in diversified positions and expert committee members exchange opinions toward the formulation of the Plan to Realize the Dynamic Engagement of All Citizens and dialogues where for the realization of the society with “Dynamic Engagement of All Citizens”, the Prime Minister Shinzo Abe and the Minister for Promoting Dynamic Engagement of All Citizens, Katsunobu Kato had direct exchanges of view with citizens in Sendai, Fukuoka and other places. The third Council for Promoting Dynamic Engagement of All Citizens as of the 26th of November in 2015 compiled “Urgent Policies to Realize a Society in Which All Citizens are Dynamically Engaged (draft) -Toward a Positive Cycle of Growth and Distribution-(hereinafter referred to Urgent Policies)<sup>6)</sup>. The 8th Council for Promoting Dynamic Engagement of All Citizens as of the 18th of May in 2016 compiled “The Japan’s Plan for Dynamic Engagement of All Citizens (Provisional)”. Finally, this provisional plan was decided by the Cabinet on the second of June in 2016<sup>3)</sup>.

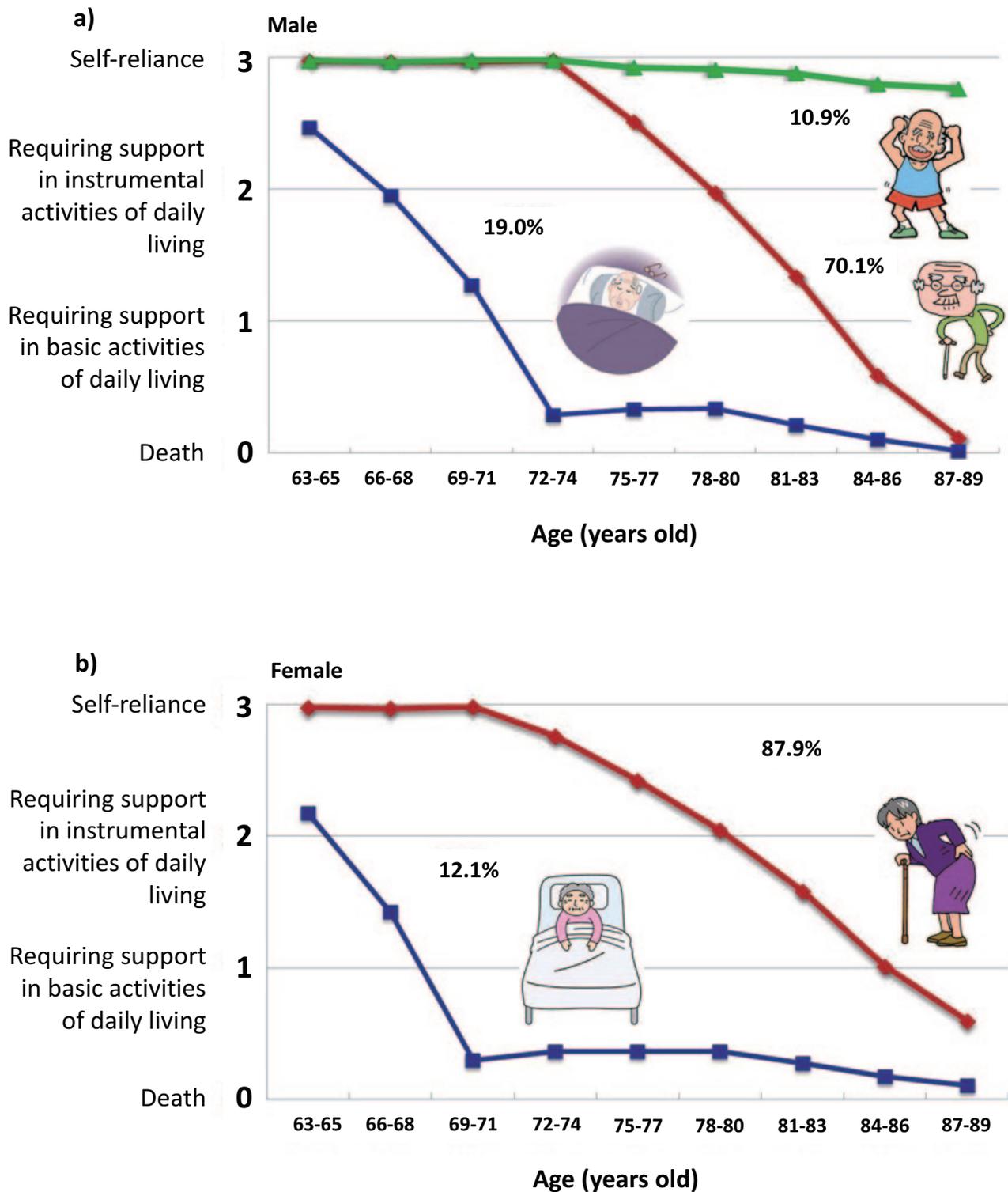
### *Summary of “The Japan’s Plan for Dynamic Engagement of All Citizens”*

“The Japan’s Plan for Dynamic Engagement of All Citizens” proposes three goals in order to bring a halt to the dwindling birthrate combined with an aging population and to build a society in which all citizens are dynamically engaged: “Nominal GDP toward 600 trillion yen”, “Desirable birthrate of 1.8” and “No one forced to leave their jobs for nursing care”<sup>3)</sup>. Furthermore, new three arrows will be released toward these three targets. “Three arrows” derives from an anecdote, “The Tale of Three Arrows” that dates back to Mori Motonari, a powerful feudal lord from the Chugoku region of Japan. In the association of his teaching instruction, a letter where he encouraged his three sons to work together. “New Three Arrows” means three basic policies to fulfill these three target goals. The new three arrows, which had been reinforced, were released: “a robust economy that gives rise to hope”, “dream-weaving childcare support” and “social security that provides reassurance”. This plan would have a banner with concrete statements showing the direction to go for the revolution of working style and to tackle the realization of the society with dynamic engagement. Furthermore, the Roadmap is prepared to indicate when to take what kind of specific measures. Roadmap lists related measures with respect to each topic, shows quantitative barometer as when possible, and indicates with concrete deadlines for the examinations and enforcement of measures. Progress is surveyed continuously and reviewed consistently. Details of Roadmap are shown on the web-site of the Prime Minister of Japan and His Cabinet<sup>3)</sup>:



**Fig. 1. Change in Japan's population pyramid.**

In 2025, when all baby boomers reach the age of 75, people 75 years old and above will account for 18% of the total population. In 2060, the population will decrease to 86.74 million, while people 65 years old and above will account for approx. 40% of the total population. Source: Ministry of Internal Affairs and Communications National Census and Population Statistics, National Institute of Population and Social Security Research Future Population Projections for Japan, January 2012 estimate; Moderate Projections for Births and Deaths (Each year's population is as of October 1). The figures are modified, quoted from Reference 4, and provided through the courtesy of International Affairs Division, Ministry of Health, Labor and Welfare.



**Fig. 2. Pattern changes of self-supported degree in the elderly: National follow-up survey for 20 years.**  
 a) Male, b) Female. Figures are modified from Reference 4 and quoted from Reference 3, 4.

Japanese, <http://www.kantei.go.jp/jp/singi/ichiokusoukatsuyaku/pdf/plan1.pdf>  
 English, <http://www.kantei.go.jp/jp/singi/ichiokusoukatsuyaku/pdf/plan2.pdf>

*Promotion of Employment of the Elderly in the Japan’s Plan for Dynamic Engagement of All Citizens”*

As mentioned in the former section, the rapidly declining birthrate and aging population causes a decrease in labor supply, which is called the supportive population for the society. Meanwhile, there are lots of women holding enormous potentialities and the elderly who are vigorous and energized, having abundant experiences and wisdom. It could be said that a mismatch exists between potential labor force and demand for labor.

Fig. 3 illustrates how the situation of the working population would change due to the decline in population. The proportion of the working population would vary depending on the effects of political measures. Differences are found in Fig. 3, showing two scenarios in 2020 and 2030<sup>7)</sup>: “improper cases” in which economic growth and labor force participation

would not function properly and “proper cases” in which economic growth and labor force participation would function properly. Although both of 2020 and 2030 cases show expectations of decrease in working population, proper cases show less pessimistic expectation: working population would decline by 0.09 million by 2020 compared to 2015, and by 2.36 million by 2030. On the other hand, the working population in “improper cases” in 2030 is expected to be 58 million, which means an 8 million working population decreased by 2030 compared to 2015, when working population was 65.98 million in 2015. Furthermore, “proper cases” of working population of elderly persons at the age of sixty-five and above in both 2020 and 2030 are expected increase both in number and proportion.

To sum up, the key to the success of the plan is how effectively we will eliminate the current mismatch in employment between supply and potential demand.

Political measures to increase the labor supply are incorporated into “The Japan’s Plan for Dynamic Engagement of ALL Citizens”. The three items are the following (Fig. 4):

1. Promotion of Employment of the Elderly  
 Promotion of employment of the elderly wishing to work is included.

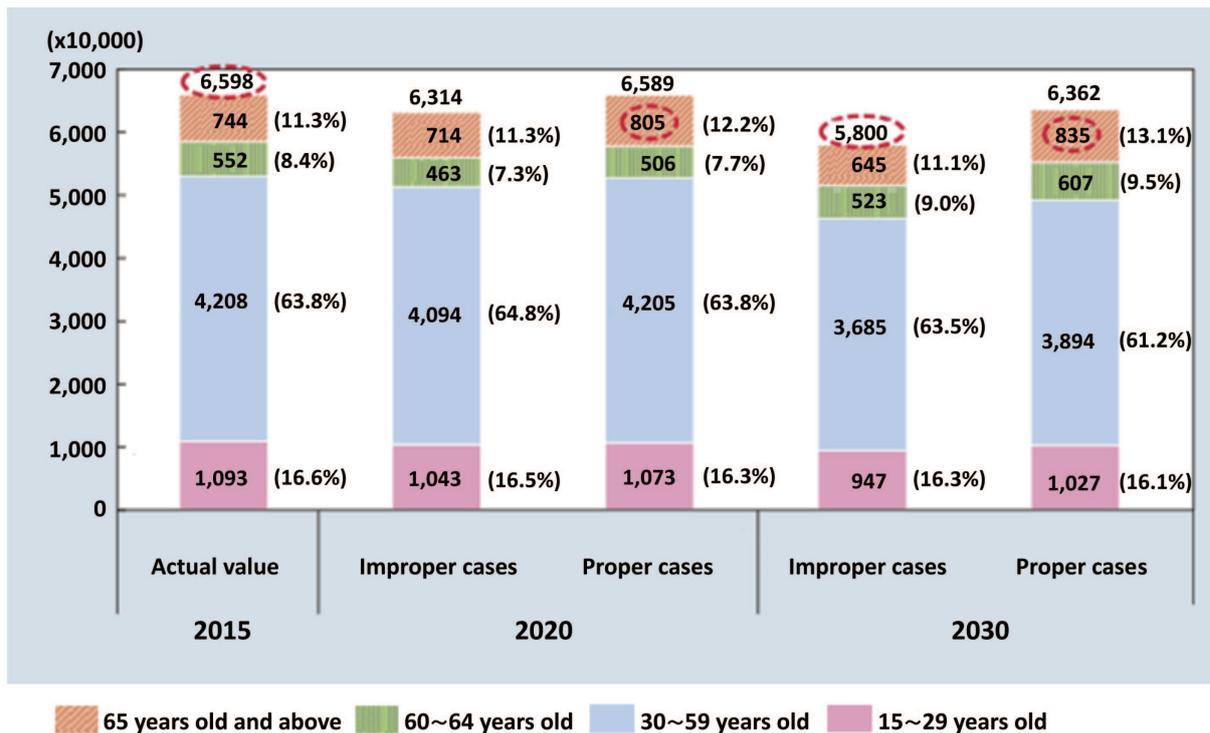


Fig. 3. Estimation of labor force.

1. Data are estimated by The Japan Institute for Labour Policy and Training using “Future Population Estimates of Japan (estimated in January, 2012)” by National Institute of Population and Social Security Research and so on. 2. Parenthesis indicate ratio to the total values. 3. Proper cases: Cases in which economic growth and labor force participation proceed in a proper manner. Cases in which high growth can be realized based on “Japan revival strategy” and participation in labor market is developed. 4. Improper cases: Cases in which economic growth and labor force participation do not proceed in a proper manner. Economic growth rate with certain degree can be expected until 2020 including reconstruction demand, however, economic growth rate may be zero after 2021, and also labor force participation does not proceed (cases in which the labor force participation rate by sex and age group is fixed). 5. Regarding to values in the figure, the sum of age total and a breakdown is not always identical because the numerical value is being rounded up by the place of thousands.

Source: For 2015, the basic aggregation by Labour Force Survey (Ministry of Internal Affairs and Communications Statistics Bureau). For 2020 and 2030, estimated by the Japan Institute for Labour Policy and Training (JILPT). Figures are modified and quoted from Figure 1-3-10 in Annual Report on Health, Labor and Welfare (2016 fiscal year). <http://www.mhlw.go.jp/wp/hakusyo/kousei/16/d1/1-01.pdf>

## 2. Enhancement of Support for Childcare

Promotion of comprehensive measures such as the preparation of childcare arrangements and the improvement in working conditions of childcare workers to ensure human resources is included.

## 3. Enhancement of Support for Nursing Care for the Elderly

Promotion of comprehensive measures such as the preparation of nursing care arrangements and the improvement in working conditions of nursing care workers to ensure human resource is included.

Japan has a great potential labor force. There are a number of the elderly with vigor, energy, and abundant experiences and wisdom, as the word “active senior” indicates. *Fig. 5*<sup>8)</sup> shows the labor-force participation ratio of the elderly 60 years old and above in 2015. The elderly at the age range between 60 and 64 were 5.34 million (in number), 62.2% (in proportion); at the age range between 65 and 69, 3.99 million, 41.5%; at the age of 70 and above, 3.3 million, 13.7%. The year of 2006 seems to be a turning point when implementation of “Measures to secure the elderly employment” was obligated. (“Measures to secure the elderly employment” will be mentioned later) Since 2006, the employment rate of the elderly 60 years old and above has increased by more than three times, from 2.3 million in 1970 to 7.29 million in 2015. Further, the proportion, the ratio of people 65 years old and above to all the workers, is also on the rise.

However, there are as many as 2.07 million females and males 65 years old and above who are unemployed and are seeking a job. In order to tackle this labor problem and raise the employment rate of the elderly, it is required to boost labor force participation that the second and the third “New Arrow” contribute to the development of appropriate environments where citizens are able to keep their jobs with childcare and nursing care.

### *Extension of Healthy Life Expectancy as the key toward the realization of a society for dynamic engagement of all citizens*

The extension of healthy life expectancy will reduce the burden of nursing care so that the elderly can live a life in good health for themselves, which is important for the realization of the society for dynamic engagement of all citizens. Local governments, medical insurers and employers should help them to be conscious about the importance of healthy life expectancy and also improve the environment where individuals are able to make efforts easily (*Fig. 6, 7*)<sup>3)</sup>. The Ministry of Health, Labour and Welfare will take all the necessary actions and measures from the various view points, including anti-aging.

Specifically, under “the Health Promotion Act”, “the basic policies for comprehensive public health promotion” were decided and “Health Japan 21” – “National Health Promotion Movement in the twenty first century” is being propelled. The purpose of “Health Japan 21” is to realize an affluent and vigorous society where all the citizens from children to the elderly support each other to live a life with hope and purpose in any life stage”. The improvement of life-style habit and social environment must be achieved even on the condition with the change of the structure of diseases and the declining birth rate and aging population. Therefore, “Health Japan 21”, which is operating from 2013

fiscal year, to 2022 fiscal year as the second term of project, provides the basic items of specific goals to promote the extension of healthy life expectancy. The comprehensive health-related activities and goals were set as follows: the Goal of the extension of health life expectancy and the reduction of health disparities, Goal of the prevention of the onset and the progression of lifestyle-related diseases, Goal of the maintenance and improvement of functions required to live a social life, Goal of the improvement of the life habit and social environment concerning diet and nutrition, physical activity and exercise, leisure, alcohol, smoking and dental health (*Fig. 8*)<sup>8)</sup>.

Furthermore, the system of medical treatment for health must be handed over to the next generation so that Information and Communication Technology, which could function efficiently and effectively for an aging society with fewer children, and should be thoroughly introduced to utilize limited social resources. Enhancement of the quality of medical treatment for health and development of the sustainability of systems in general are necessary for the construction of a productive system.

In order to construct a productive system, the enhancement of the quality of medical treatment and the development and sustainability of the system in general are required. Furthermore, an advantage of ICT could assist us with the prevention of disease and activities of health promotion at an individual level, cooperation between medical institutes, collaboration in medical treatment and nursing and the activities for the prevention of the onset and progression of lifestyle-related diseases.

## **Conclusion**

Even when our society has an aging population with sub-replacement fertility, we must hand over glorious Japan to the next generation, to our children and grandchildren. We are steadily making progress step by step to build the country promising “growth”, for the achievement of the Japan’s Plan for Dynamic Engagement of ALL Citizens. In conclusion, manifold policies and measures should be employed such as the implementation of an environment by the government, resident’s participation in diversified daily life subjects, cooperation to support each other in communities, active involvement of the private sector, including enterprises and measures for maintaining people’s good health and anti-aging, and inhibition of glycative stress. Ministry of Health, Labour and Welfare, JAPAN (MHLW) will improve the health of the citizens through the comprehensive promotion of national health development, which is the groundwork for the achievement of this goal.

## **Conflict of interest statement**

None.

## **Acknowledgements**

The abstract of this study was presented in the Journal “Anti-Aging Igaku” (Volume 13(4), 2017) issued by the Japan Society for Anti-Aging Medicine in Japanese.

**Toward “No One Forced to Leave Their Jobs for Nursing Care”**

**Comfortable Lives (Prevention of Frailty of the Elderly and Countermeasures)**  
**⑦ Ensuring of Various Employment Opportunities of the Elderly**

■ **Challenges in People’s Daily Lives**  
 Although nearly 70% of the elderly wish to work beyond the age of 65, our employment system for the elderly is still inadequate.

- The percentage of the elderly wishing to work beyond the age of 65 : 65.9% (2013)
- The percentage of businesses where people aged over 65 can work if they wish to do so : 72.5% (2015)
  - SMEs 74.8% (The number of employees : 31-300 people)
  - Large enterprises 52.7% (The number of employees : more than 301 people)
- The percentage of businesses which have no retirement age or set retirement age over 65 : 18.1% (2015)
  - SMEs 19.4%
  - Large enterprises 7.9%
- The employment rate of people above the age of 65 : 21.7% (2015)
  - (2013 : USA 17.7%, UK 9.5%, France 2.2%, Germany 5.4%, Italy 3.4%)



■ **Directions of Upcoming Measures**  
 In order to promote raise of the retirement age and extension of employment beyond the age of retirement age in the future, we will encourage businesses to implement these measures, improve related legal systems including covering the elderly by employment insurance, enhance supports for acceptance of re-employment in businesses and employment matching of the elderly, which leads to various employment opportunities responding to hopes of the elderly.

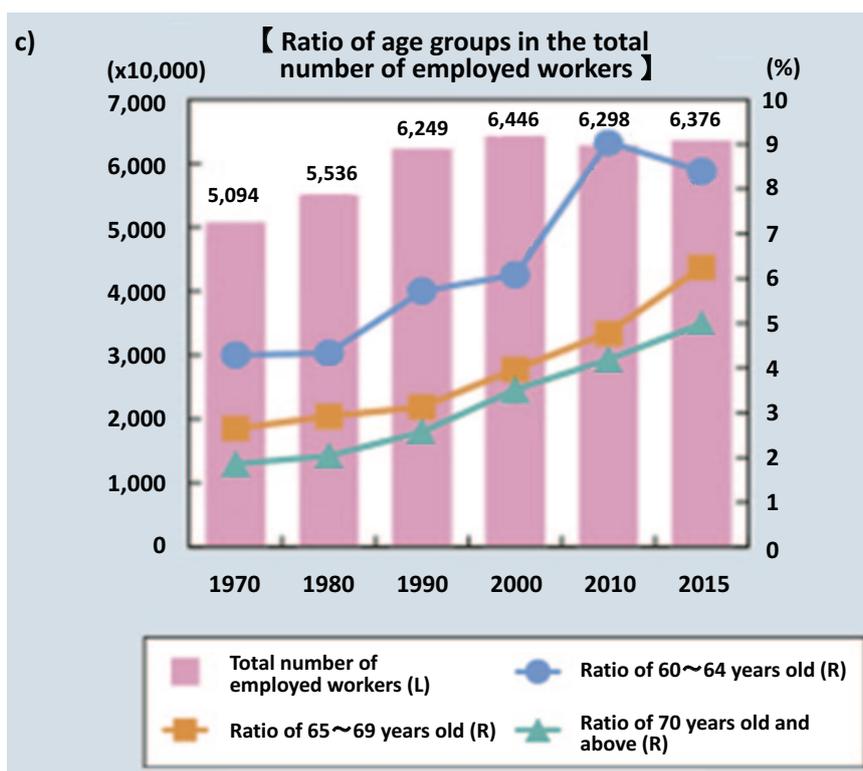
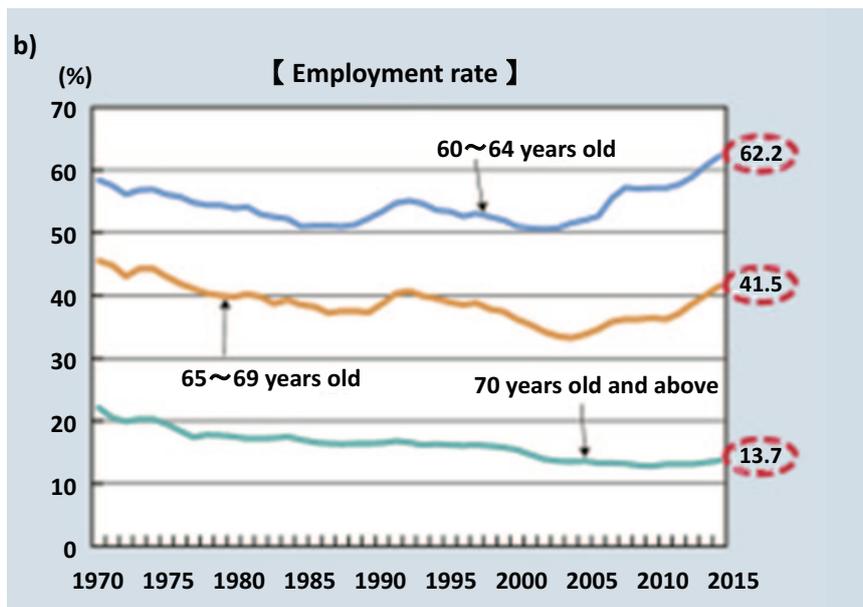
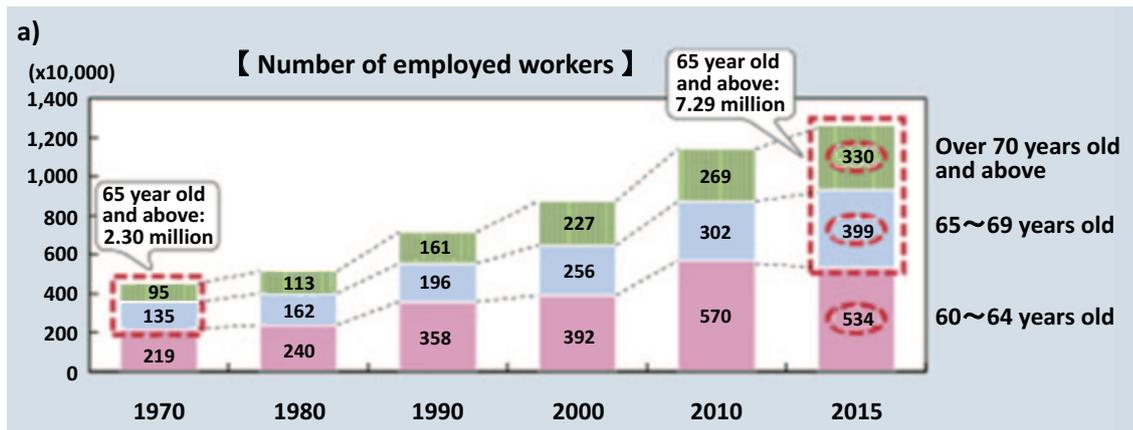
■ **Concrete Measures**

- We will enhance supports for businesses raising the retirement age to 65 and extending employment beyond the age of 65.
- We will set 5 years of “Period of Concentrated Efforts” (FY2016-FY2020) and enhance supports for businesses raising the retirement age to 65 and extending employment beyond the age of 65. We will discuss how we should build employment management systems including wage systems and ability assessment systems and develop manuals for businesses within FY2016 and encourage them to raise the retirement age and extend employment from FY2017.
- We will enforce the revised Employment Insurance Act to cover the newly employed elderly aged over 65.
- We will enforce the revised Act on Stabilization of Employment of Elderly Persons to enlarge scopes of works of silver human resources centers and establish councils to ensure various employment opportunities of the elderly responding to the actual situation of each region. In addition, we will enhance opportunities of skill training to enable the elderly to acquire necessary skills, reemployment supports at contact points, matching functions of industry employment stabilization centers, efforts jointly made by local governments, local actors and groups of retirees from businesses toward “a society where people can be active through their entire lives”. In addition, we will utilize ICT including teleworks to increase employment opportunities of the elderly.
- We will verify incentive effects and the actual situation of employment of the elderly in FY2020 and reconsider the state of related systems.
- In order to elastically cope with various employment styles and transition to retirement of the elderly, we will discuss how to improve the payment system of pensions including old age pension for those still working, considering its impact on pension financing.
- It is important to enable elder public servants to further fulfil their capabilities and experiences. We will discuss necessary measures based on the operation status of public affairs and the situation of private sectors.

Measures	Fiscal years													Index
	FY2015	FY2016	FY2017	FY2018	FY2019	FY2020	FY2021	FY2022	FY2023	FY2024	FY2025	FY2026~		
Supports for Businesses Raising the Retirement Age and Extending Employment	<<Period of Concentrated Efforts (FY2016-FY2020)>>													
		Development of manuals for business	Request to businesses utilizing subsidies and manuals			Request to businesses utilizing subsidies and manuals	Verification of incentive effects and the actual situation of employment of the elderly in FY2020, Review of the state of related systems.	Implementation of related measures following the review						
Improvement in Related Legal System	Discussion on the revised Employment Insurance Act	Covering the newly employed elderly aged over 65 by employment insurance												
Supports for Employment of the Elderly	Discussion on the revised Act on Stabilization of Employment of Elderly Persons	Enlargement of scopes of works of silver human resources centers, Establishment of councils to ensure various employment opportunities of the elderly responding to the actual situation of each region												
		Development of groups providing retirees from businesses with employment opportunities Enhancement of re-employment supports at contact points Enhancement of matching functions of industry employment stabilization centers Enhancement of efforts jointly made by local governments and local actors Establishment of a system to support elder entrepreneurs												
(Ref.) Measures to ensure employment of the elderly and the pension age of Employees' Pension	Raising the retirement age up to 65 or extending employment or eliminating the retirement age based on the Act on Stabilization of Employment of Elderly Persons (※)													
	Up to the age of 61	Raising the retirement age up to 62 or extending employment			Raising the retirement age up to 63 or extending employment			Raising the retirement age up to 64 or extending employment						

**Fig. 4. Roadmap toward “No One Forced to Leave Their Jobs for Nursing Care”. Comfortable Lives (Prevention of frailty of the elderly and countermeasures). ⑦ Ensuring of various employment opportunities of the elderly.**

SME, small medium-size enterprise; FY, fiscal year. Figures are quoted from the roadmap of “The Japan’s Plan for Dynamic Engagement of All Citizens” in Reference 3.



**Fig. 5. Transition of number of employed workers and employment rate and so on.**

Source: The basic aggregation by Labour Force Survey (Ministry of Internal Affairs and Communications Statistics Bureau). Data of 1970 do not include Okinawa's result. Data of 2011 use the estimated records. Figures are quoted and modified from Annual Report on Health, Labor and Welfare (2016 fiscal year edition), Figure 1-3-3.

Toward “No One Forced to Leave Their Jobs for Nursing Care”

**Comfortable Lives (Prevention of Frailty of the Elderly and Countermeasures)**  
**⑥ Extension of Healthy Life Expectancy to Enable People to Lead Healthy and Abundant Golden Years (Part 1)**

■ Challenges in People’s Daily Lives  
 Efforts to prevent diseases and promote health made by people during their active careers as well as caring for the elderly being in a state of frailty have been inadequate. As a result, there is a huge difference between healthy life expectancy and average life expectancy.

- Healthy life expectancy  
 Men 71.19,  
 Women 74.21 (2013)
- The population of patients with metabolic syndrome 14 million people (FY2008)
- The percentage of people (aged from 40 to 74 years) undergoing checkups 66.2% (2013)
- The percentage of people certified as being in need of care 17.8% (FY2013)



■ Directions of Upcoming Measures  
 Local governments, medical insurers and business owners will promote improvement in the environment where each individual can easily work on extending healthy life expectancy including enhancing people’s awareness while basically expecting efforts made by each individual. We will encourage efforts of disease prevention and health promotion not only during post-retirement years but also during active careers.

■ Concrete Measures

- In order to horizontally expand advanced efforts made by local governments, businesses and insurers, we will cooperate with them to accomplish “Initiative for Healthy Cities and Healthy Workplaces 2020” (compiled by Japan Health Conference on July 10, 2015) by the end of FY2020.
- As for prevention of advancement in severity of diabetic nephropathy with a collaboration with regular doctors, we will promote it utilizing a program compiled by Japan Medical Association and MHLW etc. on April 20, 2016.
- We will horizontally expand best practices of Data Health. From FY2016, every fiscal year, we will grasp the situation of efforts made by insurers including prevention of lifestyle-related diseases and advancement in severity, provision of health-related information to insured people. We will launch an exclusive website to show related information regularly.
- Within FY2016, we will disclose evaluation items within incentives for prevention and promotion of health, which are provided to insurers and will be enhanced from FY2018, in order to let insurers work on measures ahead of schedule.
- We will horizontally expand efforts of providing health points, which are made by insurers and local governments to encourage each individual to conduct activities of prevention and promotion of health, referring to advanced cases including collaboration with shopping districts and businesses, utilization of ICT. We will implement model projects to encourage each individual to start and work on building healthy cities and to develop human resources who mutually support and make efforts of promoting health. We will make these projects promoted nationwide after FY2018.
- We will spread the idea of healthy management by selecting Health & Productivity Stock Selection. We will build a scheme, as a model, where medical insurers, businesses and other medical people jointly make efforts of providing health-related advice to individuals with their consent, utilizing receipt data, checkup data and other health-related data. We will promote this scheme, checking its effects.
- We will promote researches on living practices which may extend healthy life expectancy and regional differences in diseases.

Measures	Fiscal years													Index
	FY2015	FY2016	FY2017	FY2018	FY2019	FY2020	FY2021	FY2022	FY2023	FY2024	FY2025	FY2026 ~		
Horizontal Expansion of Advanced Efforts Made by Local Governments, Businesses and Insurers	Efforts to accomplish “Initiative for Healthy Cities and Healthy Workplaces 2020”						Additional efforts responding to accomplishment status of numerical goals						* We will accelerate extension of healthy life expectancy at a pace higher than extension of average life expectancy by promoting prevention throughout people’s lives. We will extend healthy life expectancy by more than 2 years by 2025. (2010) Men 70.42, Women 73.62 (2013) Men 71.19, Women 74.21 * We will decrease the population of patients with metabolic syndrome (people receiving specific health guidance) by 25% compared with FY2008 (FY2008) 14 million people * We will increase the percentage of people (aged from 40 to 74 years) undergoing checkups (including designated checkups) to 80% (2013) 66.2%	
	Selection of Health & Productivity Stock Selection, Promotion of healthy management of SMEs						Further utilization by private businesses Further collaboration with efforts of healthy management made by businesses including SMEs							
Promotion of Data Health (Utilization of receipt data etc.)	Formulation and publication of Data Health Plans by municipality controlled National Health Insurance			Further promotion of Data Health Plans										
	Nationwide promotion of best practices We will energetically promote best practices of health promotion with a collaboration with regular doctors, prevention of diseases including prevention of advancement in severity, countermeasures against patients who redundantly or frequently visit hospitals and promotion of generics.													

Fig. 6. Roadmap toward “No One Forced to Leave Their Jobs for Nursing Care”.

**Comfortable Lives (Prevention of frailty of the elderly and countermeasures).**

**⑥ Extension of healthy life expectancy to enable people to lead healthy and abundant golden years (Part 1).**

ICT, information and communication technology; MHLW, Ministry of Health, Labour and Welfare; FY, fiscal year. ※ We will raise the pension age of old-age employees’ pension for men (as for a proportional element to their rewarding) on a same schedule (Raise of the pension age for women will be conducted 5 years behind). Figures are quoted from the roadmap of “The Japan’s Plan for Dynamic Engagement of All Citizens” in Reference 3.

**Toward “No One Forced to Leave Their Jobs for Nursing Care”**

**Comfortable Lives (Prevention of Frailty of the Elderly and Countermeasures)  
⑥ Extension of Healthy Life Expectancy to Enable People to Lead Healthy and Abundant Golden Years (Part 2)**

■ **Challenges in People’s Daily Lives**  
Efforts to prevent diseases and promote health made by people during their active careers as well as caring for the elderly being in a state of frailty have been inadequate. As a result, there is a huge difference between healthy life expectancy and average life expectancy.

- Healthy life expectancy  
Men 71.19,  
Women 74.21 (2013)
- The population of patients with metabolic syndrome 14 million people (FY2008)
- The percentage of people (aged from 40 to 74 years) undergoing checkups 66.2% (2013)
- The percentage of people certified as being in need of care 17.8% (FY2013/6.2% (2013)
- The percentage of people certified as being in need of care 17.8% (FY2013)



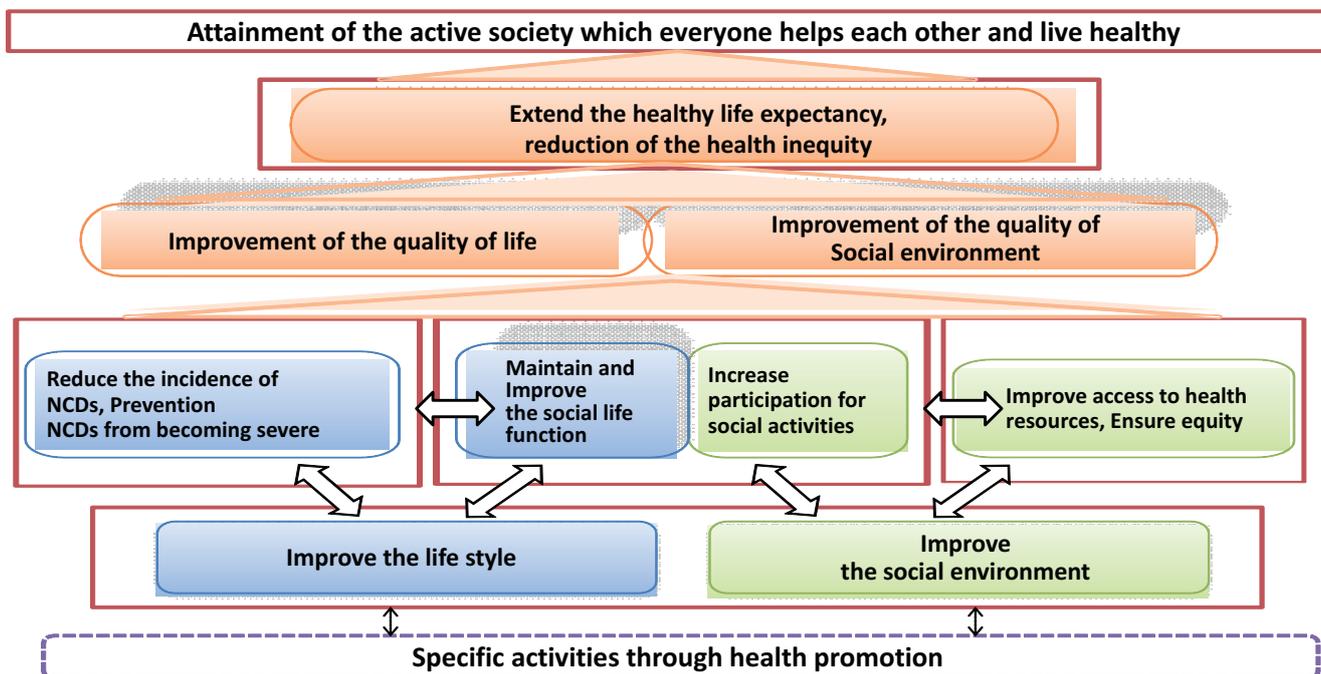
■ **Concrete Measures**

- As countermeasures against frailty of the elderly, from FY2016, we will promote regional efforts of preventing becoming in need of nursing care and supports related to nutrition, cavity of mouth and medication provided by professionals. Also, as prevention measures before the stage of frailty (pre-frailty), we will expand various opportunities of social participation for the frail elderly including exercise activities and dining activities led by local residents in their own local regions. In addition, we will discuss how to improve our health services for the advanced elderly and formulate guidelines following verification of effects of the services. From FY2018, we will promote anti-frailty measures nationwide.
- We will promote exercise activities which are easily conducted by encouraging new types of exercises, development and popularization of sports and exercises in familiar places like occupational fields. We will work on enhancement of nursing-care prevention programs for the scenes including exercises and sports which can increase motivations of the elderly to be independent. Furthermore, we will promote figure out the aging mechanism.
- We will further promote activities of nursing-care prevention for the elderly including building a scheme to provide incentives to the elderly proactively working on these activities.
- Toward the 2020 Tokyo Olympic and Paralympic Games and Rugby World Cup 2019, we will enhance countermeasures against passive smoking in competition venues and other public places. Also, we will promote formulation of a society of universal design where the elderly can easily go out and play active roles.
- In order to enable the elderly who utilize food delivery services to appropriately manage their own nutrition conditions, we will formulate guidelines for related businesses. From FY2017, we will promote improved styles of these services.
- As for “Continuing Care Retirement Community”, we will provide supports for local governments including developing manuals to embody each project and promote projects showing uniqueness of each region

Measures	Fiscal years												Index	
	FY2015	FY2016	FY2017	FY2018	FY2019	FY2020	FY2021	FY2022	FY2023	FY2024	FY2025	FY2026 ~		
Countermeasures against Frailty	<ul style="list-style-type: none"> <li>• Implementation of model projects</li> <li>• Verification and discussion of effective measures</li> <li>• Implementation of guidelines</li> </ul>			Promotion of these measures nationwide (following verification of effects and revision of guidelines as needed)								<ul style="list-style-type: none"> <li>• We will accelerate extension of healthy life expectancy at a pace higher than extension of average life expectancy by promoting prevention throughout people’s lives. We will extend healthy life expectancy by more than 2 years by 2025. (2010) Men 70.42, Women 73.62 (2013) Men 71.19, Women 74.21</li> </ul>		
Horizontal Expansion of Municipal Efforts of Effective Nursing Care Prevention	Development and distribution of guidelines, workshop		Steady promotion of nursing-care prevention		Promotion of these measures nationwide by sorting out best practices and revising guidelines and training curriculums as needed								<ul style="list-style-type: none"> <li>• We will decrease the population of patients with metabolic syndrome (people receiving specific health guidance) by 25% compared with FY2008 (FY2008) 14 million people</li> </ul>	
Promotion of CCRC	<ul style="list-style-type: none"> <li>• Institutionalization by the revised Local Revitalization Act</li> <li>• Development of manuals to embody each project</li> </ul>		Horizontal expansion of efforts related to CCRC		Verifying accomplishment status of basic goals and other KPIs in FY2019, Formulating a policy package to be implemented after FY2020 as a comprehensive strategy, Implementing measures based on the strategy								<ul style="list-style-type: none"> <li>• We will increase the percentage of people (aged from 40 to 74 years) undergoing checkups (including designated checkups) to 80% (2013) 66.2%</li> </ul>	
	Formulation of municipal plans and implementation of projects													

**Fig. 7. Roadmap toward “No One Forced to Leave Their Jobs for Nursing Care”.**  
**Comfortable Lives (Prevention of frailty of the elderly and countermeasures).**  
**⑥ Extension of healthy life expectancy to enable people to lead healthy and abundant golden years (Part 2).**  
 CCRC, Continuing Care Retirement Community; FY, fiscal year. Figures are quoted from the roadmap of “The Japan’s Plan for Dynamic Engagement of All Citizens” in Reference 3.

## Overview of the Health Japan 21 (2<sup>nd</sup> edition)



**Fig. 8. Overview of the Health Japan 21 (2<sup>nd</sup> edition).**

The figure is quoted from Reference 8 ([http://www.mhlw.go.jp/bunya/kenkou/dl/kenkounippon21\\_02.pdf](http://www.mhlw.go.jp/bunya/kenkou/dl/kenkounippon21_02.pdf)) and provided through the courtesy of International Affairs Division, Ministry of Health, Labor and Welfare.

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