

Panel.1 Health Promotion toward active aging

Evidenced-based Health Promotion for active aging in Japan



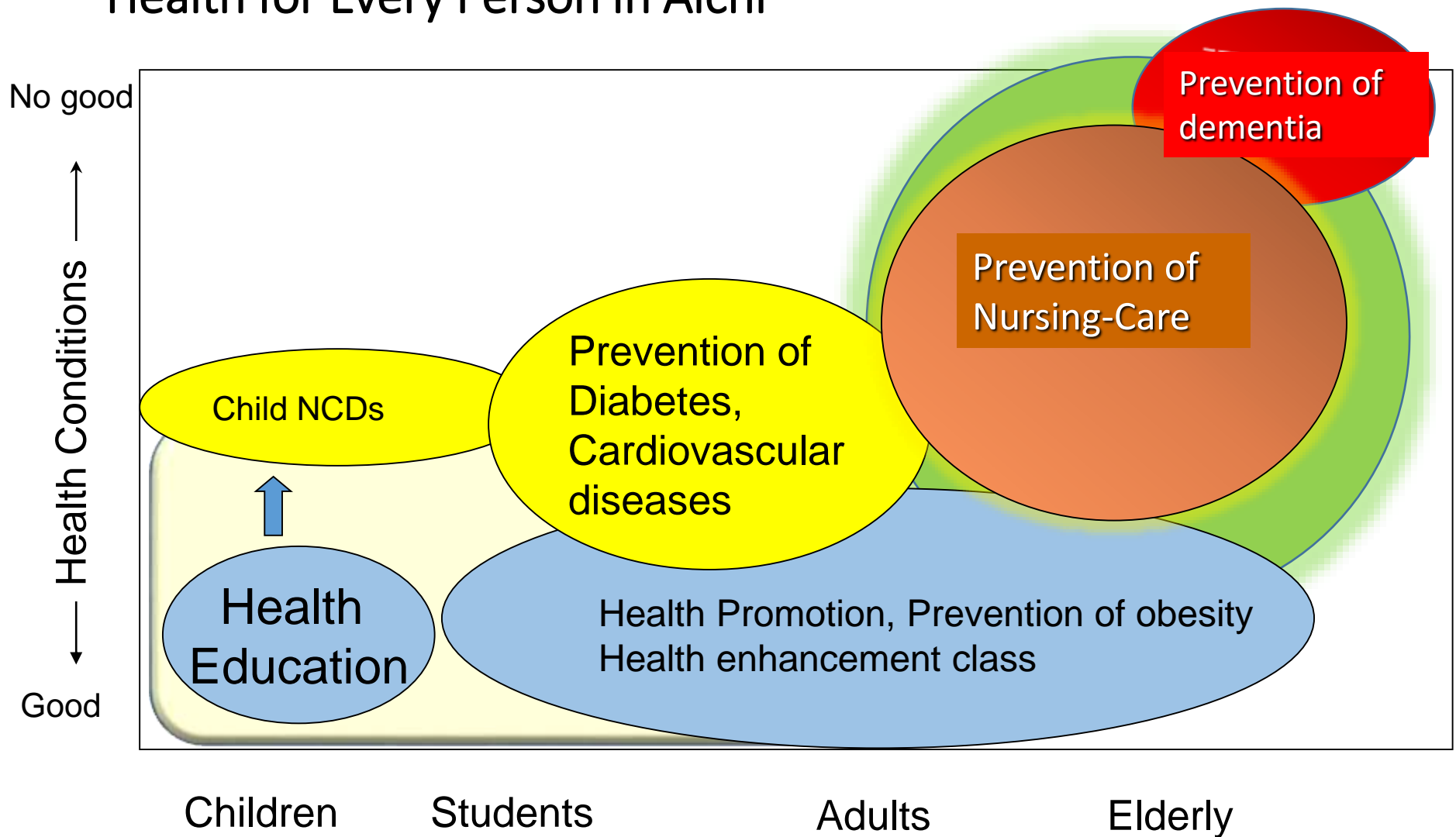
Kazuyo Tsushita, M.D., Ph.D.

Comprehensive Health Science Center,

Aichi Health Promotion Public Interest Foundation

Mission of Aichi Health Plaza

~Health for Every Person in Aichi~



Health for Every Person in Aichi ~ Form Children to Elderly



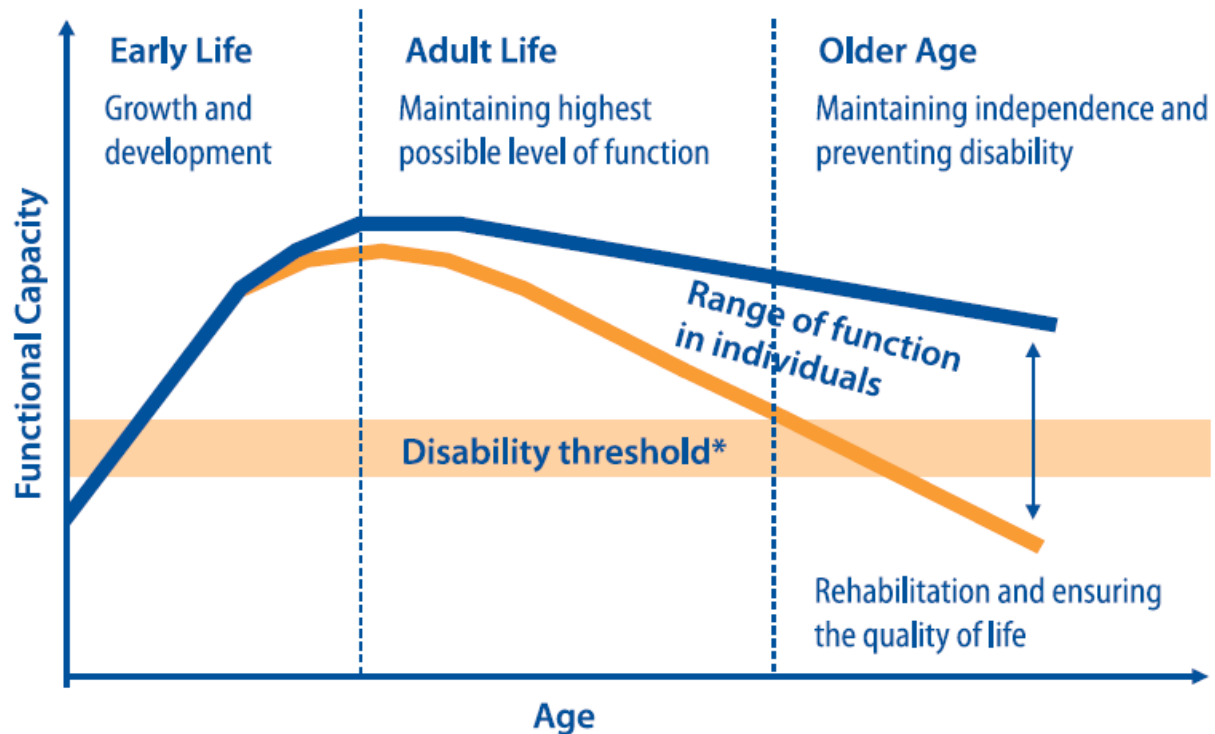
Development of IoT system



WHO: Active Aging 2002 A Policy Framework



Maintaining functional capacity over the life course



Source: Kalache and Kickbusch, 1997

*Changes in the environment can lower the disability threshold, thus decreasing the number of disabled people in a given community.

Health Promotion and NCD prevention

Healthy Lifestyle



Healthy Environment
Health Education

Unhealthy Lifestyle



Awareness Program
Health Promotion program



Health Checkup
Health Guidance

Intervention
Adequate Treatment

Rehabilitation
Relapse prevention



The Health Japan 21 (2nd edition: 2013 ~2023)

Active society which everyone lives healthy and helps each other

Extend **the healthy life expectancy**,
reduction of the health inequity

Quality of life

Quality of Social environment

Prevention of
NCD

Functional
Capacity

participation
for social
activities

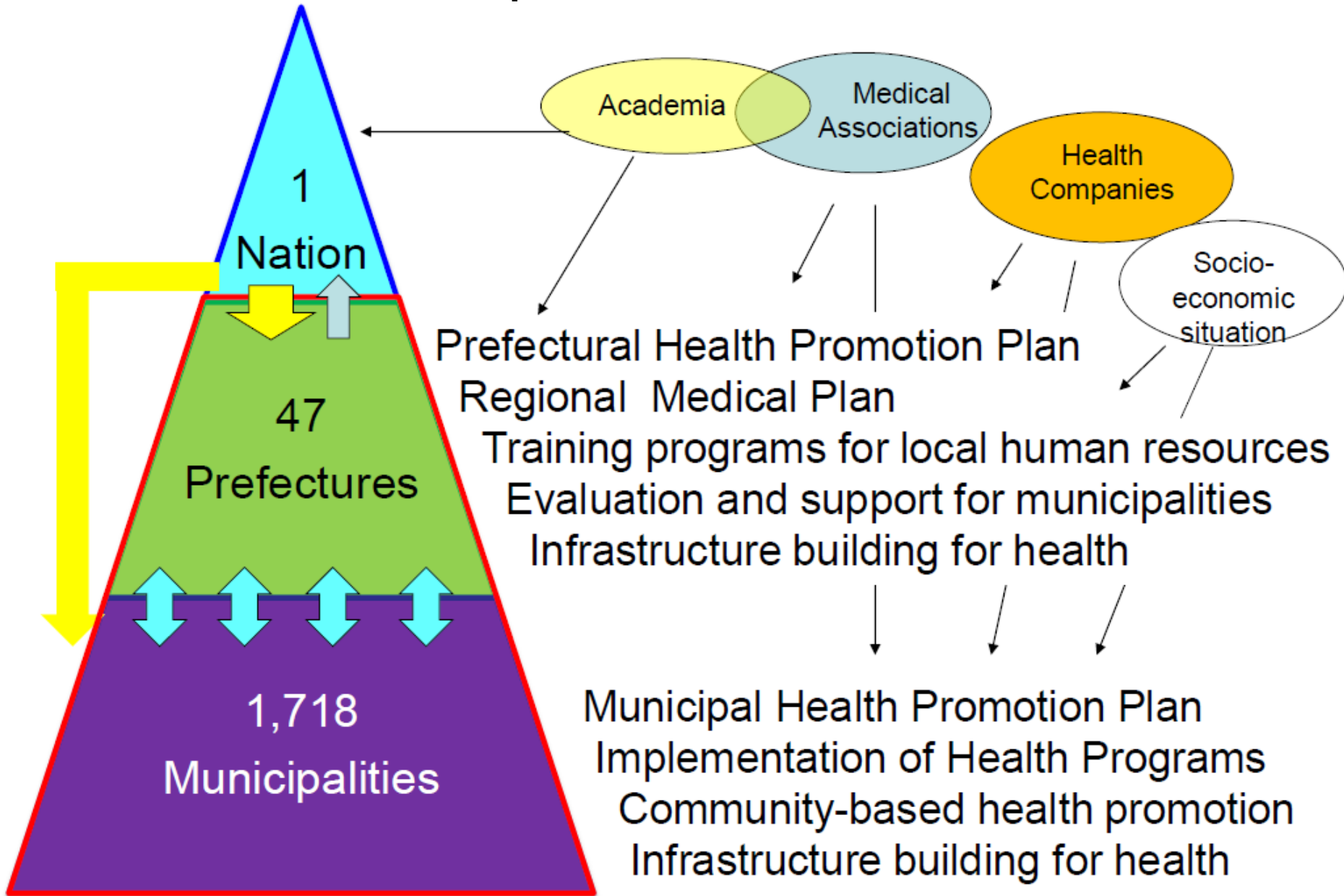
Access for health
resources

Improve lifestyle

Improve
the social environment

Specific activities through next health promotion

Structure of Health Japan 21



Healthy Japan 21 Aichi New Project

March 2013 formulated

Basic Goal:
Long and Healthy Lives in Aichi

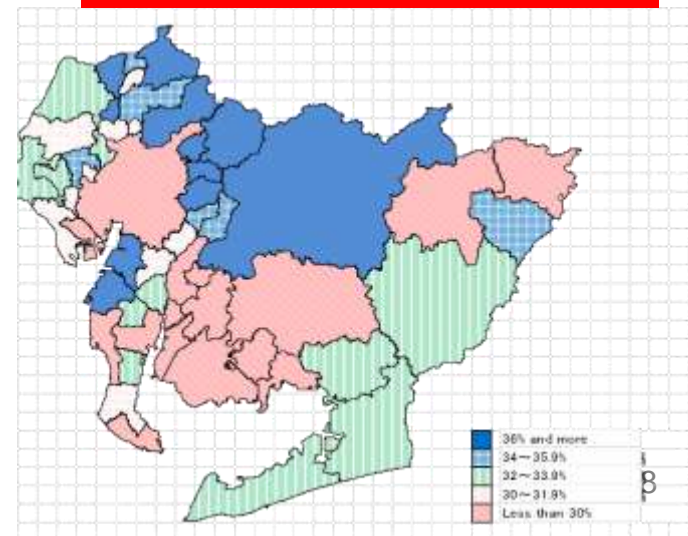
◆ Objective

Comprehensively promote health of residents to enable them to remain healthy and active throughout the life

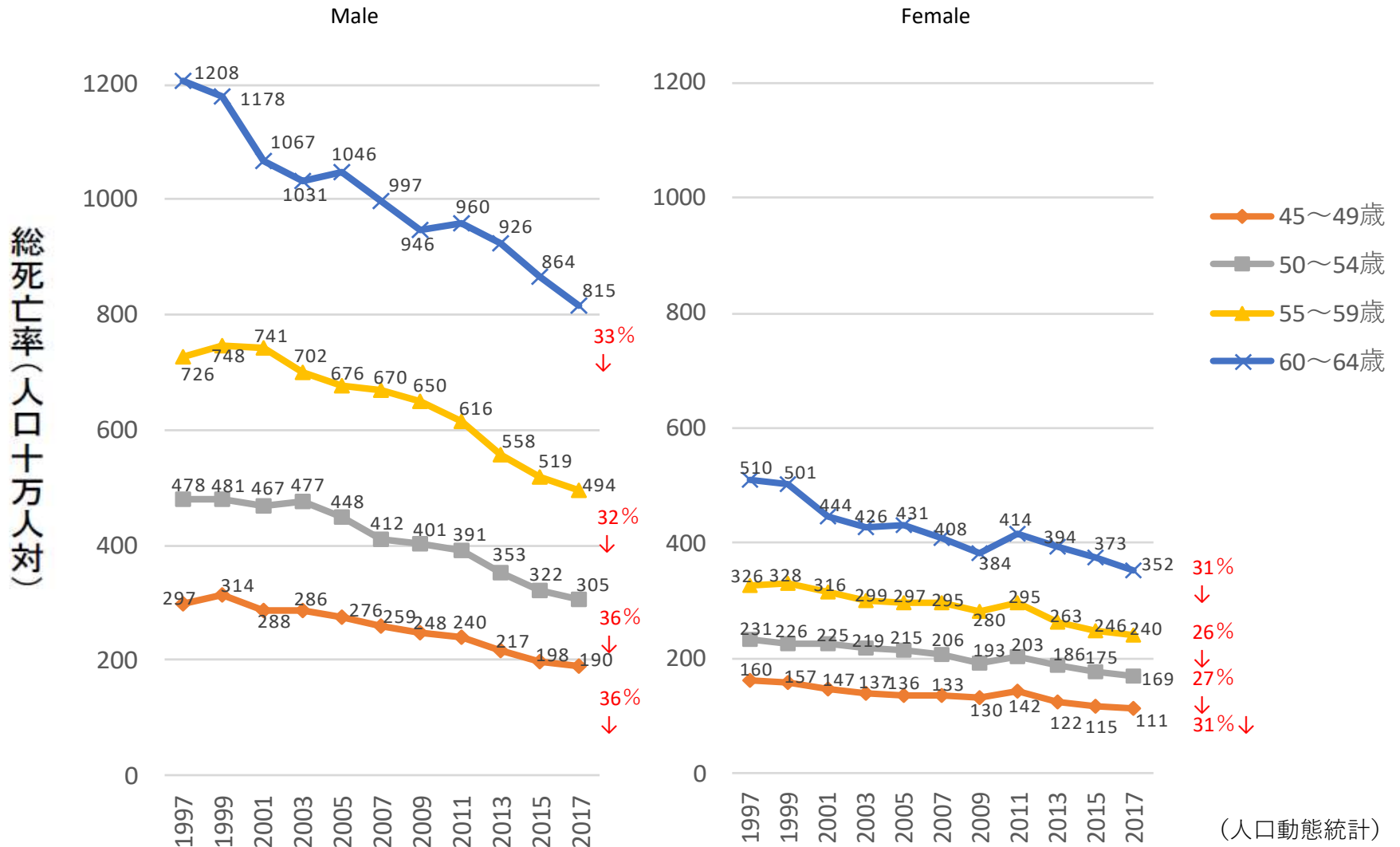
Basic Policy

- (I): Health Promotion Throughout Life
- (II): Prevent NCDs
- (III) Improve Lifestyle
- (IV): Health Promotion Supported by Society

Physical Activities and Exercise

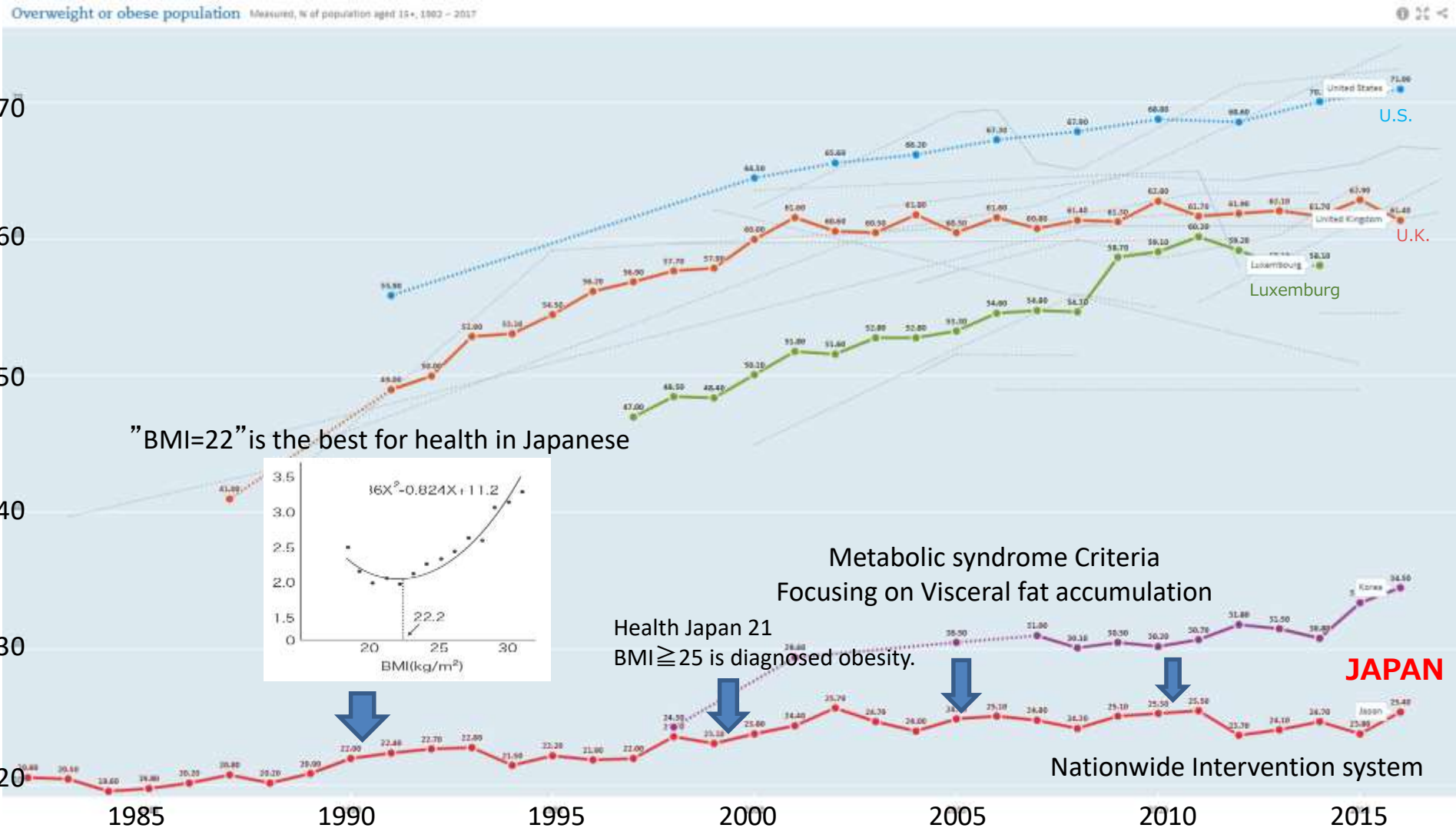


Change of Mortality rate by Age group (1997-2017)



Overweight or obese population Measured, % of population aged 15+, 1982 – 2017

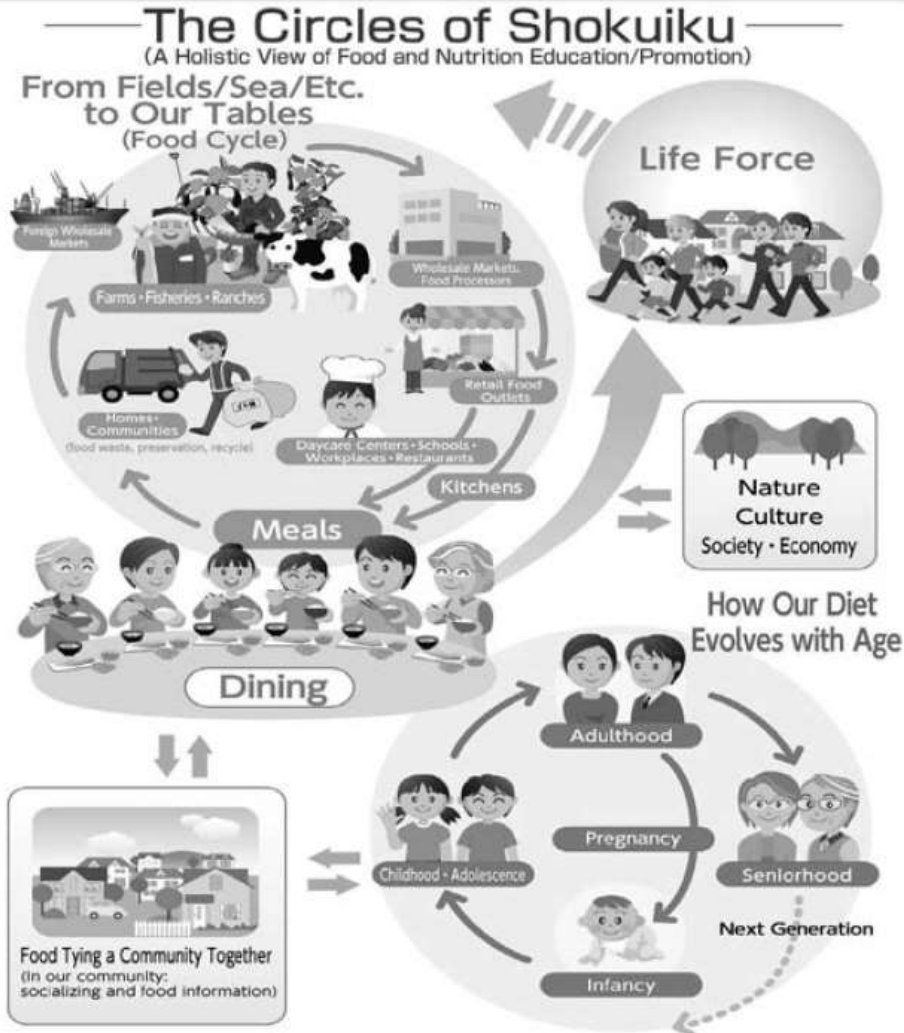
Source: OECD Health Statistics: Non-medical determinants of health



Shokuiku Basic Act 2005

(Food and Nutrition Education /Promotion)

to cultivate the philosophy of the nation about “food and nutrition” and enhance people be able to practice a healthy dietary life.



School Lunch

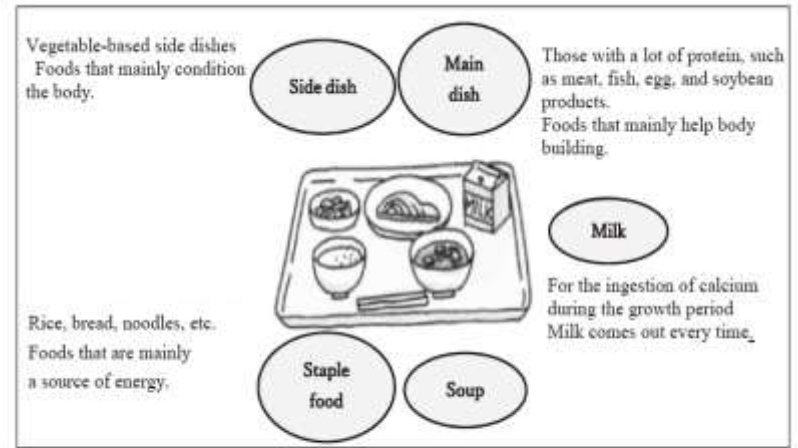


Figure 3 How to arrange tableware accurately

Students arrange the staple food, main dish, and side dishes in the correct position and eat lunch. How to accurately arrange tableware²⁰.

バランスよく食べよう!

からだを動かす力になるもの

からだをつくるもの

からだの調子をとのえるもの

Elementary School Lower grades (6-7yo 520 kcal)
Middle grades (8-9yo 640 kcal)
Higher grades (10-11yo 770 kcal)

Second Grade Moral Subject "Chew Chew Menu"

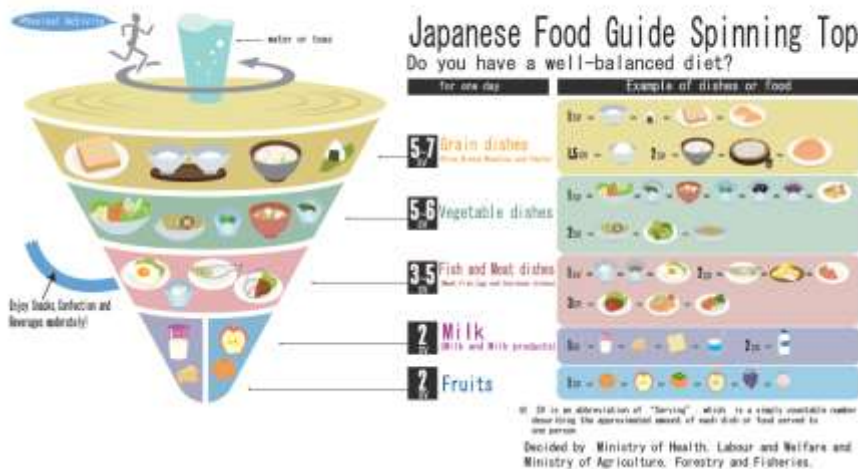
Chewing food well is good for your body.



- Food is broken up.
- Food is mixed well with saliva.

The certification criteria of “Smart Meal”

We call a healthy meal as “**Smart Meal**” which was selected by open recruitment. We developed a certification criteria of **Smart meal** based on the standards of the “healthy meal pattern” by MHLW, DRIs, and other scientific evidences.



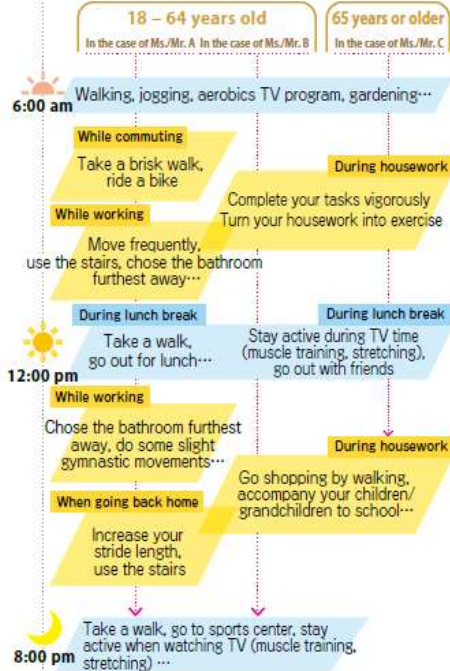
Healthy Eating, food, environment" consortium

[THE JAPANESE SOCIETY OF NUTRITION AND DIETETICS](#), [Japanese Society of Nutrition and Foodservice Management](#), [The Japan Diabetes Society](#), [Japan Society for the Study of Obesity](#), [Japan Society of Hypertension](#), [The Japanese Society of Public Health](#), [Workshop for the Management of Health on Company and Employee](#), [Japanese Society of Health Education and Promotion](#), [Japanese Society of Nephrology](#), [Japan Atherosclerosis Society](#), [Japan Prosthodontic Society](#), [Japan Society for Occupational Health](#), [Japanese Association for Cancer Prevention](#)

Active Guide

+10 min of activity every day, anywhere, anytime.

Let's see where you can add 10 min of activity in your daily life.



For your safety

Although physical activity is essential for your health, it may cause accidents or injuries in some cases. We recommend you to pay attention in your activities to the following points:

- You should increase your exercise duration bit by bit.
- Do not exercise when you feel tired, when you are sick or injured, or if you have any disabilities that may prevent you from exercising.
- In case of disease or injury, please consult a doctor or a health and fitness professional.



What about you? Check your level of activity



* Exercise habits: doing at least 30 min of exercise twice a week over the previous year.

Let's start with +10

To have a longer healthy life, be active for an additional 10 min every day.



Active Child Program

Importance of activities in childhood



Quality of various movement



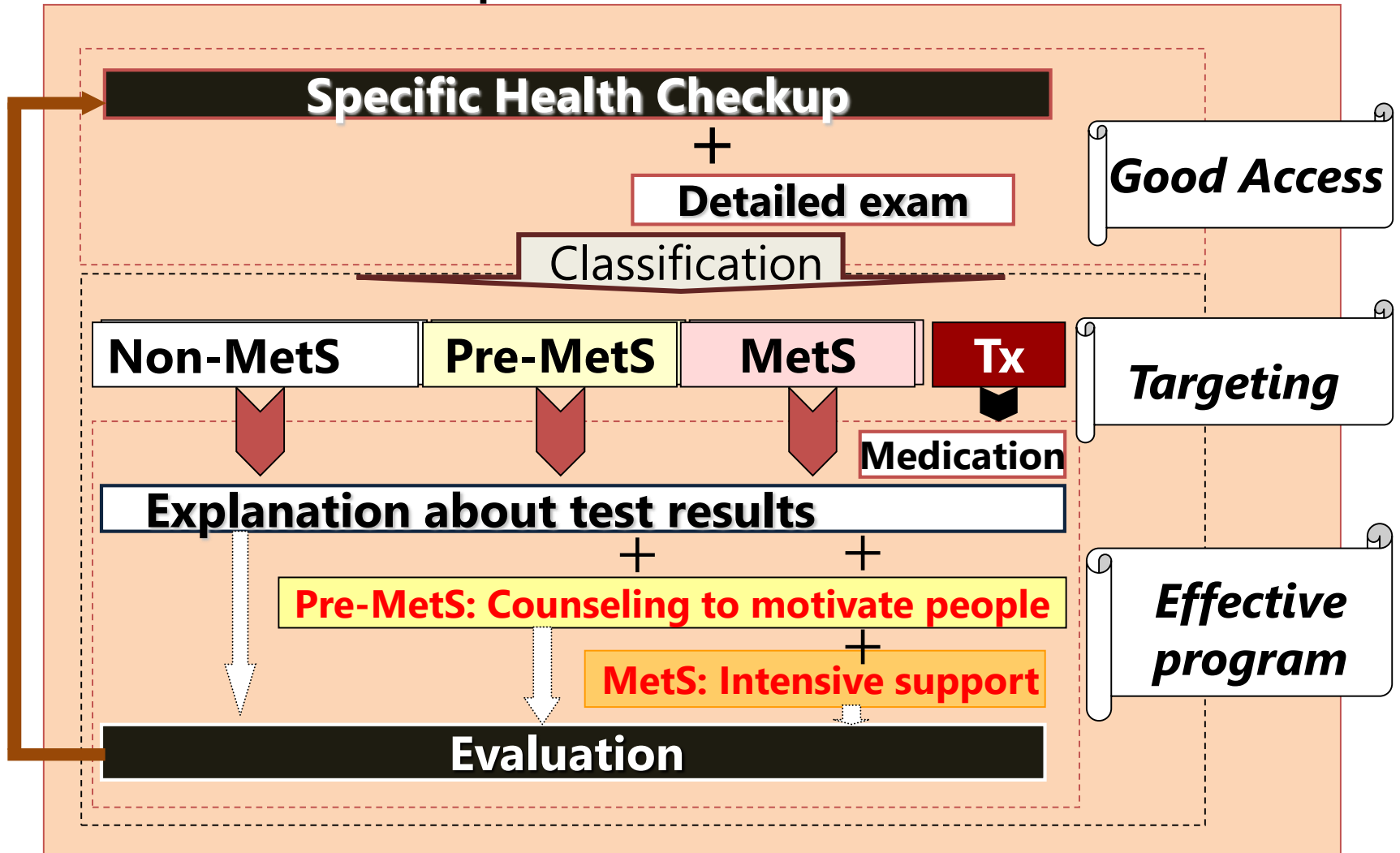
Athletic play or traditional play



Customization tips and practice examples



Health checkup and Health Guidance

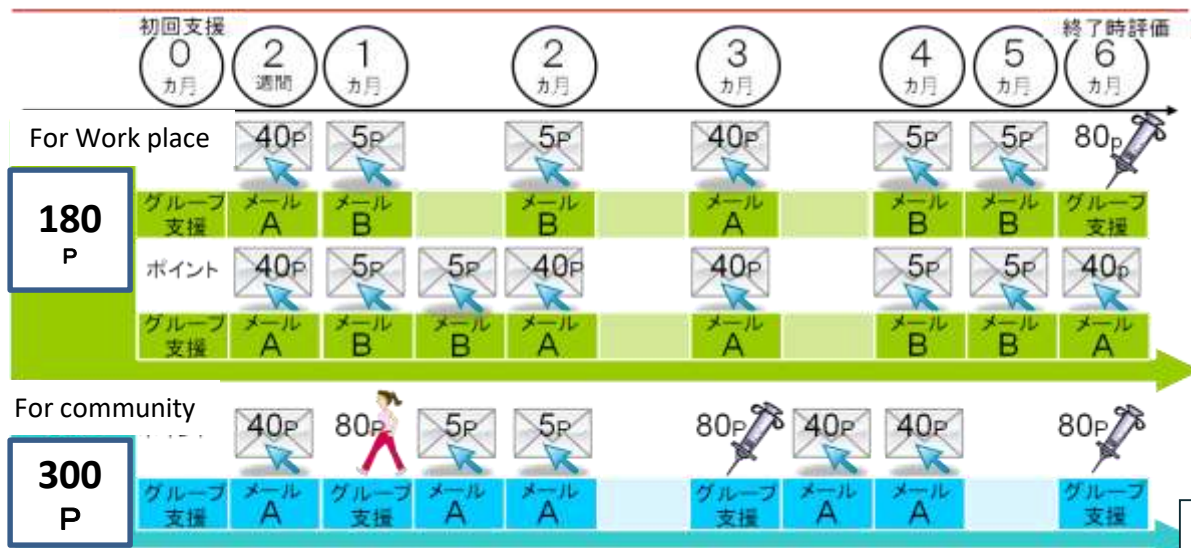


MetS; Metabolic Syndrome

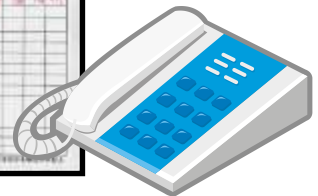
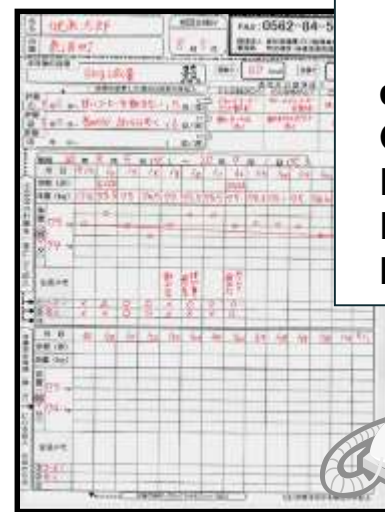
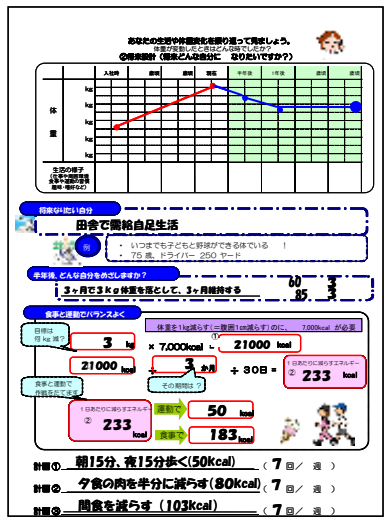
Intensive lifestyle modification program

Exam

Exam(after 1 year)



Continuous Support
(180 ≤)
consultation
Group Working
FAX
E-mail
Phone call

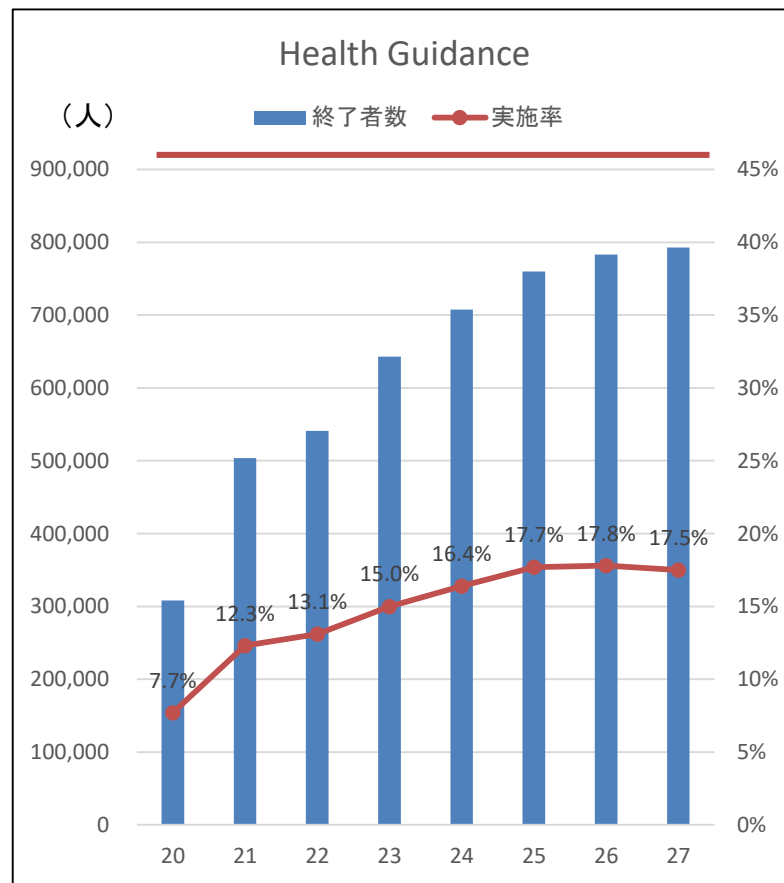
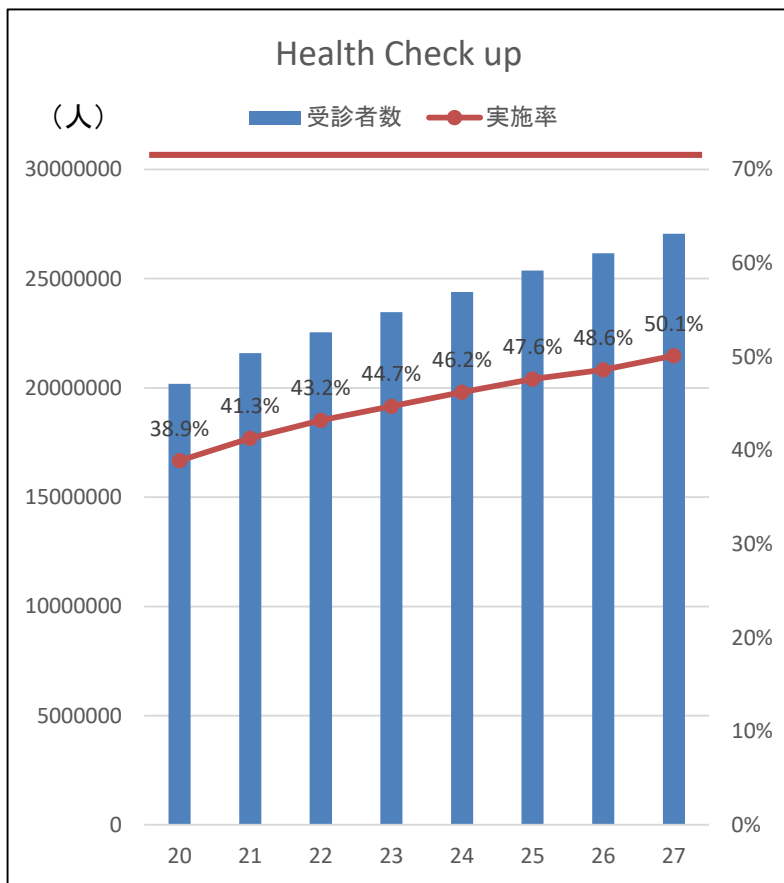


Infrastructure development

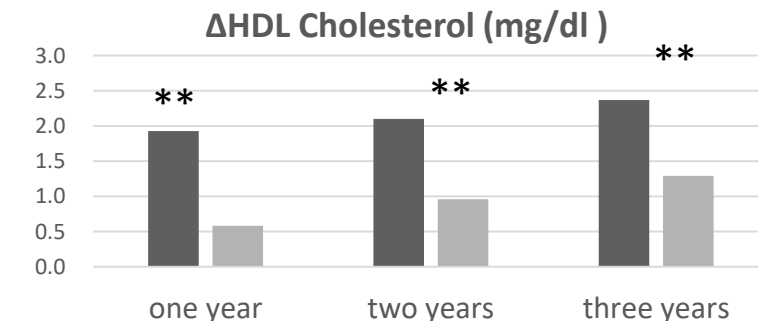
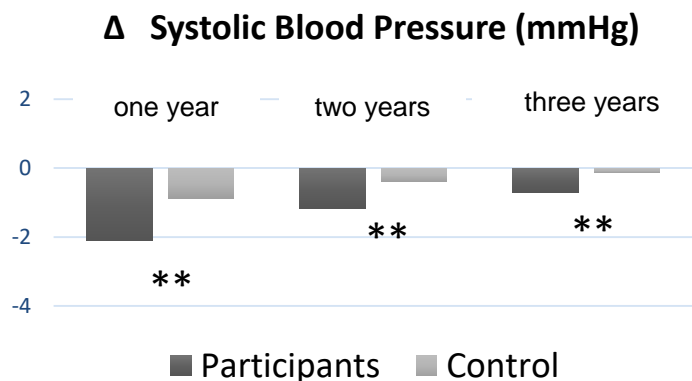
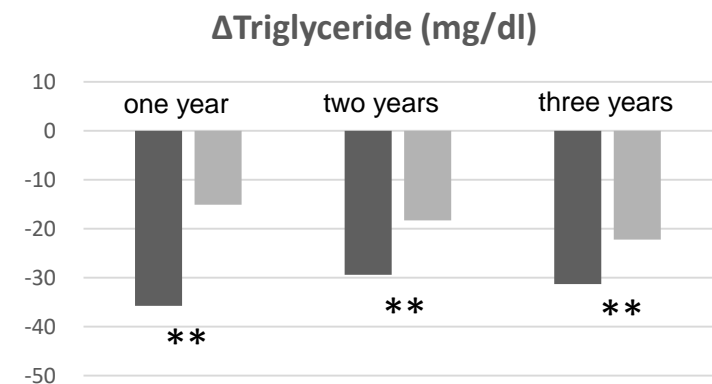
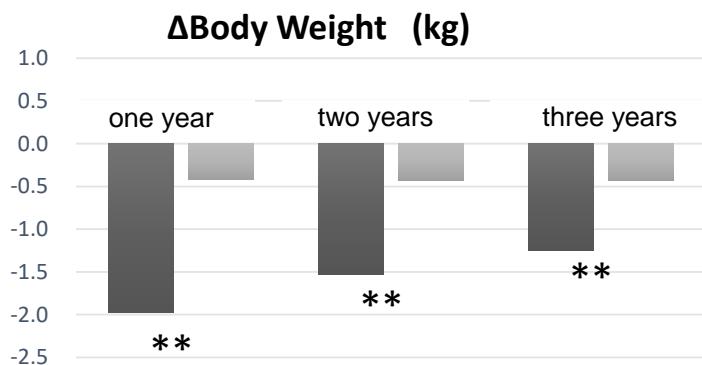
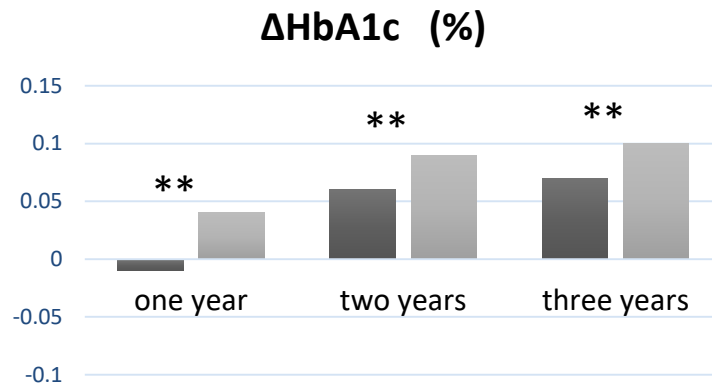
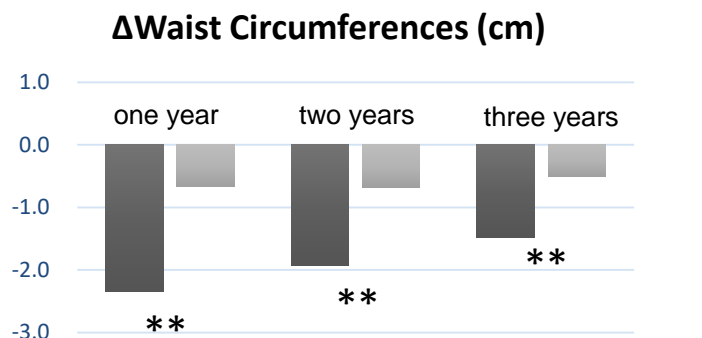
- Standardized Life-modification program by national committee for LSRD prevention
- Training workshop (National, Local Gov., Insures, Academic society)
- Data analysis system (national database)
- Evaluation meeting
- Incentive or disincentive system for medical insures



Increase in participation rates of specified health checkups and health guidance

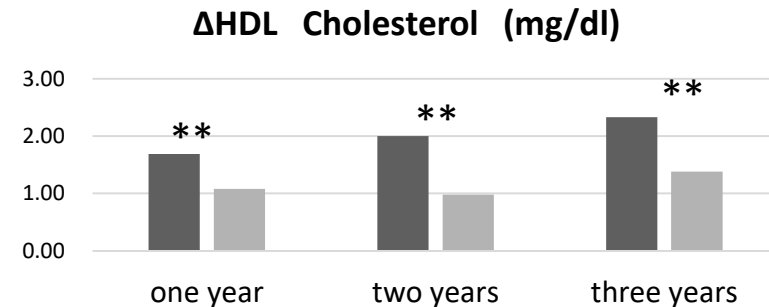
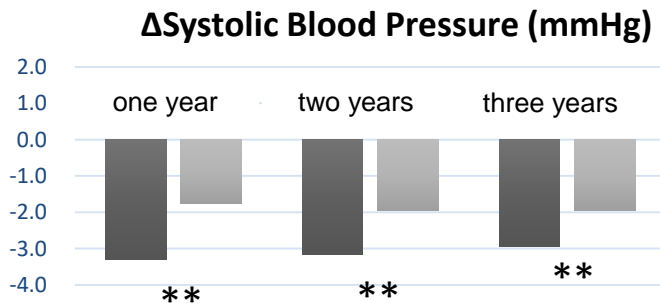
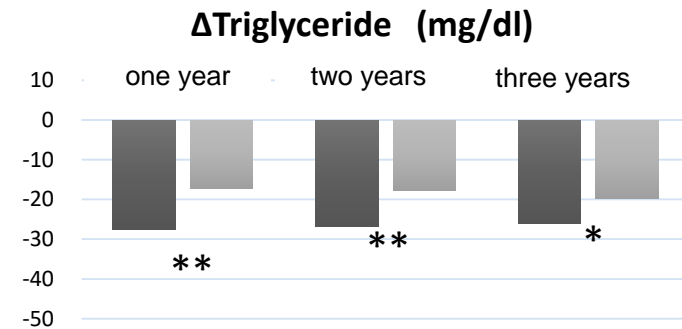
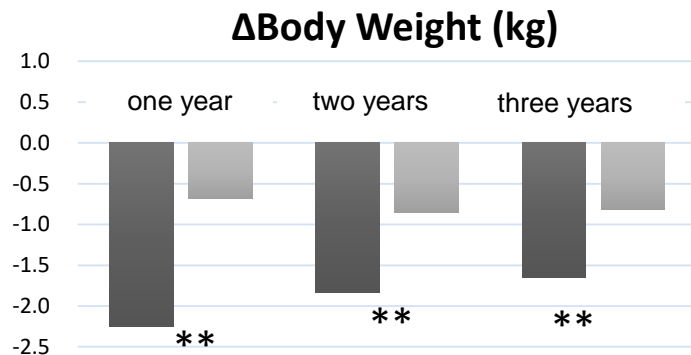
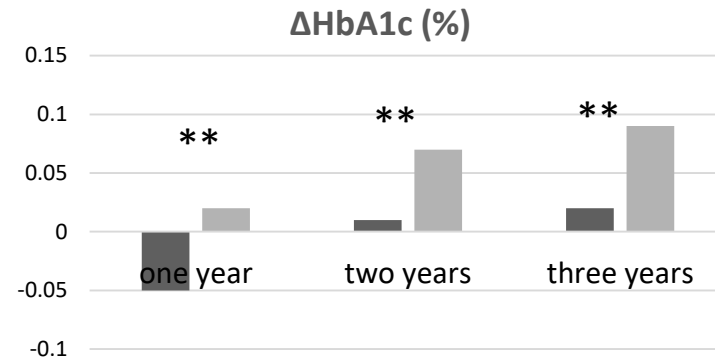
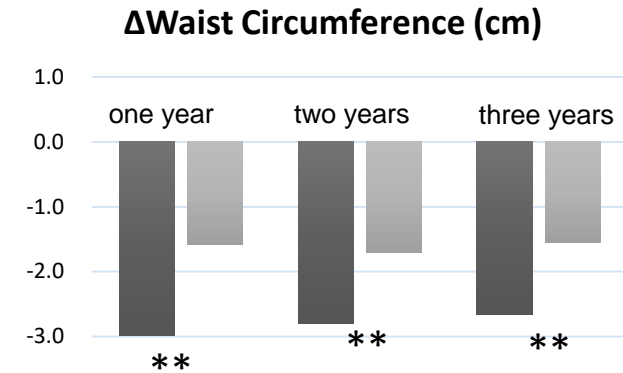


Change in clinical indicators from the examination data at baseline (FY2008) to subsequent three years (FY2009, 2010, 2011) in participants and controls for Intensive HG Men aged 40-64



* p < 0.05 ** p < 0.01

Change in clinical indicators from the examination data at baseline (FY2008) to subsequent three years (FY2009, 2010, 2011) in participants and controls for Intensive HG 40-64 Women



■ Participants ■ Control * p<0.05 ** p<0.01

Prevention of Frailty

- Hypertension
- Cardiac disease
- Cerebral vascular disease
- Diabetes mellitus
- Respiratory disease
- Malignant tumor

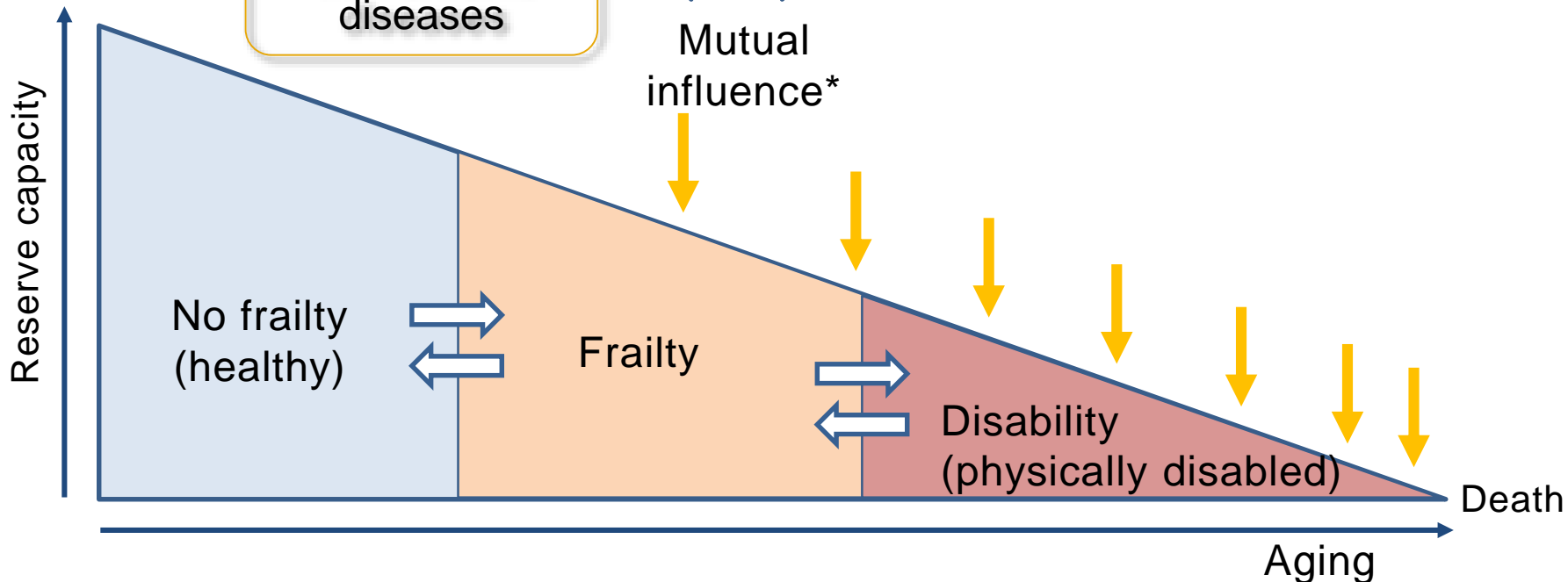
- Cognitive impairment
- Eating disorder/dysphagia
- Visual impairment
- Anemia
- Delirium
- Body weight loss
- Dizziness
- Depression
- Hearing loss
- Susceptibility to infection

Complicated with chronic diseases

and/or
↔

Geriatric syndrome

Mutual influence*



Increase in the number of elderly people who can live independently at home

Prevention of worsening of lifestyle-related diseases

Prevention of aging-related decline in mental and physical function

Control of chronic diseases

Compliance in taking medicines

Under-nutrition

Oral function

Cognitive function

Motor function

Comprehensive understanding of health, frailty, and living conditions of the elderly

Appropriate medical examination and medication

Non-smoking and drinking in an appropriate manner

- Low-salt diet, proper water Protein intake
- Weight control

- Eating and swallowing exercises
- Taking care of dentures

Exercise rehabilitation

Going out social participation

Health support for frail elderly and home-care elderly



健康長寿

のための
健康度評価結果表

利用者番号	00000008	フリガナ氏名	ケンコウ チョウジ	性別	男性	生年月日	1938/2/16 (80歳)	検査実施日(受診番号)	2019/6/5 610	前回受診日(受診番号)	
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楽しむ

生活に活力や楽しみがあることは健康にもいいですね。

充実感

よき生活じゃ！これからも活動的な毎日を送ることが大事じゃぞ！



物忘れが気になるなど認知機能検査に関心をお持ちでしたらお声がけください。

食べる・お口

【食べる】 楽しい食事は健康長寿のもと。この調子！たんぱく質を含む食品を日ごろからとっていますね。

【お口】 毎食後、歯磨きすることをおすすめします。毎日の食事をおいしく食べるために、お口の体操(裏面)も参考にしてみてはいかがでしょうか。

お酒・たばこ

【お酒】 問題ありませんでした。

【たばこ】 禁煙できて良かったです。

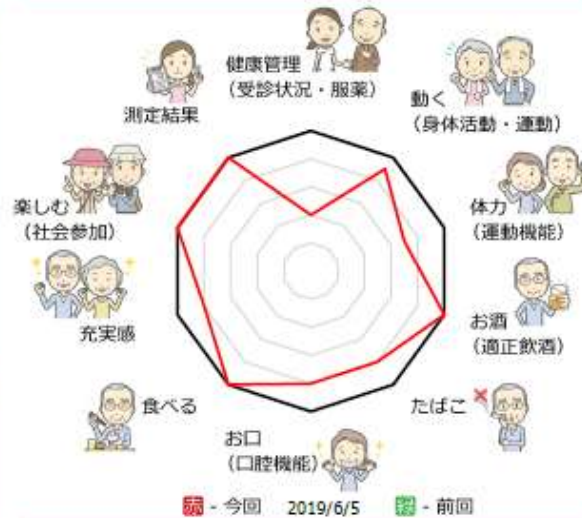
総合スコア

同年代の平均スコア

今回 **84** 前回

あなたのフレイル度は フレイル状態が近づいています。暮らしにひと工夫することが大切です。

※フレイルについては裏面を参照ください。



測定結果

測定項目	今回	前回
身長	154.8 cm	cm
体重	48.4 kg	kg
BMI	20.2 kg/m ²	kg/m ²
血圧	108/57 mmHg	mmHg
安静時心拍数	93 拍/分	拍/分

健康管理

【病歴】 COPD (慢性閉塞性肺疾患など)、癌

【痛み・違和感】 肩、その他

【体重・BMI】 体重が増減がなく、安定しています。このまま維持してください。

【血圧】 良好です。

動く・体力

【動く】 良好です。これからも活動的な生活を継続してください。

【体力】 10m歩行 同年代の方と同程度の体力です。
握力 低下を防ぎたい体力です。
開眼片足立ち 同年代の方と同程度の体力です。

【おすすめの運動】 裏面を参考に、できそうな運動を行ってみてください。

運動を安全に実践するために...

「楽」と感じるくらいか、おしゃべりができる程度で行うことをおすすめします。

痛みのある部分については、運動をひかえましょう。

生活体力

歩行スピード 10m歩行	筋力 握力	バランス 開眼片足立ち
76 m / 分	右 25.0 kg 左 28.0 kg 平均 26.5 kg	右 16 秒 左 15 秒
[前回]	[前回]	[前回]
m / 分	右 kg 左 kg	右 秒 左 秒
あなたと同年代の標準的な数値 (男性 80~84歳)		
68~87 m / 分	28.9~36 kg	7~37 秒
フレイル判定基準値		
60 m / 分	男性 26 kg 女性 18 kg	15 秒 ※運動器不安定症指標

がんばりポイント見つかりましたか？

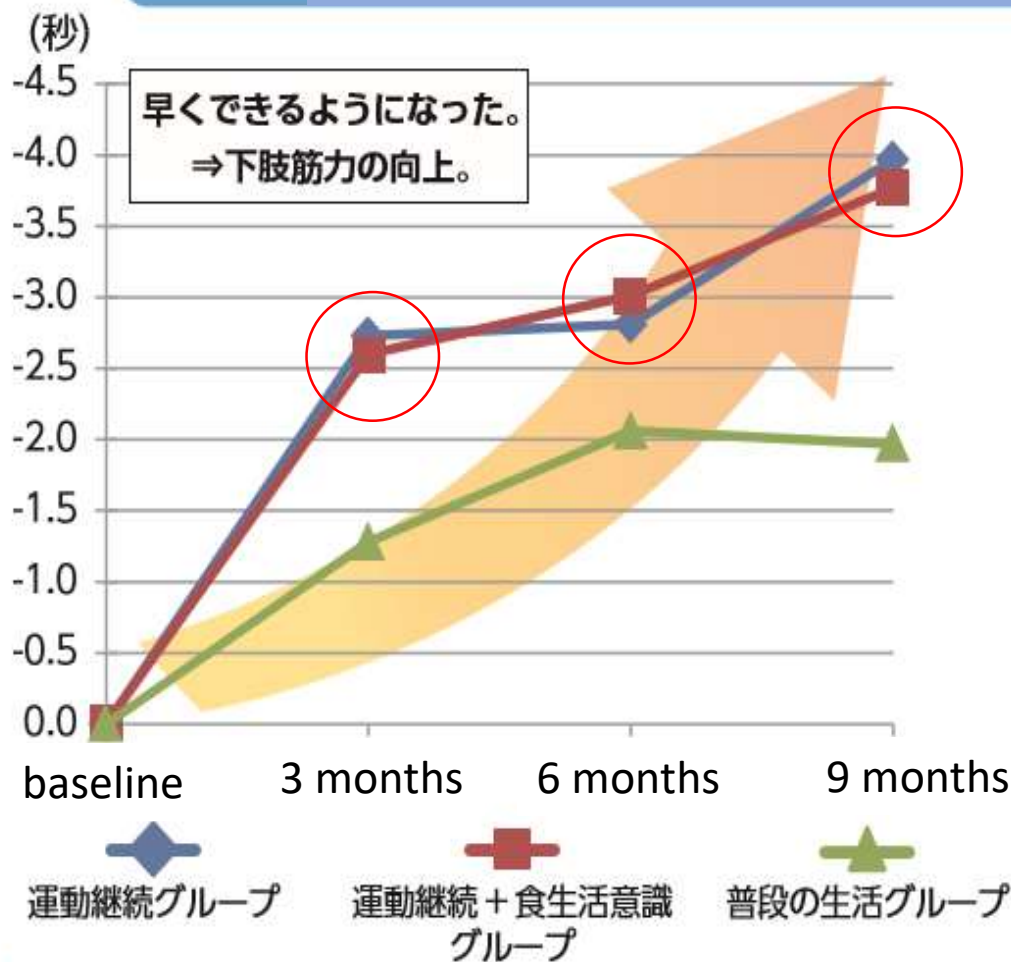
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簡単な目標を立ててみてはいかがでしょうか

Early detection / Early Intervention

Prevention of Sarcopenia and Frailty

Chair rise test; Baseline, 3, 6, 9 month after training



※「椅子立ち上がりテスト」とは…

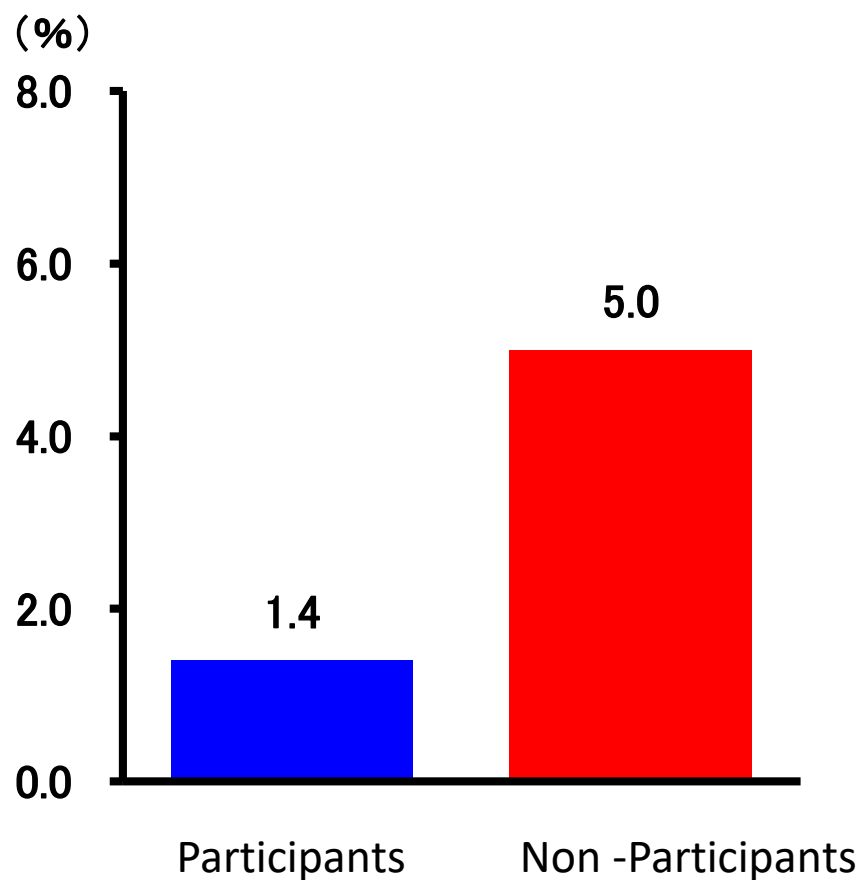
腕を胸の前で組んだ状態で座り、できるだけ早く椅子から立ち上がり、もとの位置に座る。これを5回繰り返す。



運動を継続した 2 グループ (青と赤) の方が、普段の生活を続けたグループより良い結果となりました。

運動継続が素早い動きを可能とし、体力向上につながります。

Need for nursing care (annually) during follow up period (Age-matched)



Positive Messages

- Communicate **in a positive way** that they can feel safe, pleasure, and connection to the society, and the **importance of health care**.
- **Pay attention to “what they can”** in their daily lives and establish action goals to **maintain and enhance what they can**.
- Properly combine **self-care and surrounding supports by family members and community services (e.g., health-care services)**.
- **Connect them to medical organizations, including in cooperation with and shifting to other health-care services, in a flexible manner** if necessary.



Fifty-three Stages of the Tokaido

374.1 ▶ 379.9 ▶ 394.6 ▶ 411.1 ▶ 426.7 ▶ 429.0 ▶ 443.3 ▶

451.1 ▶ 459.9 ▶ 464.8 ▶ 474.5 ▶ 484.3 ▶ 492.1

東海道五十三次 旅程表

Kyoto

EDO (Tokyo)



Thank you very much for your attention!

Long Journey

