

Improving equity-based health service access to accelerate achievement of Universal Health Coverage



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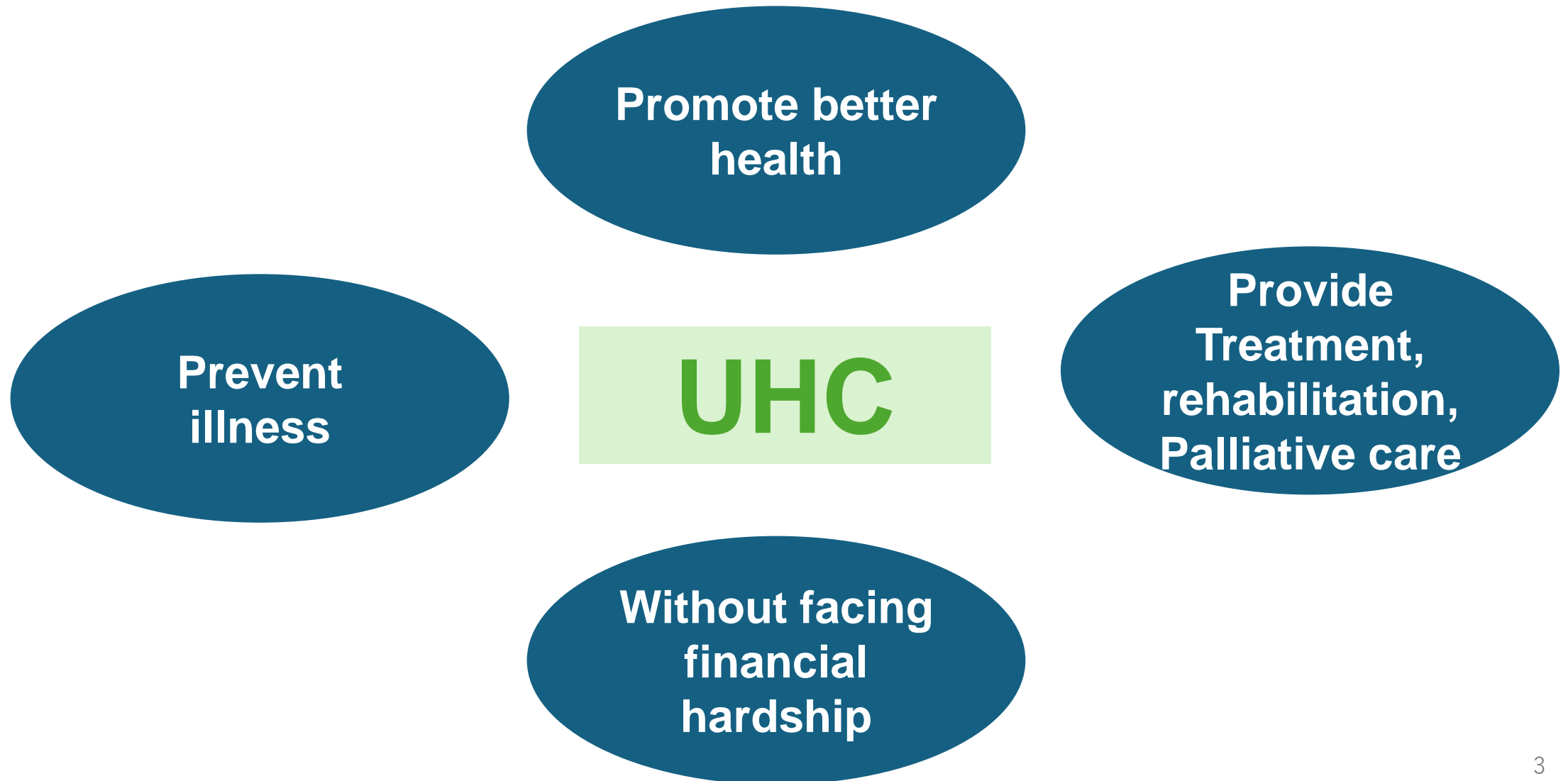
COI Disclosure

Presenter: Tomofumi Sone



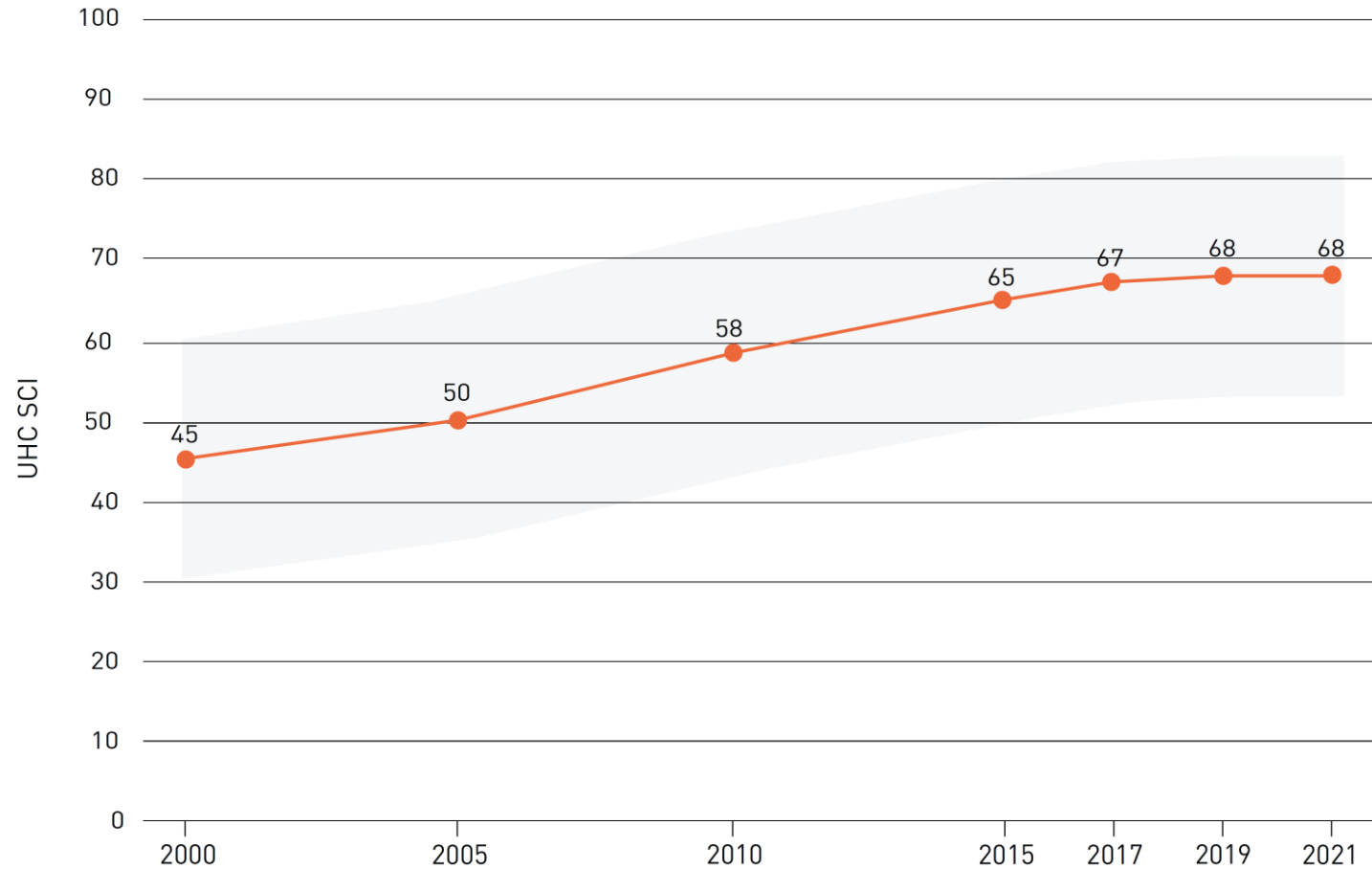
**The presenter has no financial relationships
to disclose on this presentation.**

Progress of UHC around the world



Progress of UHC around the world

Fig. 1.3. SDG 3.8.1 UHC service coverage, 2000–2021



Note: Shaded area represents the interquartile range of country values included in the population-weighted mean global values.

Source: WHO global service coverage database, May 2023 (1).

Tracking universal health coverage:
2023 Global Monitoring Report: WHO/WB

What can make accelerate achievement of Universal Health Coverage?

**Renewed
Primary Health Care**

**Public Private
Partnership**

**Achievement
of UHC**

Social Protection

Patient safety

**Law, ordinance,
plan, budget for
UHC**

2021-22 Health and Labour Science Research Grants
“Research on progress and challenges in Asian countries toward
achieving Universal Health Coverage by 2030”
(PI: Eri Osawa, National Institute of Public Health, Japan)

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Three components of renewed PHC

**Integration of
primary care
and essential
public health
functions**

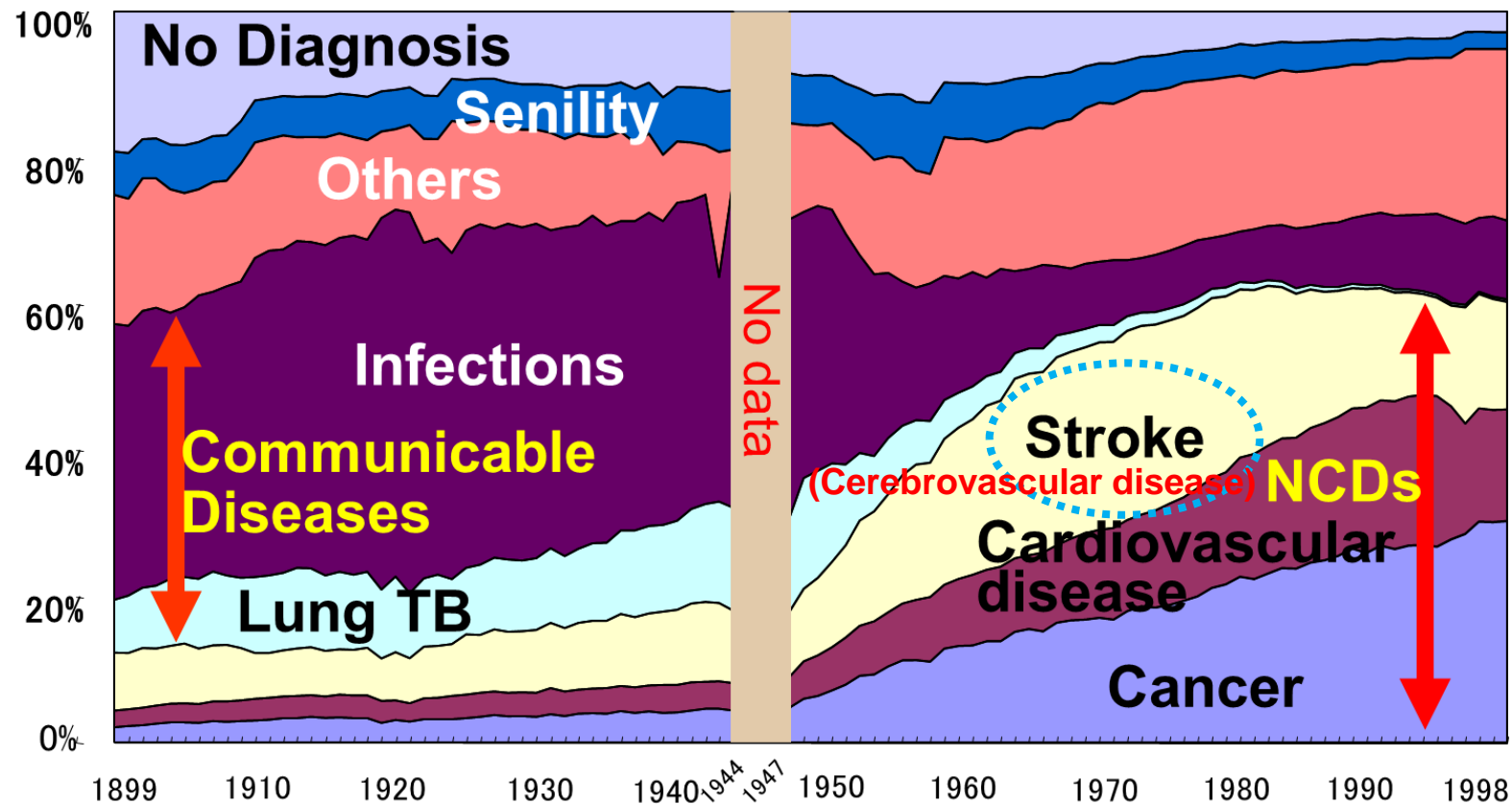
**Multi-
sectoral
policy and
action**

**Empowered
people and
communities**

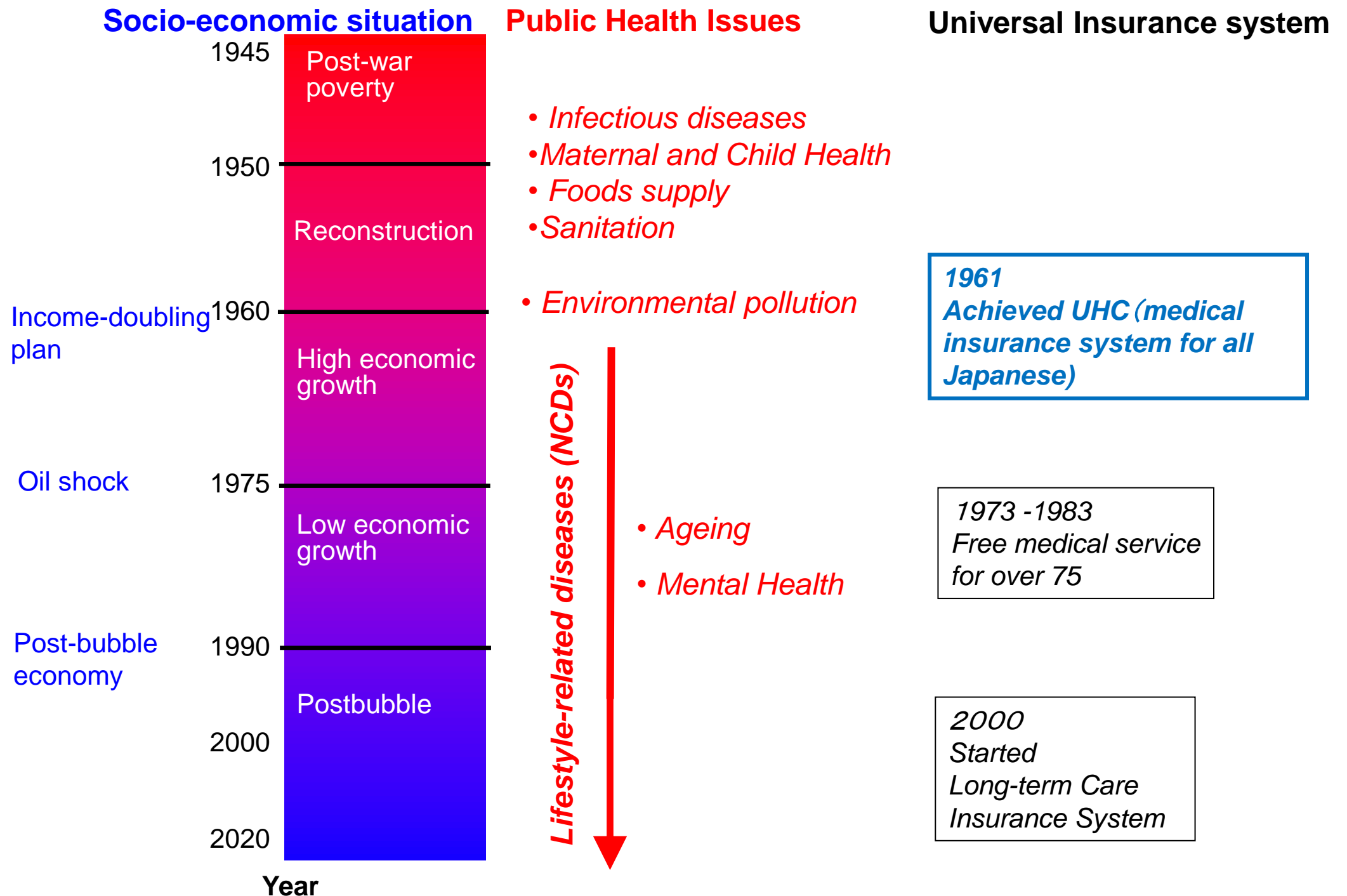
**Constructing sustainable UHC system
under dramatic changes of disease structure
since 1960s**
- Japan's experience -

History of NCD control and prevention in Japan

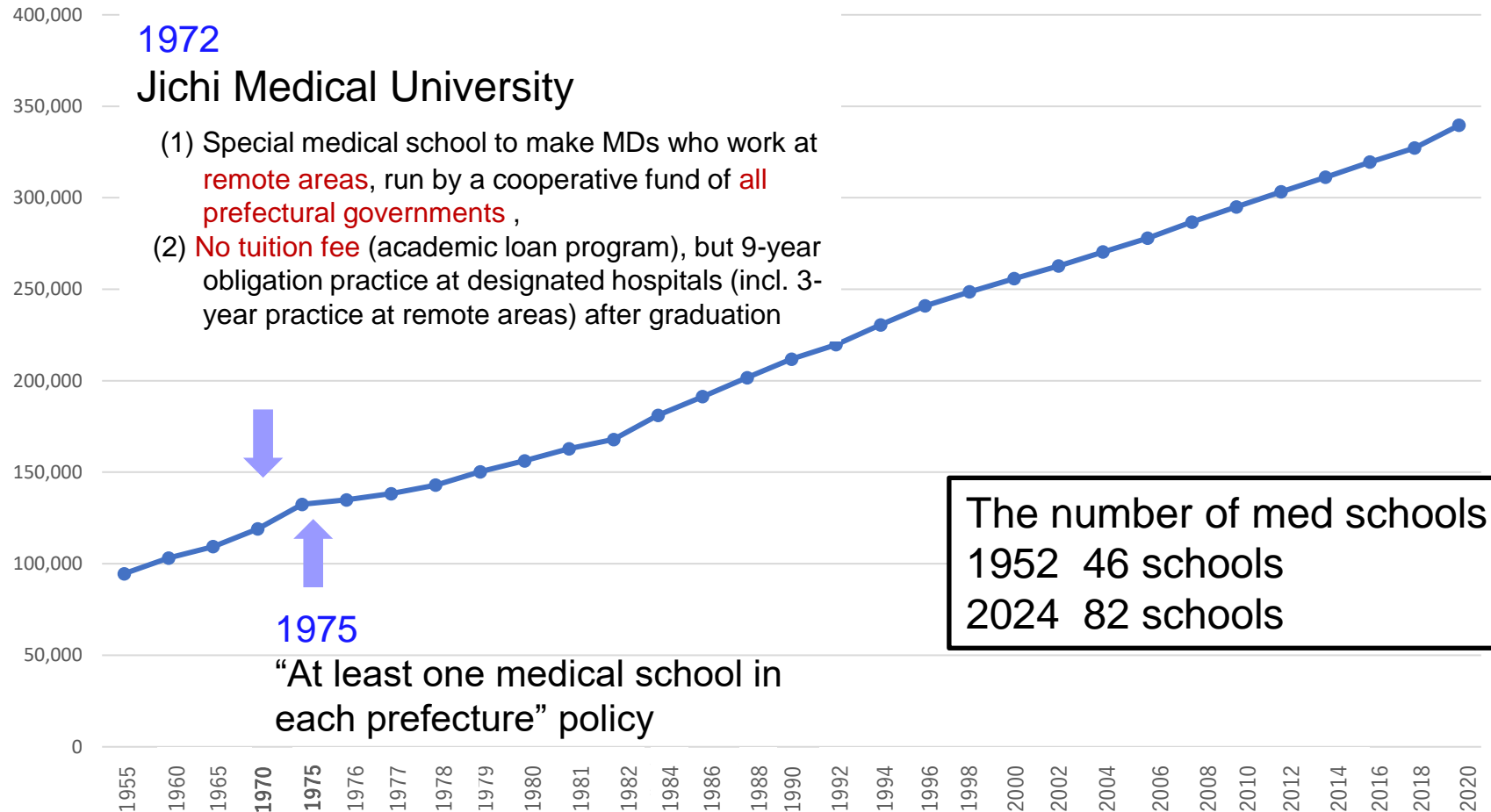
Transition of diseases, Japan
(Mortality Data 1899—1998)



- **Since the 1950s**
NCDs, especially cerebrovascular diseases, have accounted for majority of deaths. Initially, control of blood pressure and nutritional guidance incl. salt intake reduction were the key issues.
- In 1983
The nationwide NCD screening program, including cancer screening, started.
- Since 2008
The national NCD screening program has put more focus on the **Metabolic Syndrome and subsequent individual health guidance.**

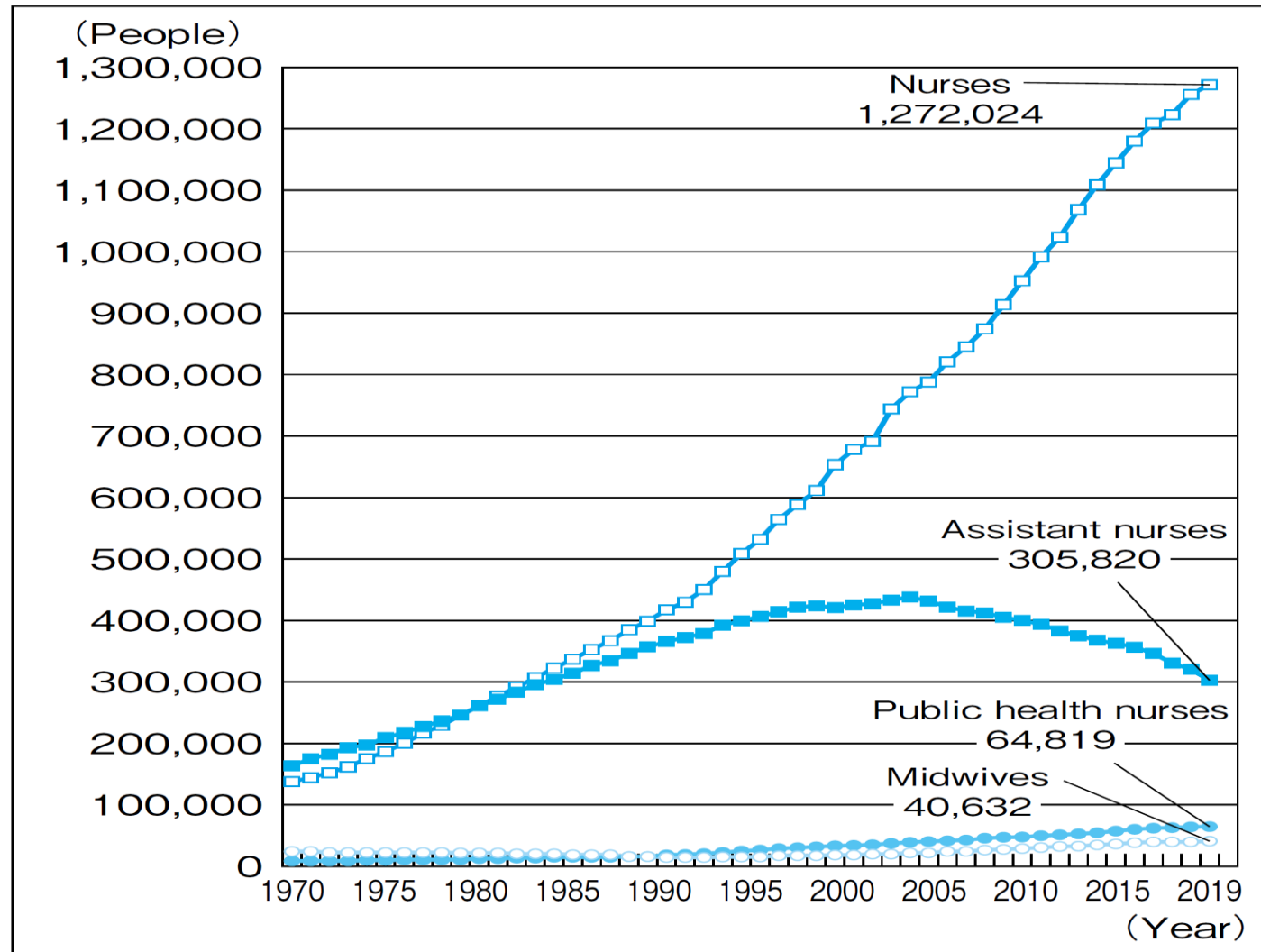


The number of Medical Doctors in Japan (1955-2020)



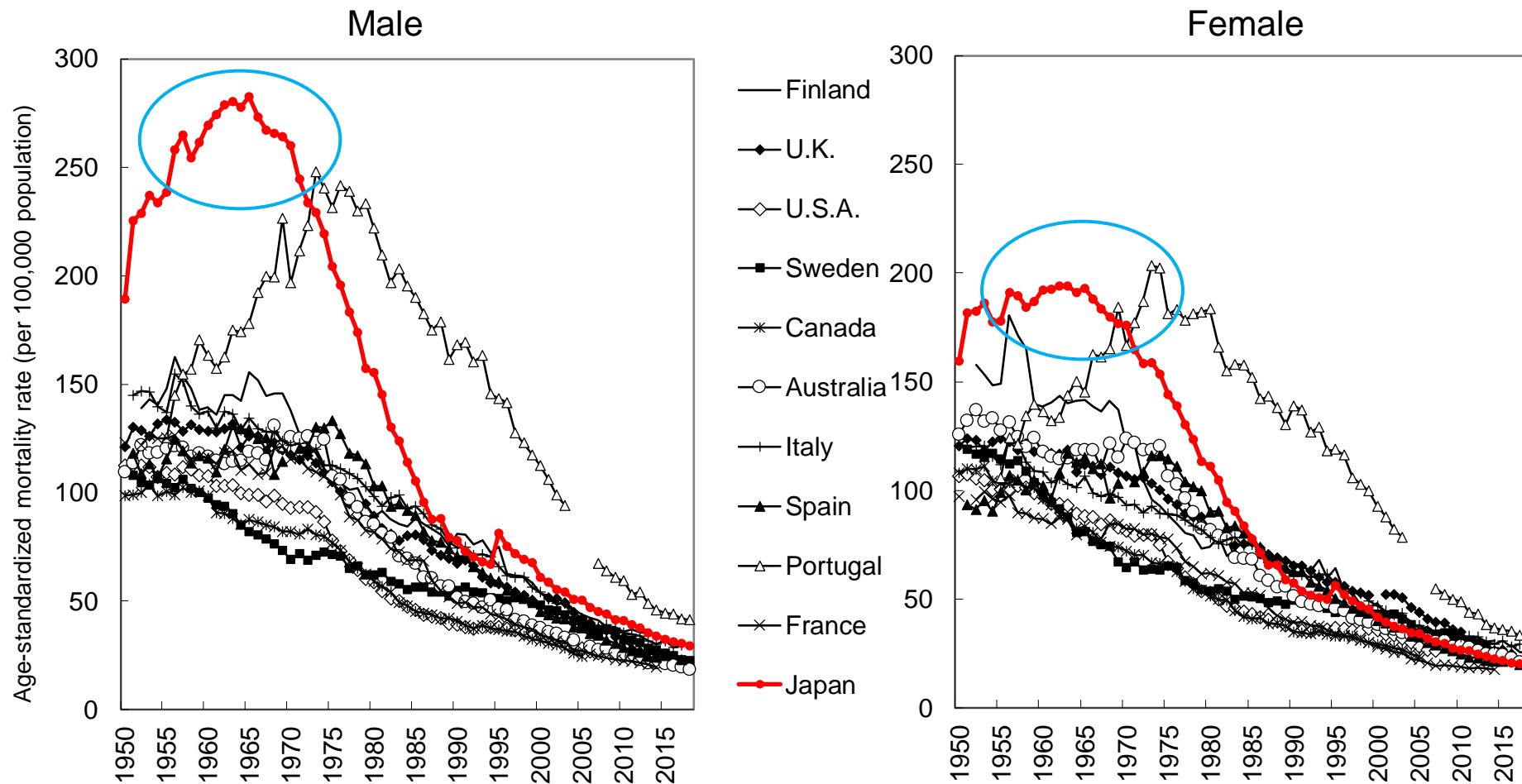
Data: Ministry of Health, Labour and Welfare

Trends in the number of employed nursing professionals (1970~2019)



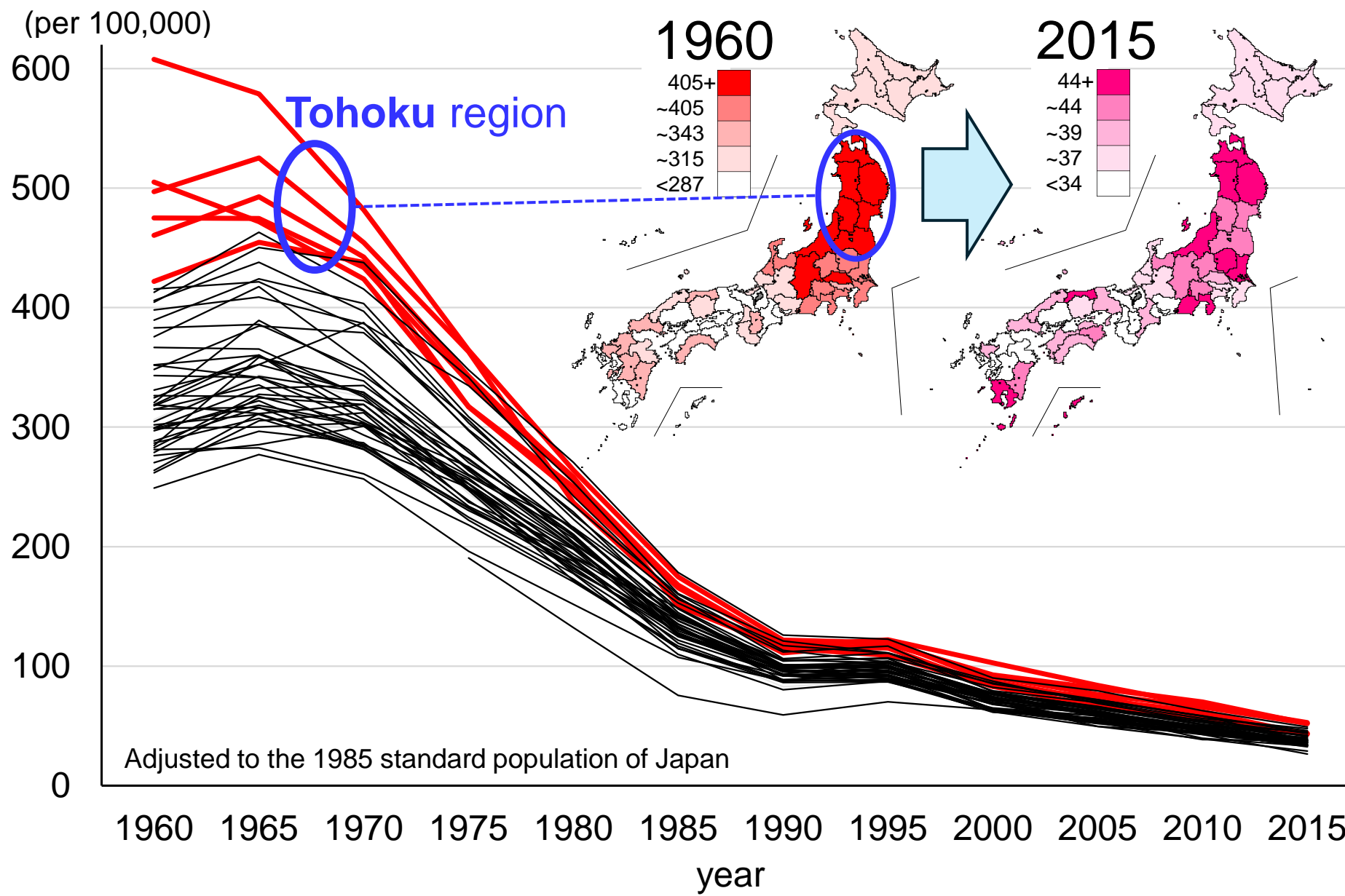
Source: Japanese Nursing Association Publishing Company, Statistical Data on Nursing Service in Japan 2021

Long-term changes in age-adjusted mortality rate from cerebrovascular diseases in selected countries

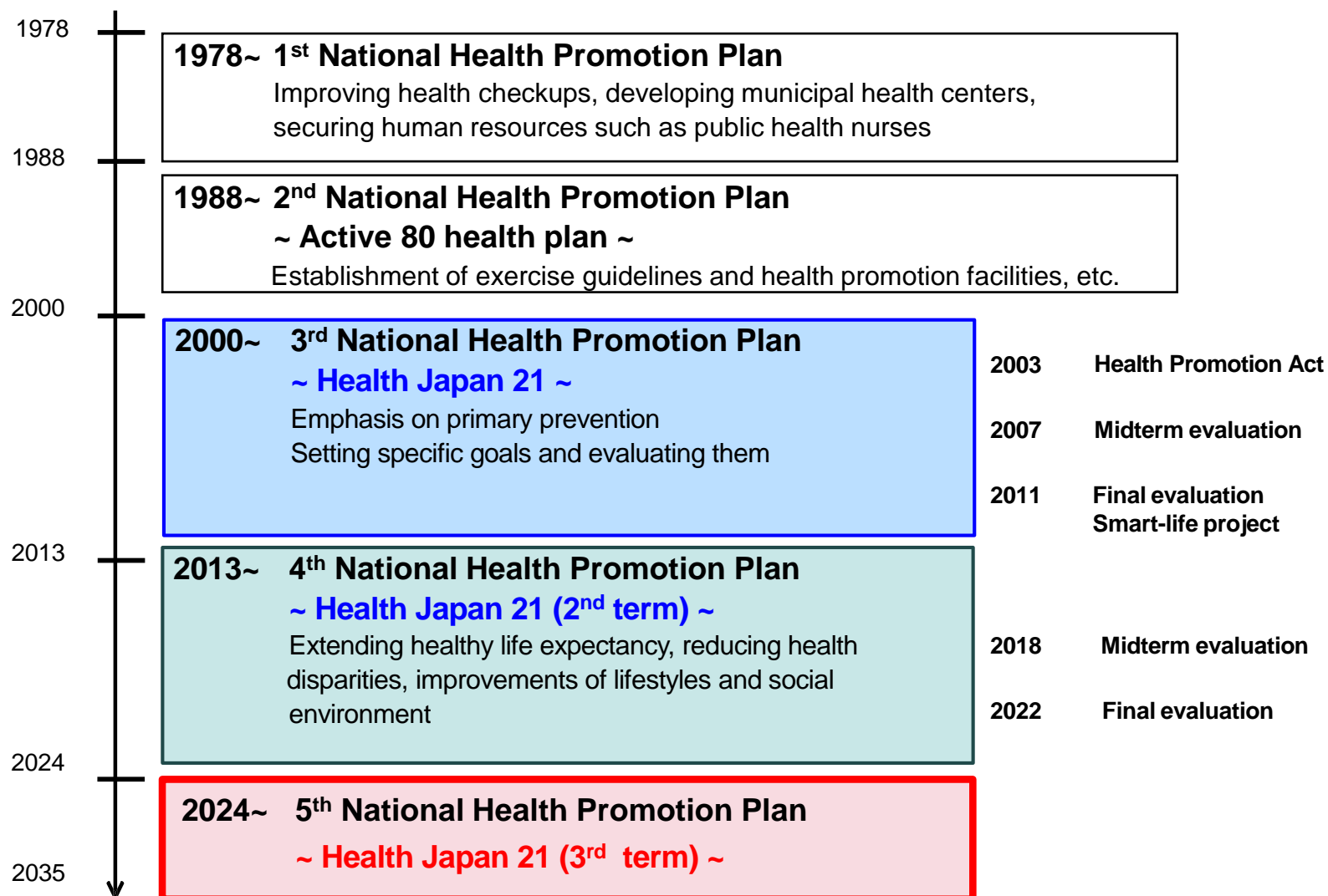


Source: Calculated using WHO Mortality Database (raw data files) updated as of June 2021 and the population data from World Standard Population.

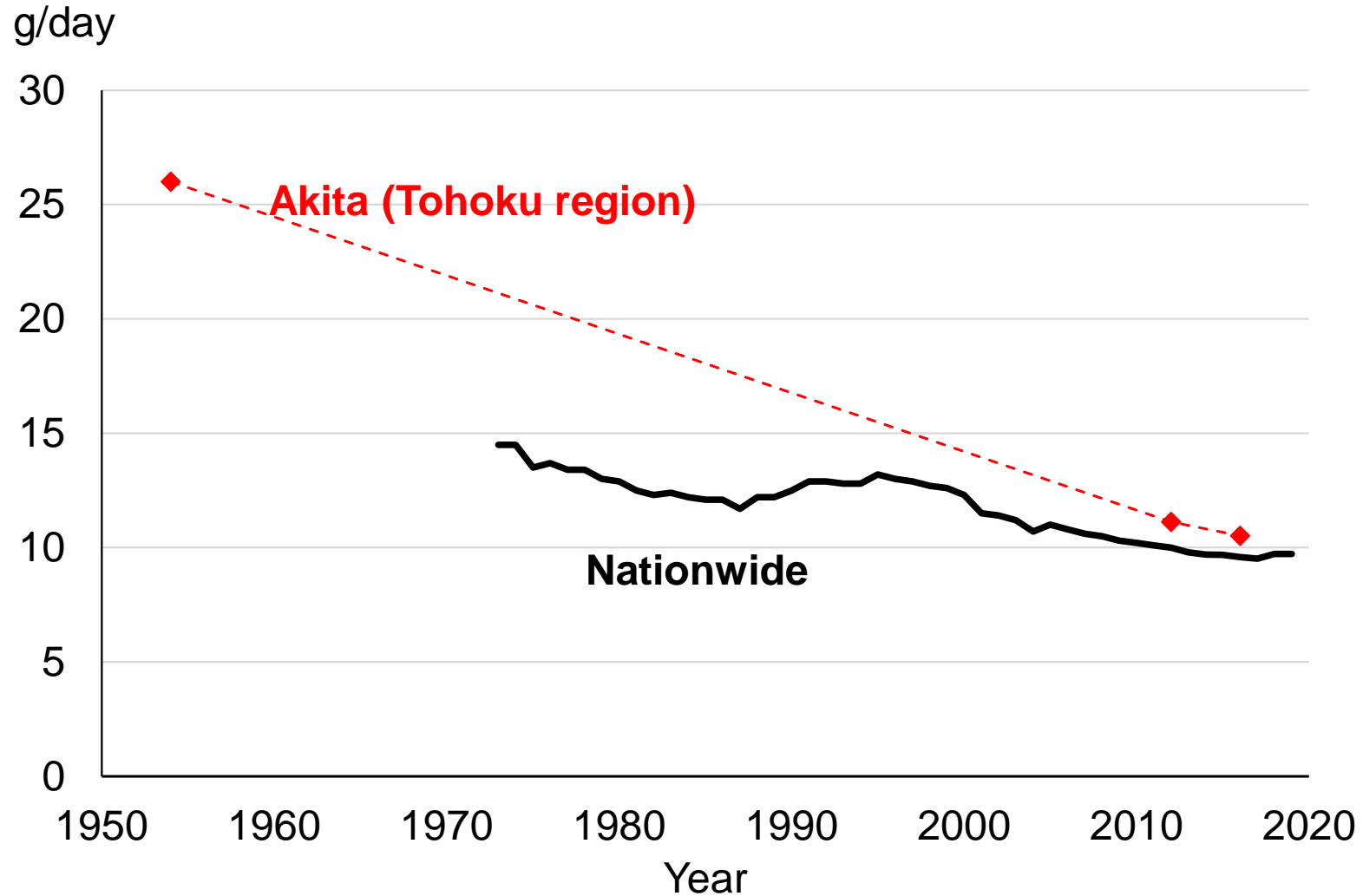
Long-term changes in age-adjusted mortality rate from cerebrovascular diseases by 47 prefectures in Japan, 1960-2015 (Male)



History of National Health Promotion Plan in Japan

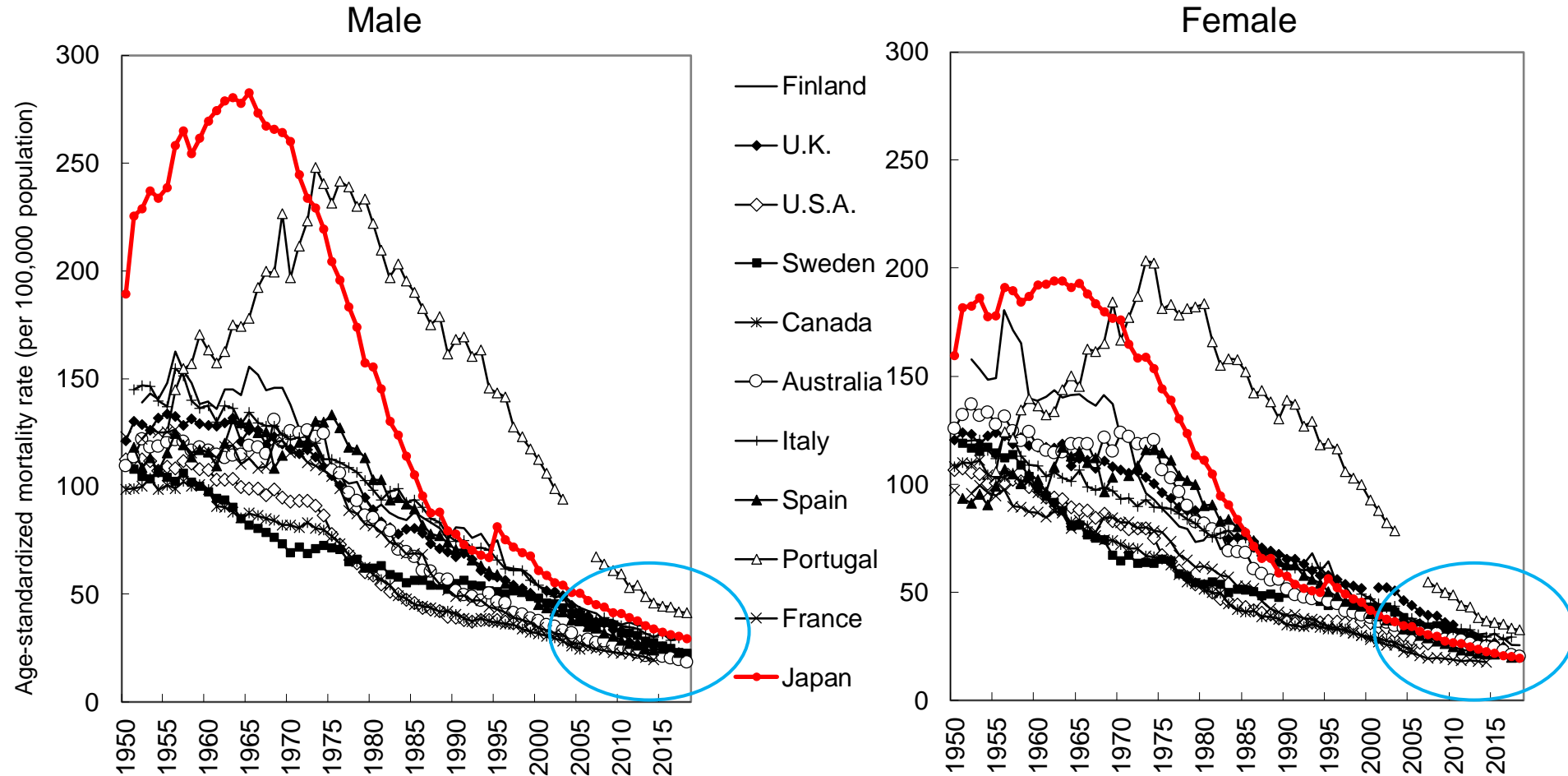


Long-term changes of daily **salt intake** in Japan



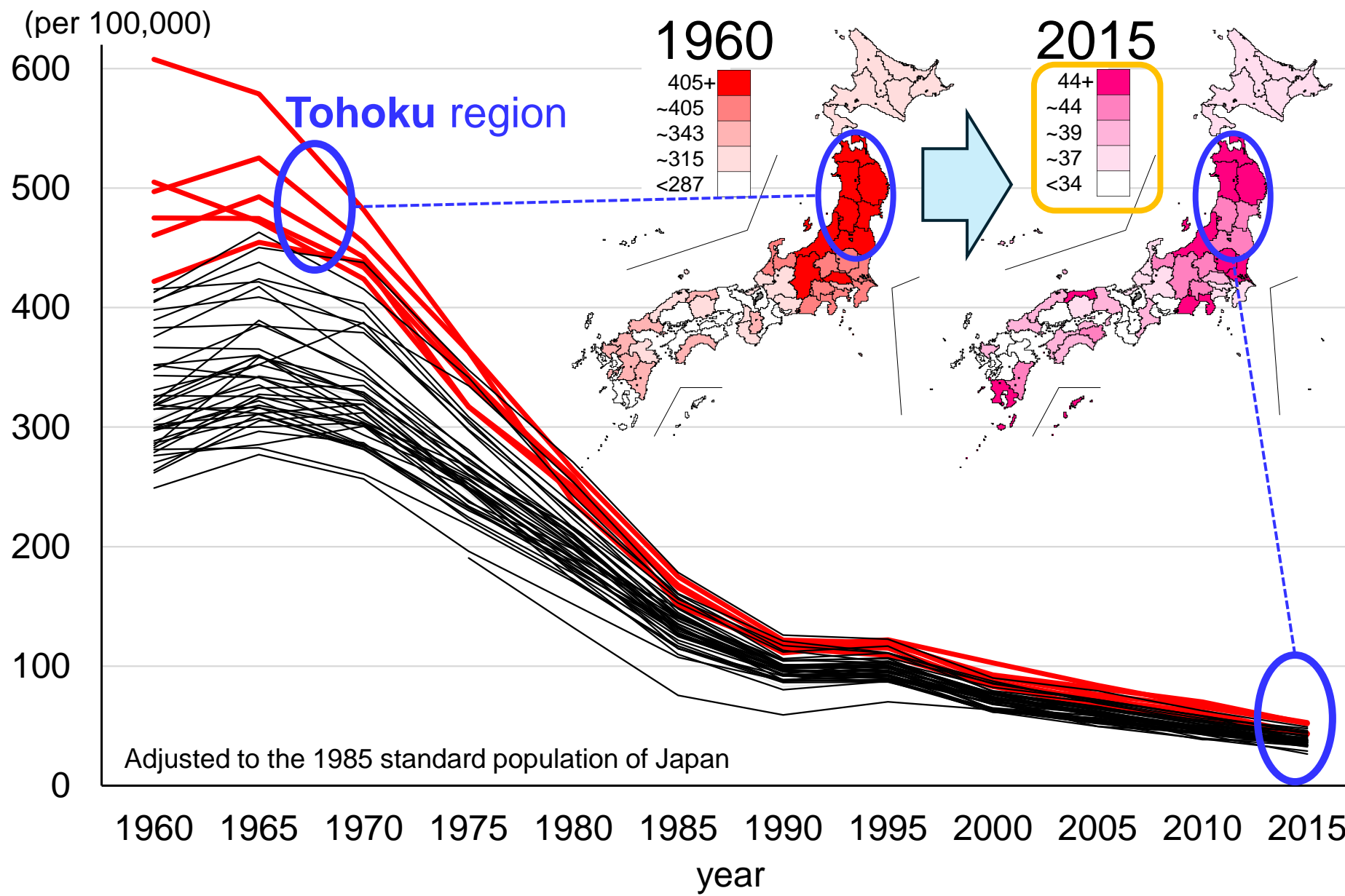
Source: 1973-1994, National Nutrition Survey; 1995-2019, National Health and Nutrition Survey; 1954 (Akita), Dahl LK. In Essential Hypertension. An International Symposium. Berlin, 1960. Springer.

Long-term changes in age-adjusted mortality rate from cerebrovascular diseases in selected countries



Source: Calculated using WHO Mortality Database (raw data files) updated as of June 2021 and the population data from World Standard Population.

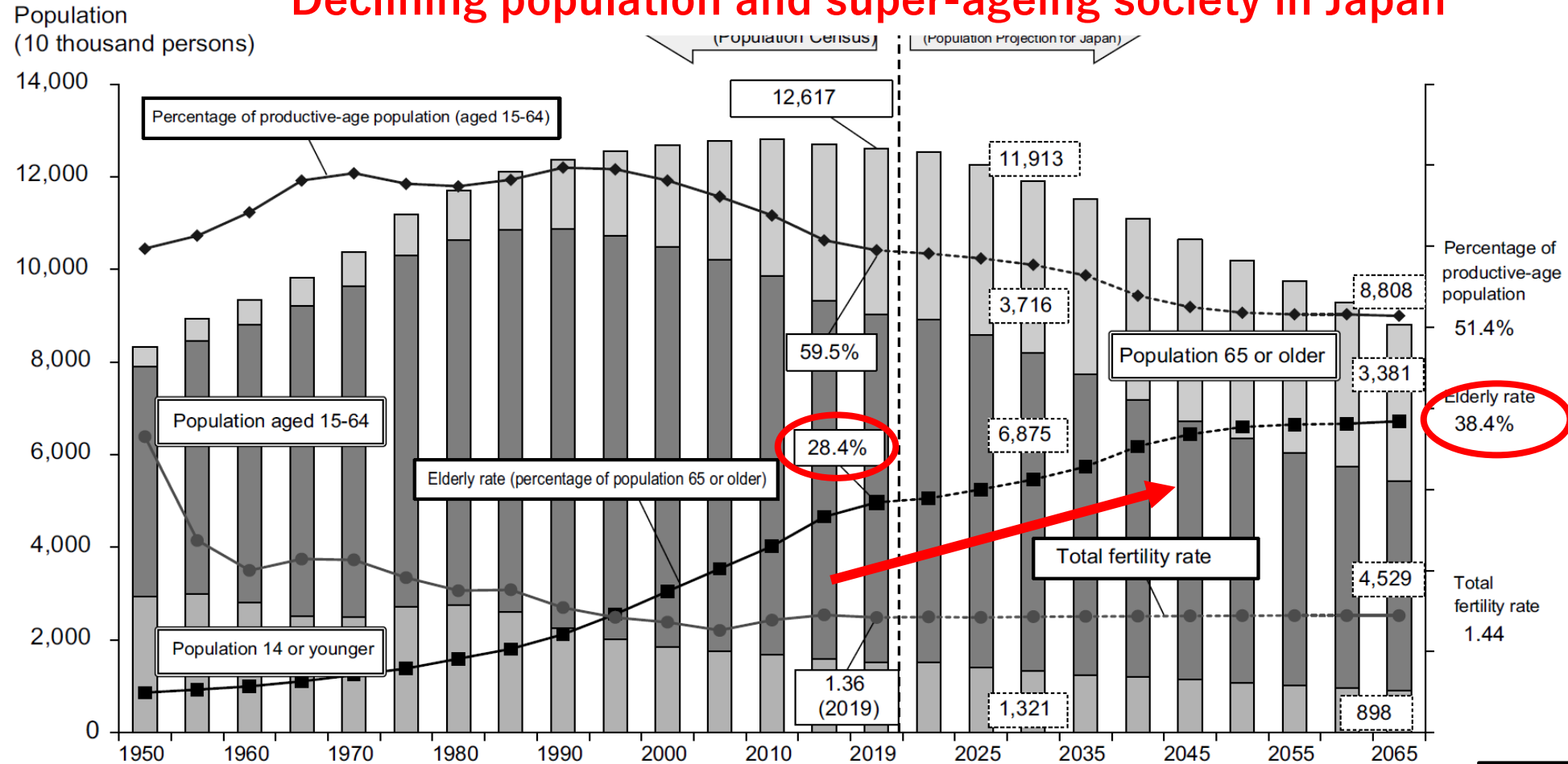
Long-term changes in age-adjusted mortality rate from cerebrovascular diseases by 47 prefectures in Japan, 1960-2015 (Male)



Population Trends of Japan

The population of Japan has been entering a declining phase in recent years. In 2065, it is estimated that the total population will fall below 90 million and the aging rate will be in the 38% range.

Declining population and super-ageing society in Japan

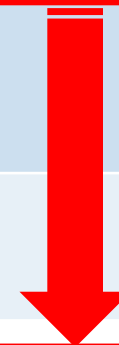


Sources: Population until 2019: "Population Estimate (until 2019, as of October 1 in respective year)", Ministry of Internal Affairs and Communications; Aging Rate and Working-age Population Rate: "Population Estimate" (for 2019), "National Census" (other years), Ministry of Internal Affairs and Communications; Total Fertility Rate until 2019: "Vital Statistics", Ministry of Health, Labor and Welfare, the rate from 2020: "Projection of Japanese population (estimated in 2017), Projection of medium-fertility and medium-mortality", National Institute of Population and Social Security Research.

Source: Ministry of Health Labour and Welfare

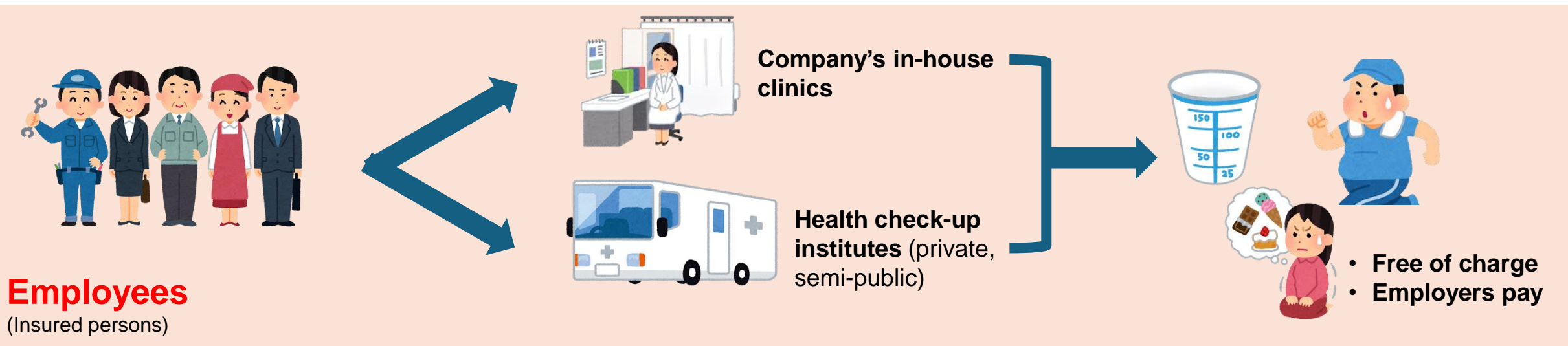
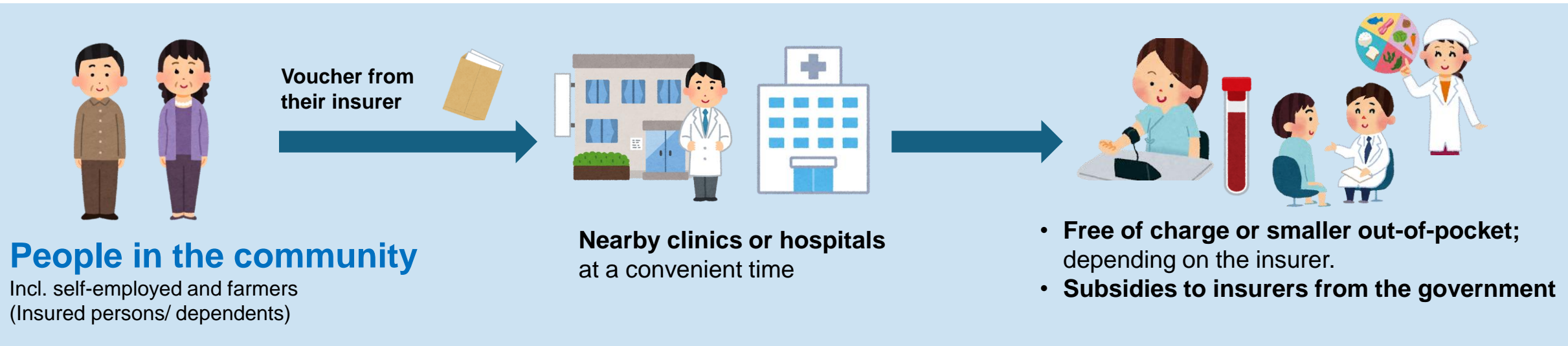
Current Screening System and Packages in Japan

Age	Insured persons/ dependents	Employees	Others (incl. welfare persons)
≤39	<ul style="list-style-type: none"> Health Insurance Acts Each Insurer (Not obligatory) 	<ul style="list-style-type: none"> Industrial Safety and Health Act Employer (Obligatory) 	
40 – 74	<ul style="list-style-type: none"> Act on Assurance of Medical Care for Elderly People Each Insurer (Obligatory) 	<ul style="list-style-type: none"> Industrial Safety and Health Act Employers (Obligatory) 	<ul style="list-style-type: none"> Health Promotion Act Municipalities (Not obligatory)
≥75	<ul style="list-style-type: none"> Act on Assurance of Medical Care for Elderly People Each Prefectural Insurer (Not obligatory) 		
Cancer screening	<ul style="list-style-type: none"> Insurers/ Employers Voluntary implemented and subsidized 		Stomach, Cervical, Lung, Breast, Colon



- **NCD screening focusing on the Metabolic Syndrome (“Specific Health Check-up”)**
- Med history, Smoking, Drinking, Ht., Wt., BMI, Waist, BP, Blood (Lipid, Sugar, Liver), Urine (Sugar, Protein)
- Upon MD’s advice: ECG, Fundus exam, Anemia test, Serum creatinine

NCD Screening Service Delivery in Japan (examples)



NCD prevention and control by PHC under UHC in Japan



People in the community
Incl. self-employed and farmers
(Insured persons/ dependents)

- ✓ Providing health guidance and health promotion activities by public health nurses
- ✓ Promoting healthy diet by community health workers such as “Nutrition Promoters”
- ✓ Starting from school health
- ✓ Integration of prevention, medical care and long-term care in the community



Collaboration



Employees
(Insured persons)

- ✓ Implementing occupational health system even in the small companies
- ✓ Improving healthy environment at workplace
- ✓ Tobacco control
- ✓ Promoting mental health
- ✓ Health promotion campaigns by private partners

Conclusion

- ❑ In order to accelerate achievement of Universal Health Coverage, renewed Primary Health Care is crucial.
- ❑ Even after achieving the UHC in 1961 as a system, the Japanese government had continued to increase human resources in health to improve accessibility of people in the community to quality healthcare services for a few decades.
- ❑ After WW2, cerebrovascular diseases (CVD) have become Japan's 1st leading cause of death, especially in north-eastern part of Japan where farming was dominant at that time.
- ❑ Concentrated PHC activities including health checkup and dietary education even in the remote community have contributed to the dramatic decline of deaths by CVD with policy of reducing financial burden in healthcare.
- ❑ Nowadays, under the super-ageing society, NCD control and prevention including robust screening services in collaboration with occupational health under the PHC framework has become more important to keep UHC system sustainable.