

Narita City, CHIBA JAPAN
Oct 28, 2025

23rd ASEAN-Japan High-Level Officials
Meeting on Caring Societies

Empowering Seniors for a Vibrant Life

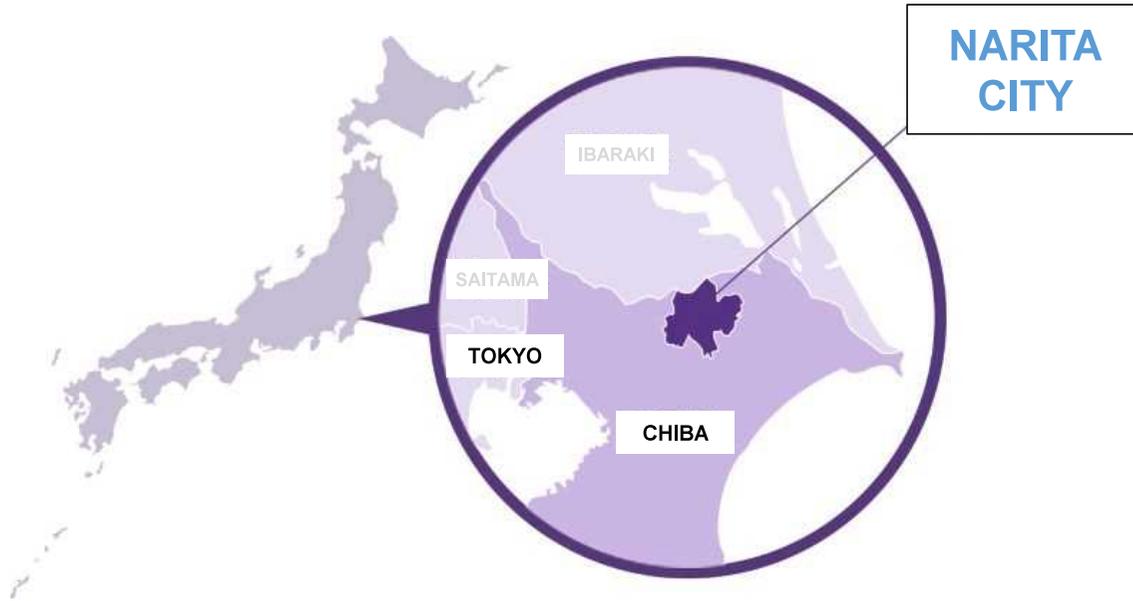
~ Preventive Care Initiatives in Narita ~

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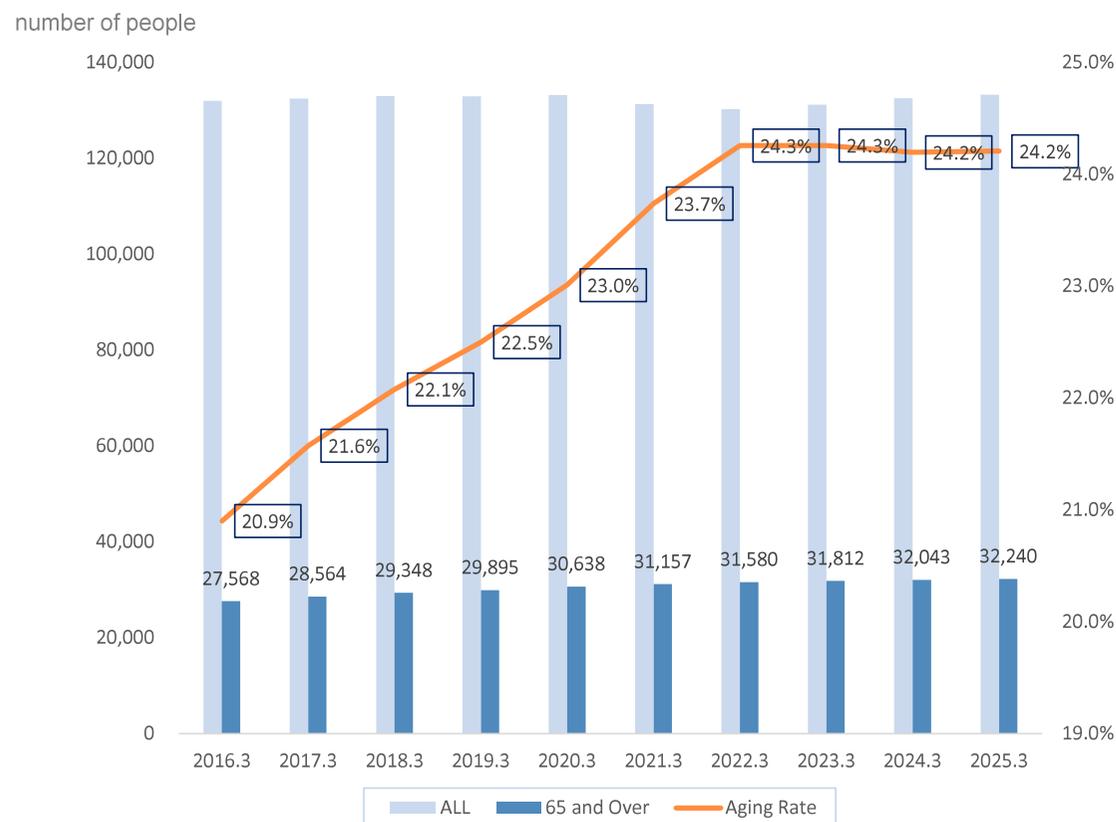
About NARITA



Location: Approx. 70km from Tokyo,
Northern central part of Chiba Pref.
Area: 213.84km²
Population: 133,198 people.
Characteristics: Abundant nature,
Famous for Naritasan Shinshoji Temple and
Narita International Airport.

Accelerating Aging

Narita City's Population and Aging Rate (Past 10 Years)



Population Percentage Comparison

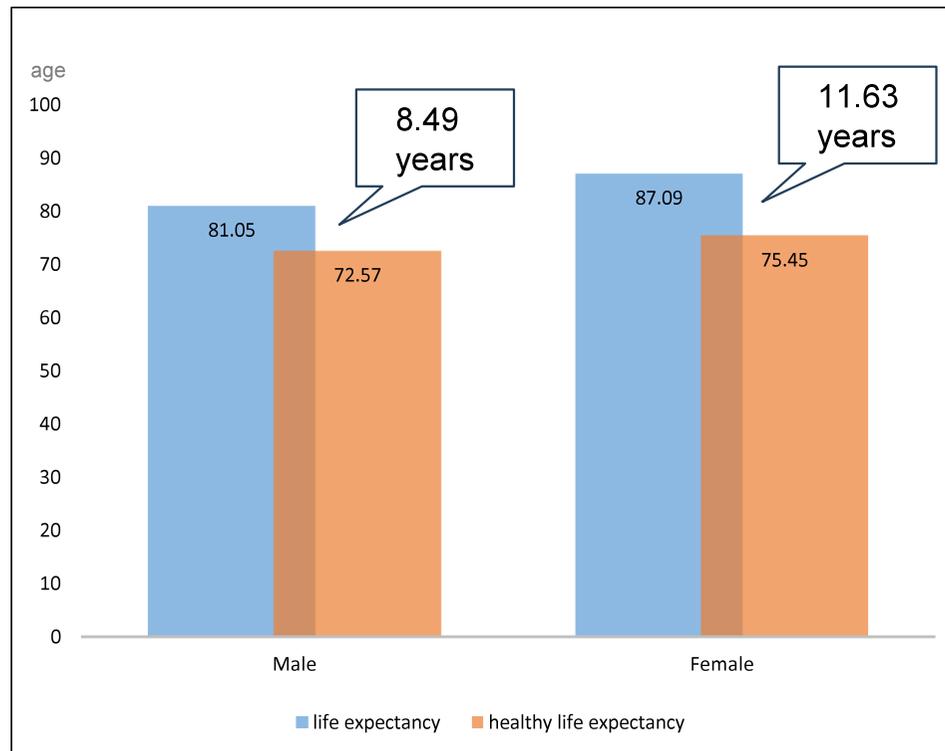
| | 65 and Over | 75 and Over |
|-------------------|-------------|-------------|
| National Average: | 29.3% | 17.1% |
| Chiba Prefecture: | 27.6% | 16.2% |
| Narita City: | 24.2% | 13.1% |

Based on statistics from the Ministry of Internal Affairs and Communications, Chiba Prefecture, and Narita City (as of April 1, 2025 and March 31, 2025, respectively).

Narita City is younger than the national and prefectural averages, but...

Life Expectancy vs. Healthy Life Expectancy

Difference between healthy life expectancy and average life expectancy in Japan, 2022



Based on statistics released by the Ministry of Health, Labour and Welfare in 2023 and 2024

Many people become unhealthy by their mid-70s...



We all want our lifespan and healthspan to be as close as possible.

What can we do to extend our healthspan ?

Four Programs to Help Extend a Healthy Lifespan

| Program Name | Age Range | Target Group | Training Focus | Format |
|--------------------------|---------------|--|---|------------------|
| Senior Health College | 60+ years old | Individuals with moderate fitness | Focus on strength training | In-person |
| 100 Year-old Exercise | 65+ years old | Individuals with normal physical strength | Gentle exercises + singing nursery rhymes | In-person |
| <i>Koppuku</i> * Academy | 65+ years old | Individuals who is determined to require support | Combining occupational therapy and physical therapy | In-person |
| Cool Life Project | 65+ years old | Individuals with normal physical strength | Brain training + simple exercises | Online/In-person |

*“*Koppuku*” is the nickname for IUHW (International University of Health and Welfare)

PROGRAM 1 Senior Health College (1)



- Started in 2015 as a collaborative project with Juntendo University.
- Focuses on strengthening the lower body, particularly the legs and hips, through slow-paced strength training.
- The program aims to prevent locomotor dysfunction (locomotor syndrome) and enhance healthy life expectancy.

7 alumni clubs are active now



FY2016-FY2025, Total participants: 386
The average age of participants: 76.4
Participants have started alumni clubs
and continue training on their own.



PROGRAM 1 Senior Health College (2)

Juntendo University examined 8-year changes in physical function and muscle morphology in community-dwelling older adults who continuously participated in the program.

【Results】

Table 3. Physical fitness measurements before and after the intervention in 2017, and in 2025

| | 2017 (pre) | 2017 (post) | 2025 | F value (df1, df2) | p value | partial η^2 |
|-----------------------------|------------|-------------|----------------|---------------------|-------------------|------------------|
| Hand grip strength (kg) | 26.8±8.8 | 27.0±9.1 | 25.8±10.3 | 0.79 (2.00, 20.00) | 0.469 | 0.073 |
| usual walking speed (m/s) | 1.37±0.09 | 1.48±0.13 | 1.44±0.23 | 1.47 (2.00, 20.00) | 0.254 | 0.128 |
| maximal walking speed (m/s) | 1.75±0.13 | 1.87±0.21 | 2.02±0.38** | 7.37 (2.00, 20.00) | 0.004 | 0.424 |
| CS-30 (times) | 20.1±4.8 | 23.1±4.4 | 28.7±5.9*** †† | 16.63 (1.27, 12.72) | < 0.001 | 0.624 |
| WBI (kg/kg) | 0.71±0.18 | 0.72±0.17 | 0.60±0.20† †† | 7.24 (1.22, 12.16) | 0.016 | 0.420 |
| Skeletal muscle mass (kg) | 20.35±3.99 | 20.15±4.07 | 18.99±2.89 | 1.61 (1.10, 9.87) | 0.237 | 0.152 |
| Muscle thickness in AT (mm) | 25.55±4.84 | 27.60±5.24 | 28.61±6.03† | 4.77 (1.32, 13.23) | 0.039 | 0.323 |

CS-30, 30-second chair stand test; WBI, weight bearing index as isometric knee extension strength normalized to body weight; AT, anterior thigh.

Data are presented as means±SD. Cohen's conventions for partial η^2 : small ≥ 0.01 , medium ≥ 0.06 , large ≥ 0.14 .

***: $p < 0.001$, **: $p < 0.01$, *: $p < 0.05$ vs 2017 (pre). ††: $p < 0.01$ vs 2017 (post).

Sawada S, et al. Presented at The 11th Asian Conference for Frailty and Sarcopenia (ACFS 2025) in Kaohsiung, TAIWAN.

【Conclusions】

- Continuous participation in a twice-weekly bodyweight-based training program helped maintain or improve physical function and muscle morphology, although maximal strength declined.
- These findings suggest that long-term community-based exercise participation may help prevent sarcopenia.

Sawada S, et al. Presented at The 11th Asian Conference for Frailty and Sarcopenia (ACFS 2025) in Kaohsiung, TAIWAN.



From the Juntendo University's implementation report

PROGRAM 2 Narita 100 Year-Old Exercise



- It means "Exercises to live vibrantly until age 100".
- Gentle, chair-based exercises designed to improve muscle strength.
- Performed to singing nursery rhymes.
- With the support of International University of Health and Welfare, we also conduct training programs for instructors.

The number of groups is still increasing!



After trial exercise sessions, residents formed activity groups. Currently, 62 groups and 842 members are active. City provided 80% subsidies (up to 100,000yen, 1st year only).



PROGRAM 3 Narita *Koppuku* Academy (1)



- Started in August 2024 as a collaborative project with IUHW.
※“*Koppuku*” is the nickname for IUHW (International University of Health and Welfare)
- Short-term, intensive rehabilitation program which is led by a university faculty member specializing in it, and aims to improve cognitive function and activities of daily living.
- Aimed at people with Support Level 1 or 2, as well as those who are likely to need long-term care or support in the future.

[Day Program]

Participants will attend a program at the IUHW Narita Campus that includes exercise and creative activities. Once a week for 12 weeks (total of 12 sessions).

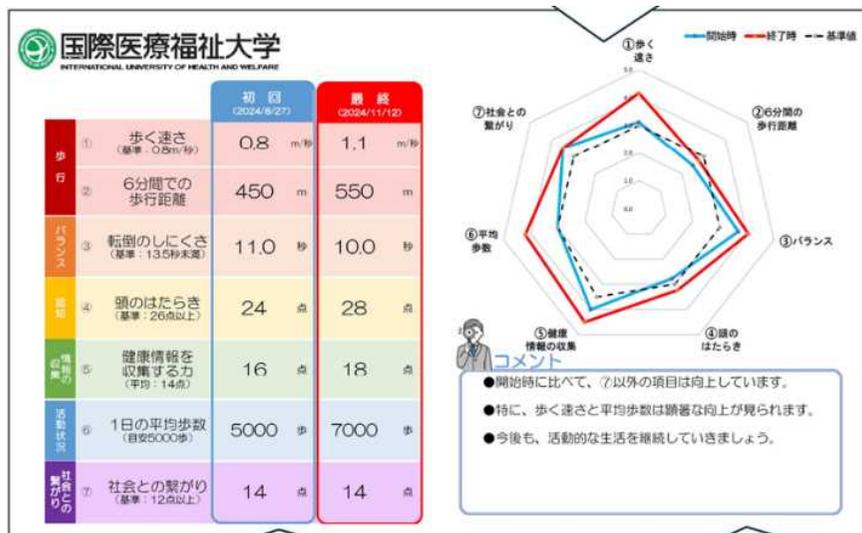


[Home Visit Program]

University faculty members specializing in rehabilitation visit participants' homes to provide advice and guidance on improving physical activity and daily functions. Once every two weeks for 12 weeks (total of 6 sessions).



PROGRAM 3 Narita Koppuku Academy (2)



Evaluation sheets given to participants

2024 1st term results (Participants Change in average index)

| item | | First time | final | assessment |
|---------------------------|---|------------|--------|------------|
| walking | Walking speed (m/s) | 0.95 | 1.08 | improved |
| walking | Walking distance in 6 minutes | 384.3 | 420.5 | improved |
| balance | Fall resistance (seconds) | 12.12 | 10.92 | improved |
| cognition | Brain function (points) | 21.2 | 22.8 | improved |
| Collection of information | Ability to collect health information | 13.6 | 15.2 | improved |
| Activity status | Average number of steps per day (steps) | 4218.5 | 3797.9 | decreased |
| Connections with society | Connections with society (points) | 10.4 | 11.0 | improved |
| Body composition | Skeletal muscle index (kg) | 36.1 | 36.0 | unchanged |

From the IUHW's implementation report

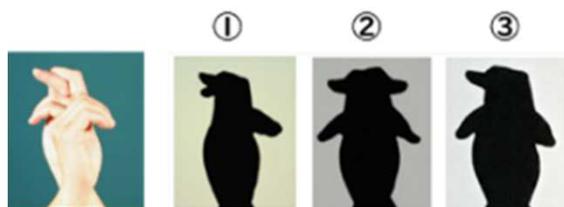
Participants in the day care program showed significant improvements, as noted above, while participants in the home visit program showed no significant improvements.

Problem: Difficult to identify those in need of support and willing to participate.



PROGRAM 4 Cool Life Project

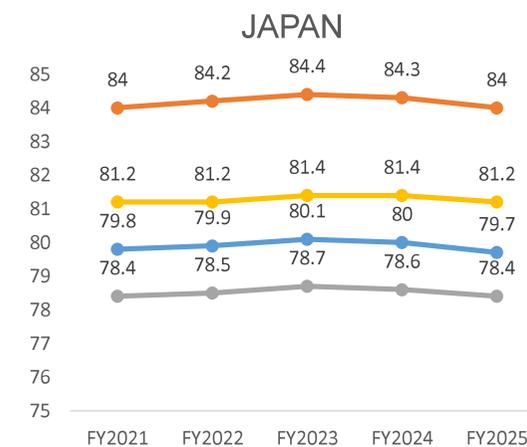
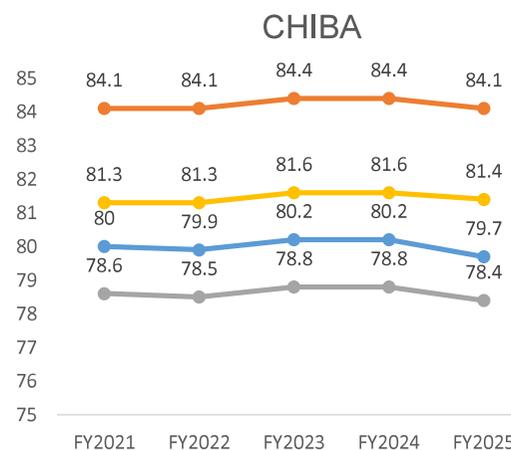
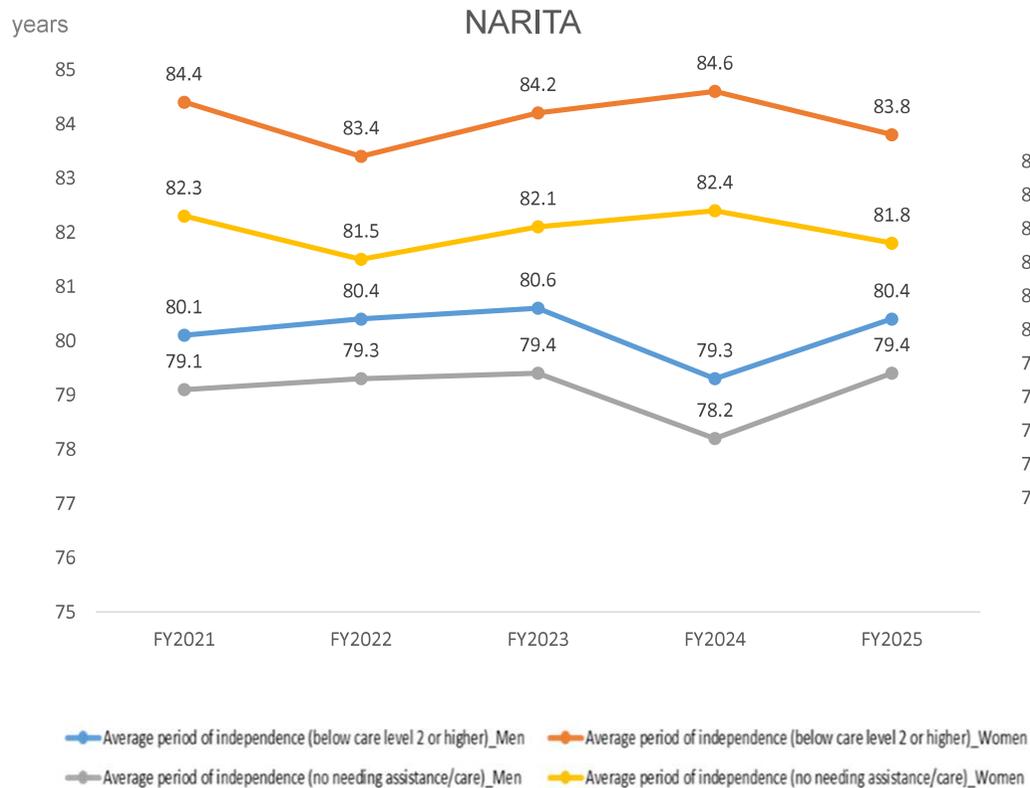
- Program started in 2020, supervised by a dementia specialist.
- Enroll in group classes or online.
- A program to prevent frailty and cognitive decline, including light exercises, creative activities, music discrimination, as well as brain training.
- It is designed to be enjoyable and accessible to everyone.
- 56 online classes or 13 in-person classes (including physical fitness test) at 3 locations.
- Total number of participants : 4,672



Which silhouette is it?

Have We Achieved Meaningful Results? (1)

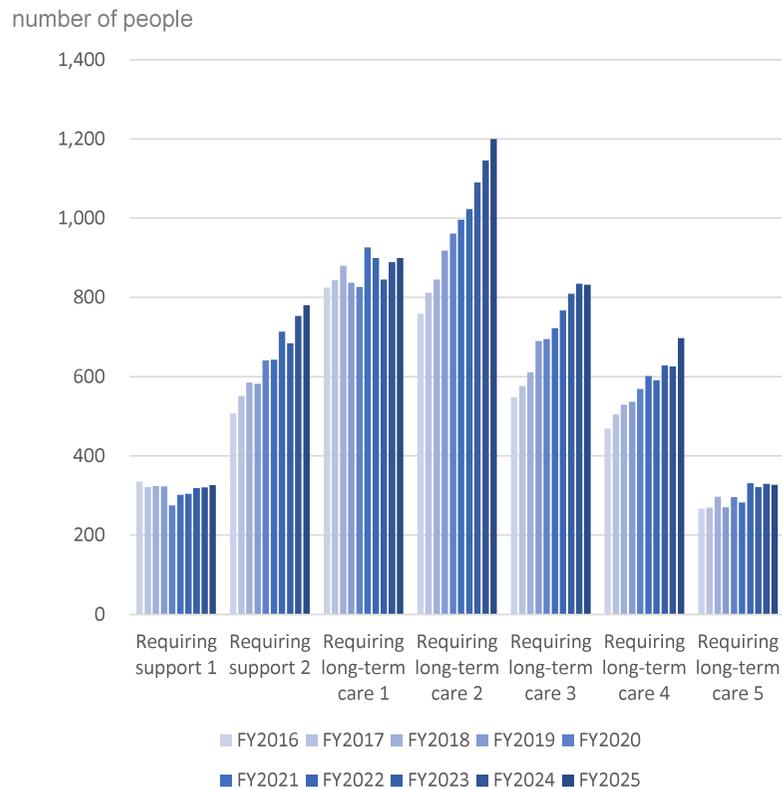
Average Duration of Health Independence (Past 5 Years)



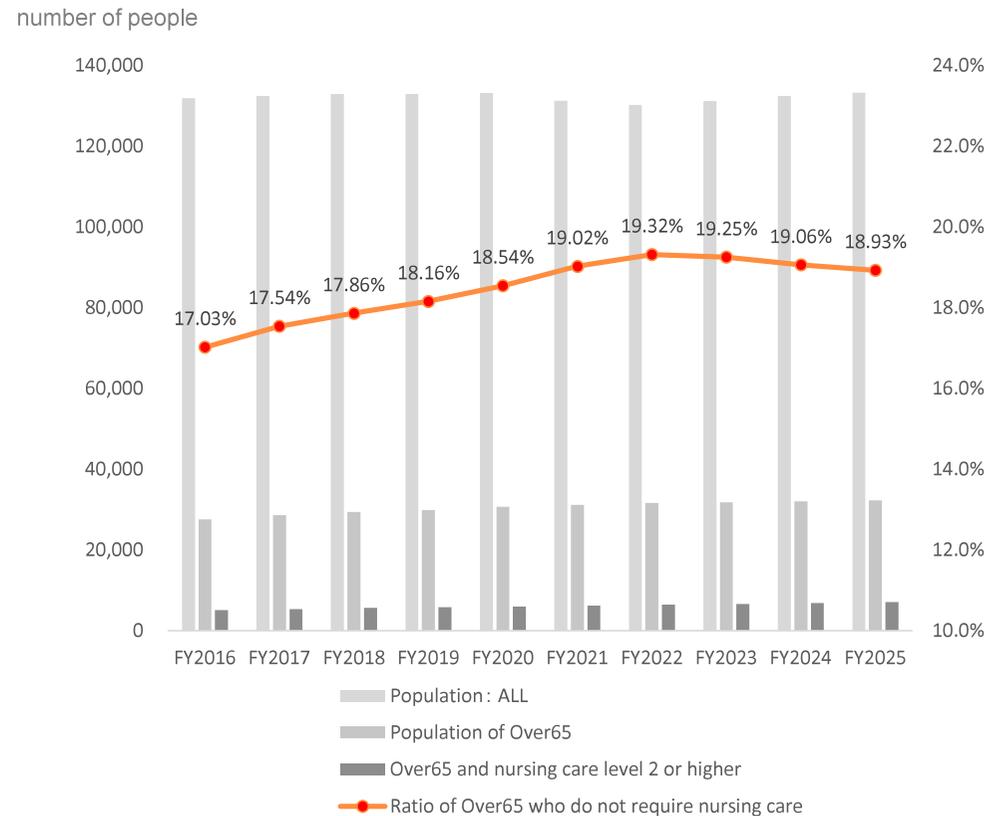
Data from the National Health Insurance Database (KDB) System

Have We Achieved Meaningful Results? (2)

Number of People Certified for Long-Term Care/Support Need in Narita city (Past 10 years)



The ratio of elderly people aged 65 and over **who do not require nursing care*** in Narita city (Past 10 years)



*do not require nursing care = prior to reaching Care Level 2 or higher 13

What's Important for the Vitality of Older People?



Aozora-kai (Blue Sky Club): Provides opportunities for seniors to enjoy social interaction within their community, prevent the need for long-term care.



Exercise Classes: Do simple and easy-to-learn exercises designed to prevent falls and dizziness in a nearby park.

For the Well-being of Seniors



Narita Orange Project

To empower seniors for a vibrant life, it is important to provide opportunities for them to get together.

Engaging in conversations, sharing laughter, and exercising according to their physical abilities are all important.

We are promoting efforts to make our city a place where everyone can live safely and with peace of mind, including people with dementia.

To raise awareness of dementia, we are running the "**Narita Orange Project**" to coincide with World Alzheimer's month. The goal is to enhance everyone's understanding on a society where people with dementia can live a fulfilling life in their familiar communities.

Thank you for your kind attention



NARITA CITY

<https://www.city.narita.chiba.jp>