

## “The 10th Longitudinal Survey of Middle-Aged and Elderly Persons”

Dec-16-2015 The Ministry of Health, Labour and Welfare has tabulated and released the results of the 10th “Longitudinal Survey of Middle-Aged and Elderly Persons” for 2014, a continuous survey on life of the middle-aged and elderly persons conducted yearly with the same sample group. The survey this time is focused to analyze the participation in social activities and health status after the 1st survey started. “The Longitudinal Survey of Middle-Aged and Elderly Persons” is to continuously survey on family and employment status, and social activities of a cohort of middle-aged and elderly men and women nationwide who were aged between 50 and 59 at the end of October in 2005. The survey is to capture key information used for formulating health, labor, and welfare measures such as measures for supporting seniors. The 10th survey shows the data on 20,680 participants who have been cooperating since the 1st survey in 2005. The participants at the time of the survey are between 59 and 68 years old.

### <<Key Survey Results>>

#### Employment status

##### 1. Getting a license or qualification for work and employment status

The results show that 88.6% of men and 86.3% of women who responded “wish to work at ages between 60 and 64” in the 1st survey (nine years ago), reached ages between 60 and 64 in the 10th survey, responded “working” and received a license or qualification\* for work in the past five years (between November 2009 and October 2014) (Table 3 on Page 5).

\*“Received a license or qualification”: men—9.8%, women—5.4%

#### Participation in social activities

##### 2. Age and participation in social activities

Both men and women show increase in “participation” in “hobbies and educational activities,” “sports and health,” and “local events.” Those with higher ages show higher rate in participation in “sports and health” and “local events.”

<Participation by age group>

| Age (years) | Sports and health |           | Local events |           |
|-------------|-------------------|-----------|--------------|-----------|
|             | Men (%)           | Women (%) | Men (%)      | Women (%) |
| 59          | 47.9              | 44.8      | 42.0         | 34.5      |
| 60–64       | 51.1              | 48.5      | 43.7         | 41.5      |
| 65–68       | 55.7              | 54.2      | 46.8         | 45.2      |

(Figure 4 on Page 7)