



Results of the 12th “Longitudinal Survey of Middle-Aged and Elderly Persons”

The Ministry of Health, Labour and Welfare has tabulated and released the results of the 12th (for the year 2016) “Longitudinal Survey of Middle and Elderly Persons (Continuous Survey of Lives of Middle and Elderly Persons)”, which is conducted every year, targeting the same cohort.

The purpose of the Longitudinal Survey of Middle and Elderly Persons is to capture information instrumental for MHLW measures such as measures for the elderly through the continuous investigation of family situations, health conditions and labour force statuses of males and females in middle-aged and elderly generations nationwide, who were aged 50 to 59 at the end of October 2005. The 12th survey has tabulated data from 19,513 persons who have participated since the 1st survey in 2005. The ages of the persons surveyed are now 61 to 70.

[Key Survey Results]

1 Health conditions

Looking at what the individuals whose health state has always been “Good” since the 1st survey (11 years ago) have kept in mind continuously for the last 11 years in order to maintain their good health, the percentage of the male population who “Do moderate physical exercise”, “Pay attention to how much to eat” and “Maintain the ideal body weight” is high, whereas the percentage of the female population who “Eat a variety of food as part of a balanced diet”, “Brush teeth after meals” and “Do moderate physical exercise” is high. (Table 2 on Page 4)

	(Male)	(Female)
Do moderate physical exercise	15.1%	16.4%
Pay attention to how much to eat	10.9%	16.0%
Eat a variety of food as part of a balanced diet	6.9%	20.4%
Maintain the ideal body weight	10.5%	15.1%
Brush teeth after meals	8.6%	18.1%

2 Future life plans

The percentages of those who want to work even after turning 62 to 64, 65 to 69, and 70 are 63.3%, 39.2%, and 18.1%, respectively. (Table 5 on Page 7)

3 Social participation activities

The percentage of those who responded “Active” in “Hobbies/cultural enrichment”, “Sports/health” and “Community events” is high in both the male population and the female population. (Figure 5 in page 8)

See the attached Summary Report for more details.