

# Social participation and contribution of older people in Japan

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# Limitations of High-risk Strategies

It is difficult to screen frail older people in health check-up.

Rate of screened frail people  
 - expected: 5% of older people  
 - actual: 0.14~0.8%

## 介護予防 出足は低調

県民、介護が必要になりそうなお年寄りに運動などをしてもいい、要介護状態になるのを防ぐと導入された介護予防事業で、都市部の「介護予備軍」の把握状況が国の目標を大きく下回っていることが朝日新聞の公開調査でわかった。厚生労働省は65歳以上のお年寄りの約5%を目標としているが、15の政令指定都市では平均0.7%を記録。事業がスタートして半年余り、参加者も介護予防教室が伸びないなど、出足は低調といえないが、（仮）

大後は介護予防事業の参加者のみの集計で、「介護予備軍」の人数は不明、65歳以上人口に対する比率は、(前年10月の国勢調査)集計値をもとに計算

政令指定都市	65歳以上の人口(万人)	介護予備軍(人)	割合(%)
札幌	10.1	10,000	0.10
仙台	10.1	10,000	0.10
さいたま	10.1	10,000	0.10
千葉	10.1	10,000	0.10
東京	10.1	10,000	0.10
横浜	10.1	10,000	0.10
名古屋	10.1	10,000	0.10
京都	10.1	10,000	0.10
大阪	10.1	10,000	0.10
福岡	10.1	10,000	0.10

平均0.7%を記録。事業がスタートして半年余り、参加者も介護予防教室が伸びないなど、出足は低調といえないが、(仮)

## 介護予備軍 伸びめ参加

### 閑古鳥 症状なく「私は元気」

介護予防教室などに参加した人の割合

市町村	参加者数	割合(%)
札幌	31.9	75.4
仙台	8.4	13.5
さいたま	8.7	10.9
千葉	5.9	7.1
東京	5.0	44.9
横浜	5.0	13.7
名古屋	—	—
京都	10.0	69.9

「私は元気」

「私は元気」

「私は元気」

## 2006.10.29

### Asahi Newspaper

地域に出か

時刻

時刻

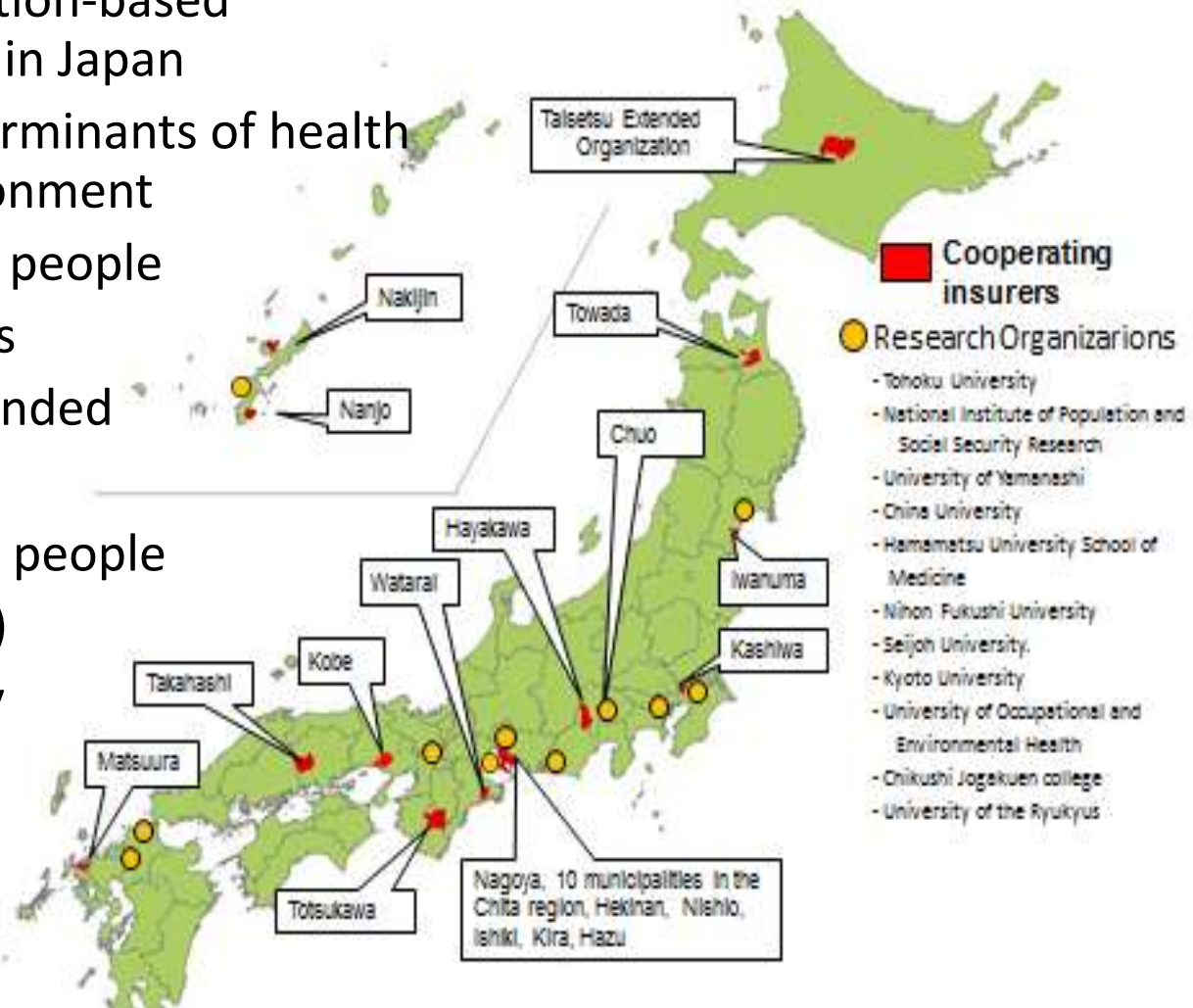
時刻

# Lesson

- High-risk strategies by screening during health check-up seem to be ineffective
- Older people from lower socioeconomic backgrounds at high risk tend to be absent from health examinations
- Social factors are determinants of the effectiveness of prevention policies for active aging
- We need other strategies focusing on social environment of communities.

# Japan Gerontological Evaluation Study (JAGES)

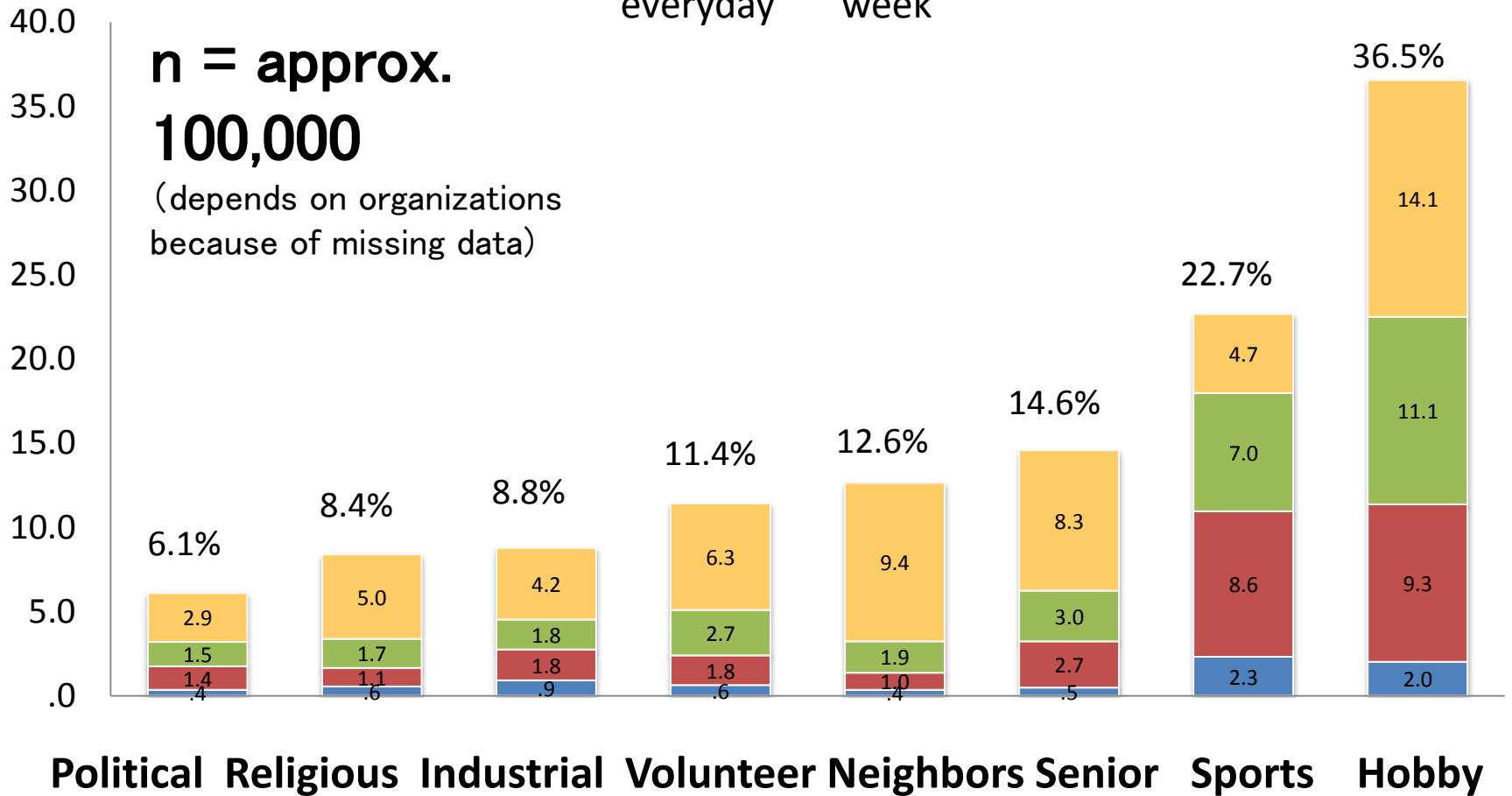
- One of the few population-based gerontological surveys in Japan
- Focused on social determinants of health (SDH) and social environment
- In 2010, 112,123 older people across 31 municipalities in 12 prefectures responded (response rate: 66.3%)
- In 2013, 138,000 older people responded. (RR: 70.3%)
- Funded by the Ministry of Health, Labor and Welfare (MHLW)



# % of participation ( $\geq 1$ /month)

JAGES 2010/11, 31 municipalities

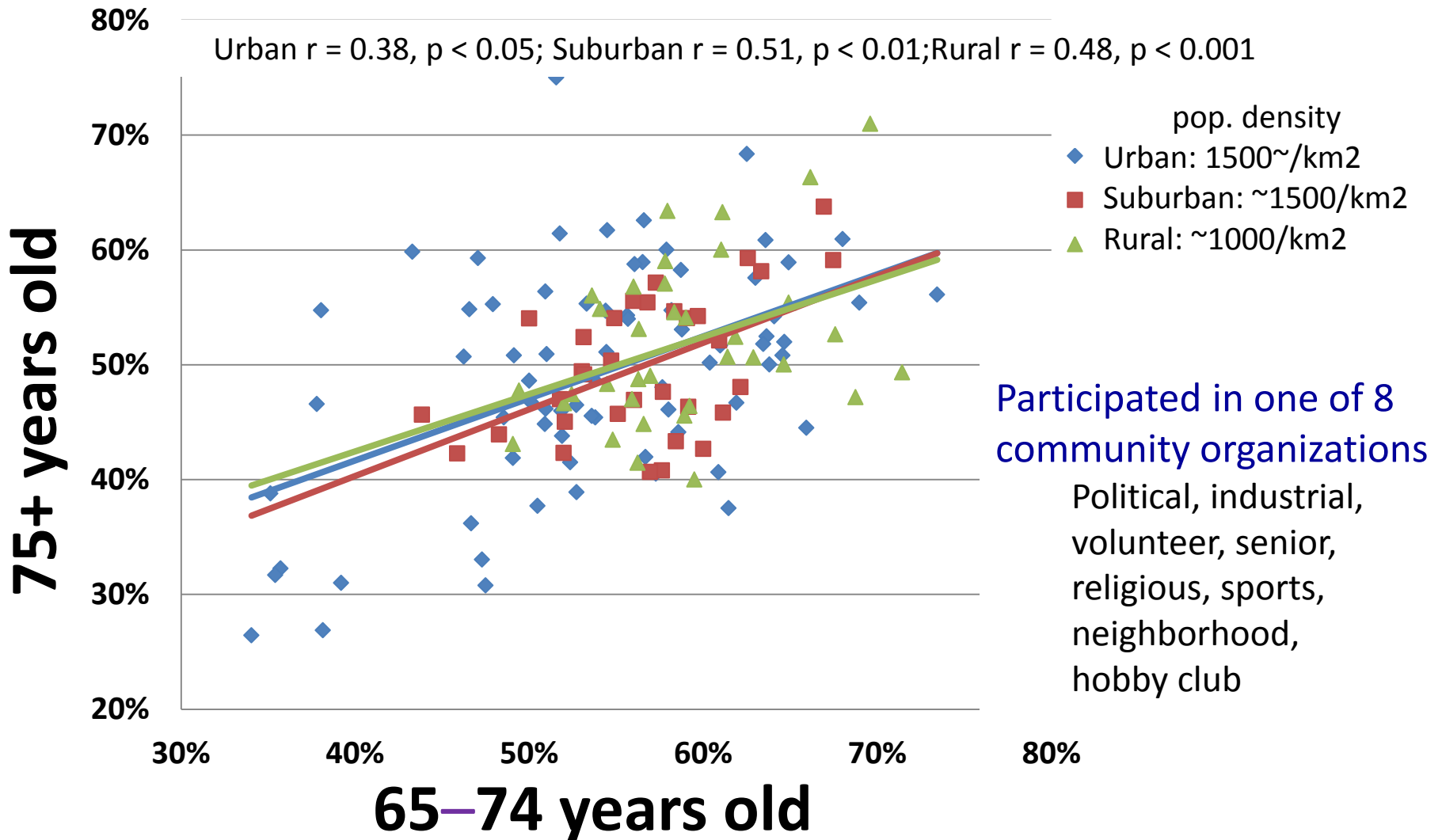
■ Almost everyday   
 ■ 2-3/ week   
 ■ 1/week   
 ■  $\geq 1-2$ /month



# Rate of Participation in community group by age group

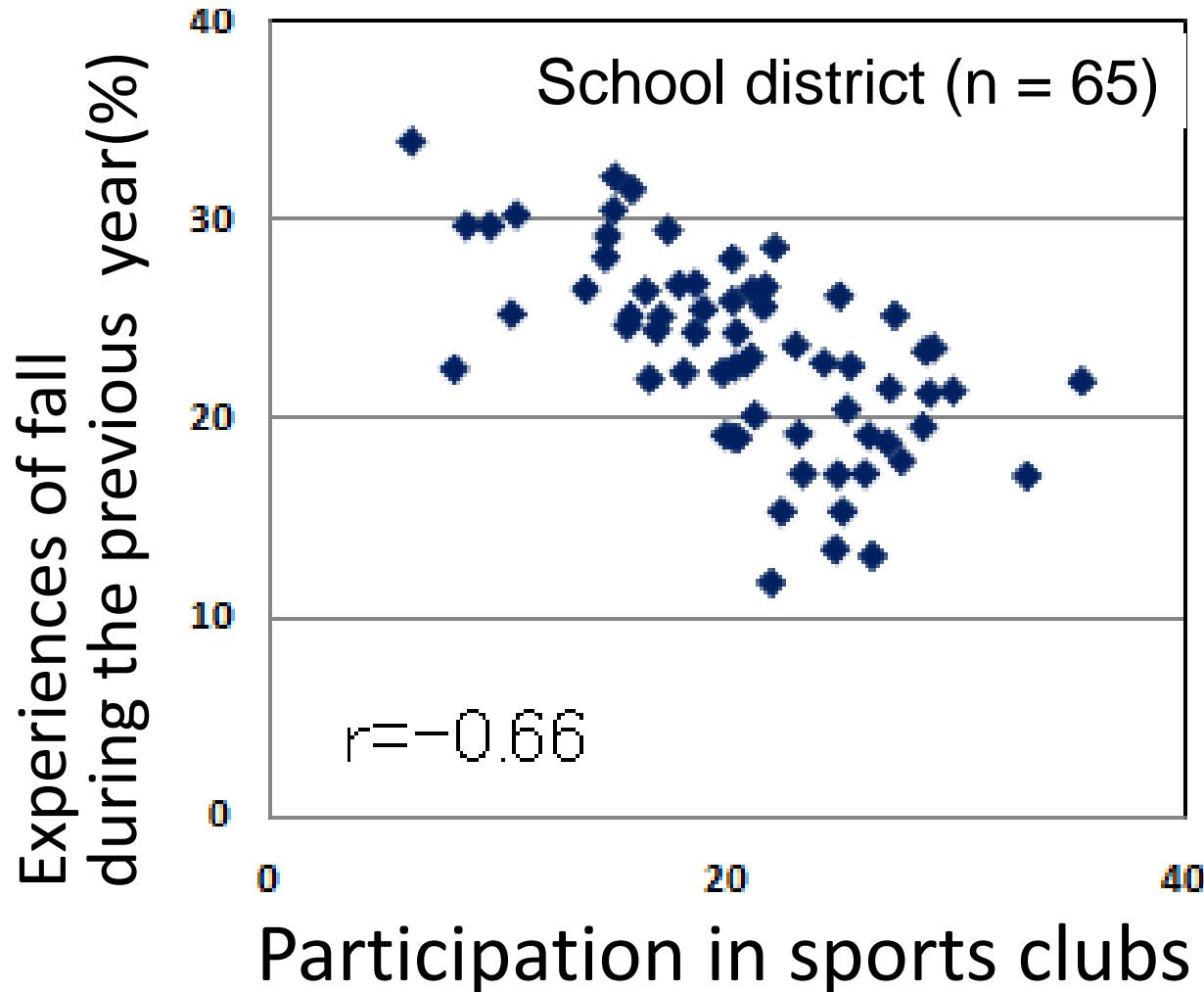
JAGES2010-11

23 municipalities 141 school districts



# Rate of falling down & participation in sports clubs

limited to 65–74 y. o. N = 29,072



Rate of falling down:  
% of people who fell  
down during the  
previous year  
=11.8–33.9%

Participation in  
sports clubs  
seems to be  
helpful for  
preventing falls

A multi-variable analysis showed a significant relationship

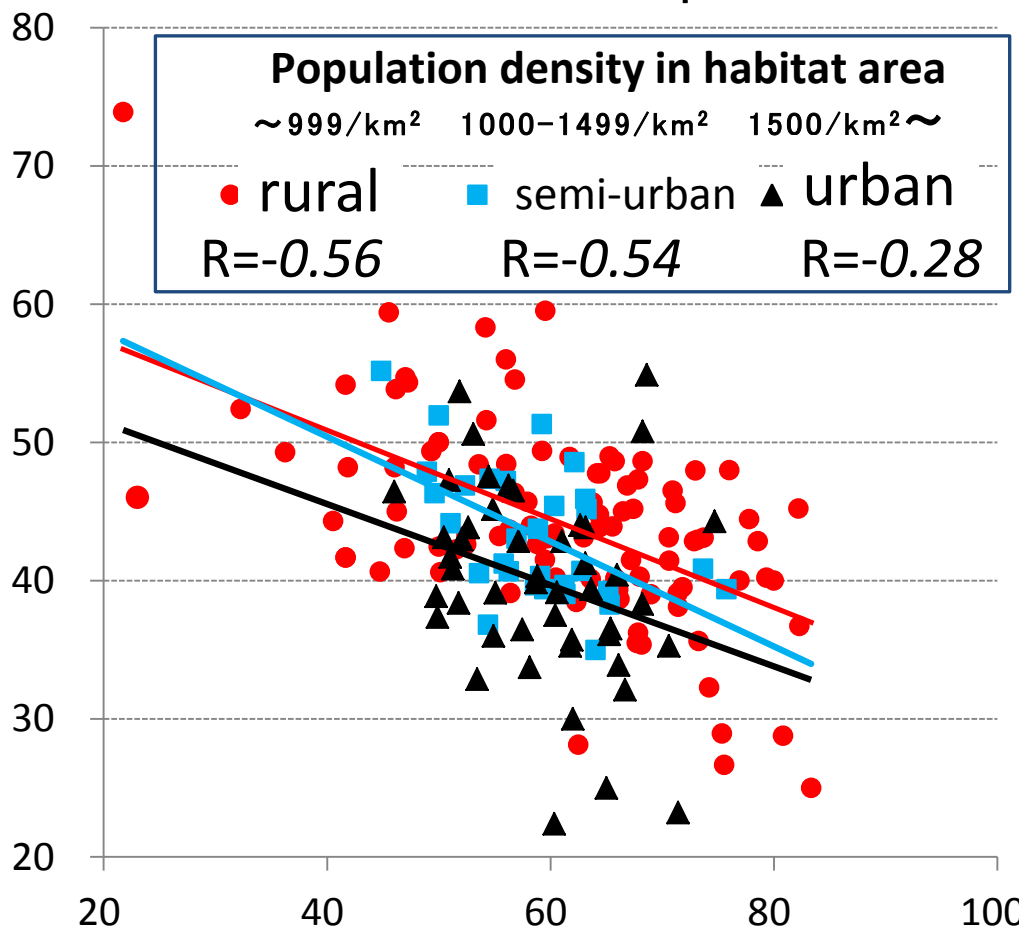


# Dementia risk and Participation in community organization

JAGES 24 municipalities 175 school districts

Older  $\geq 75$ y.o.  
 n=29,876

% of high-risk group for dementia



Districts with higher rate of participation tend to show lower prevalence of high risk group for dementia

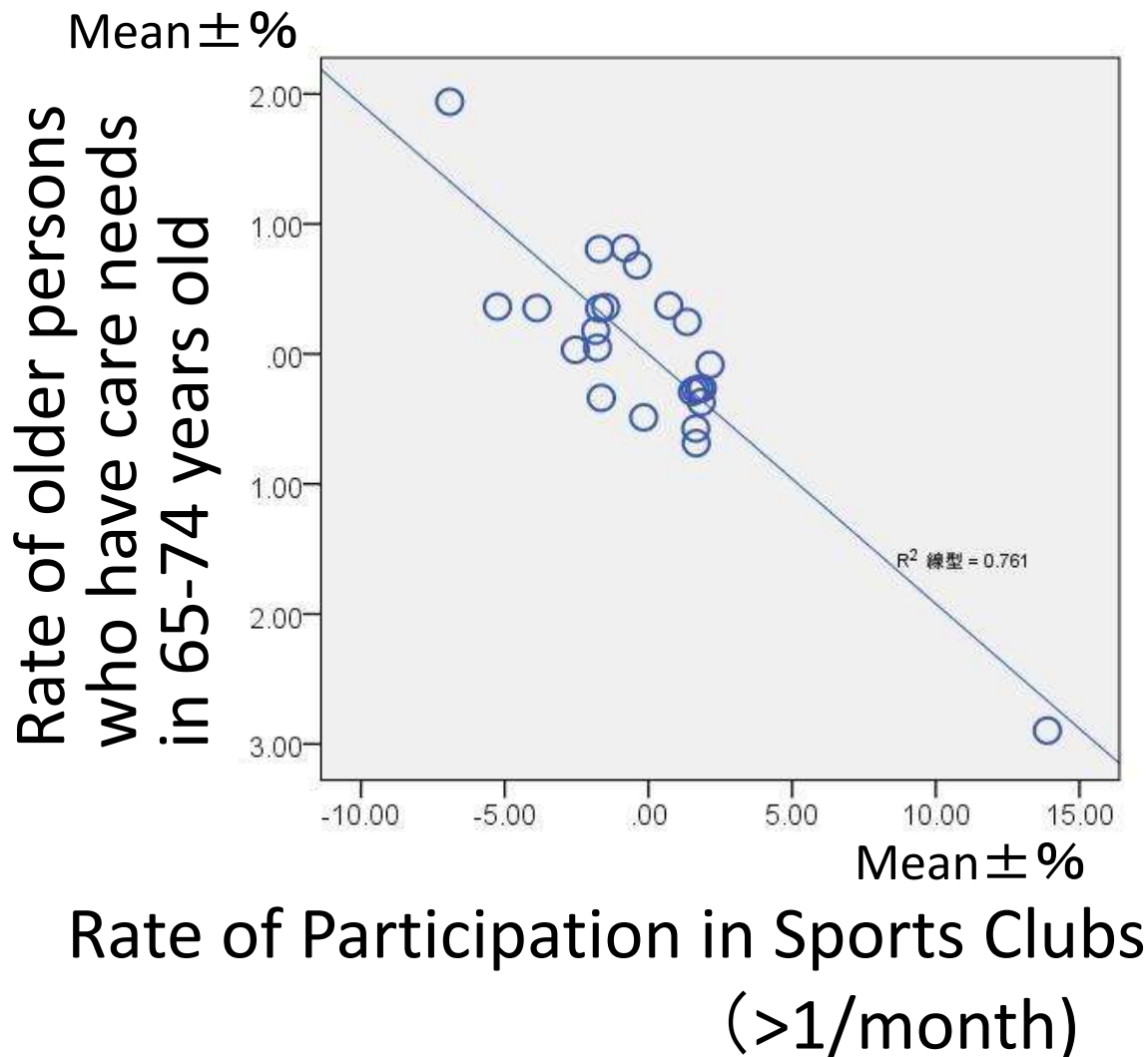
8 community organizations (political, industrial, volunteer, senior, religious, sports, hobby, neighborhood)

% of Participation in community organization

**A multi-variable analysis showed a significant relationship**

# Rate of functional declined & participation in sports clubs

伊藤, 近藤, 2013



JAGES 2010

(24 municipalities)

After adjustment the following rate:

- ① Having job,
- ② Living alone,
- ③ Educational Attainment (<9 years),
- ④ Taxable income

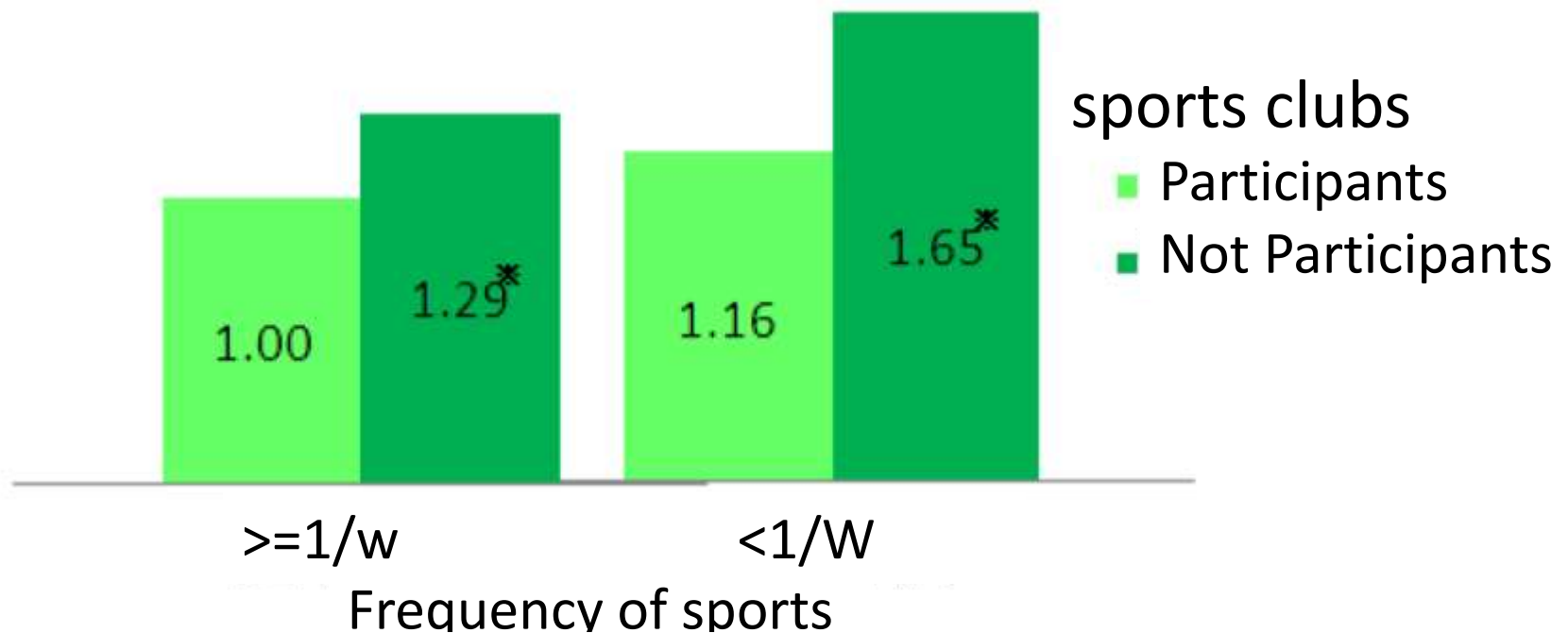
- ①~③: rate in 65-74 y.o.  
④ rate of all older persons

# Participation in sports clubs prevent functional decline

Kanamori 2013

• Subject: 11,581 older persons (4 years followed up from 2003)

\*は、 $p < .05$



Adjusting age, sex, income, Educational attainment, marital status, working, health status depression, smoking, drinking

# **An intervention trial promoting social participation among older people**

Taketoyo project & JAGES project

**Katsunori KONDO, Hiroshi HIRAI,  
Tokunori TAKEDA**

# Enjoyable Social Programs



← Ping-Pong

game →



Just chatting is very popular

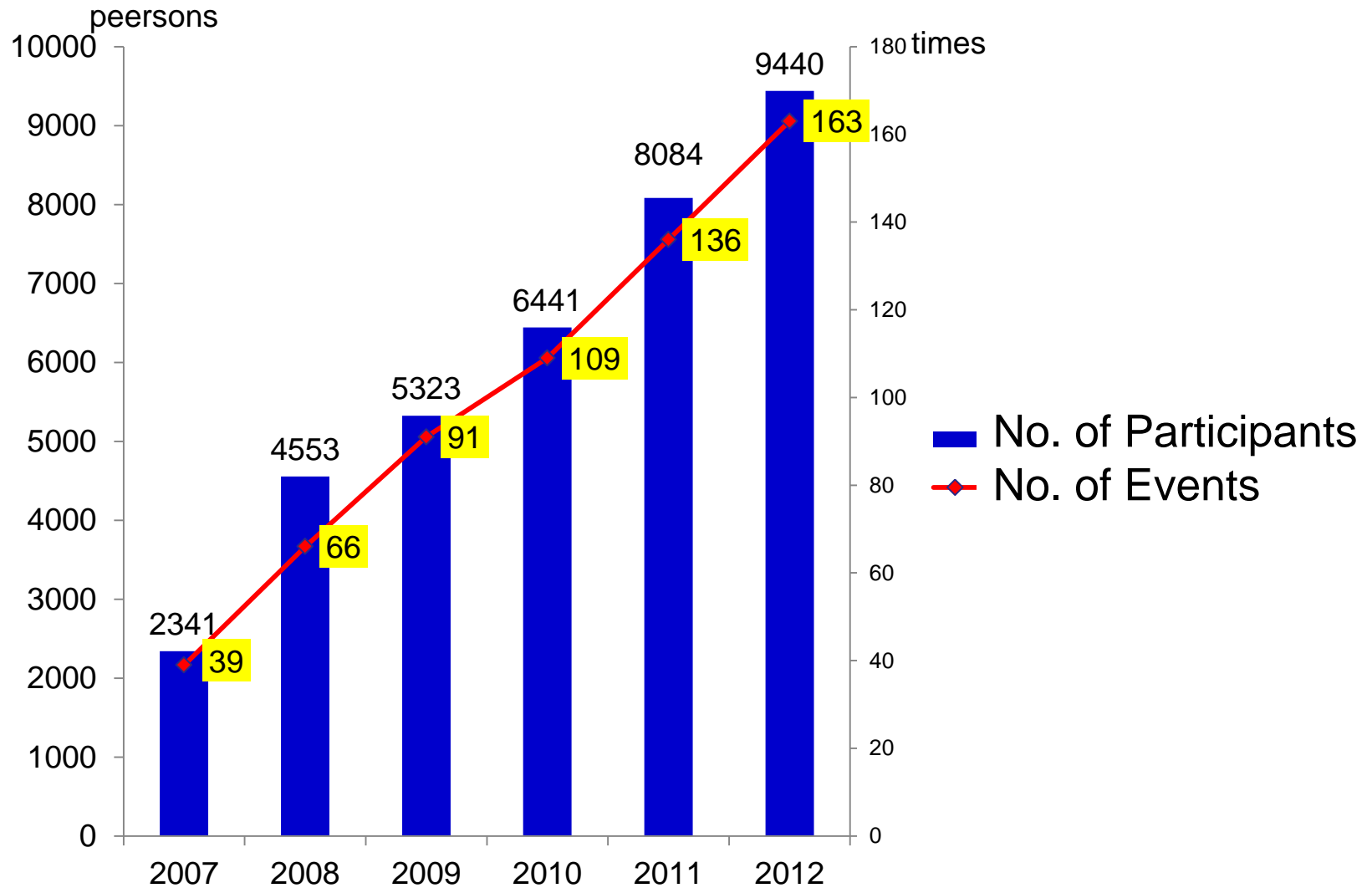
# Various programs

Making short poem  
instructed by volunteers



Physical exercise  
instructed by volunteers

# Trend in number of participants & events



**No. of site**

**3**

**5**

**7**

**8**

**8**

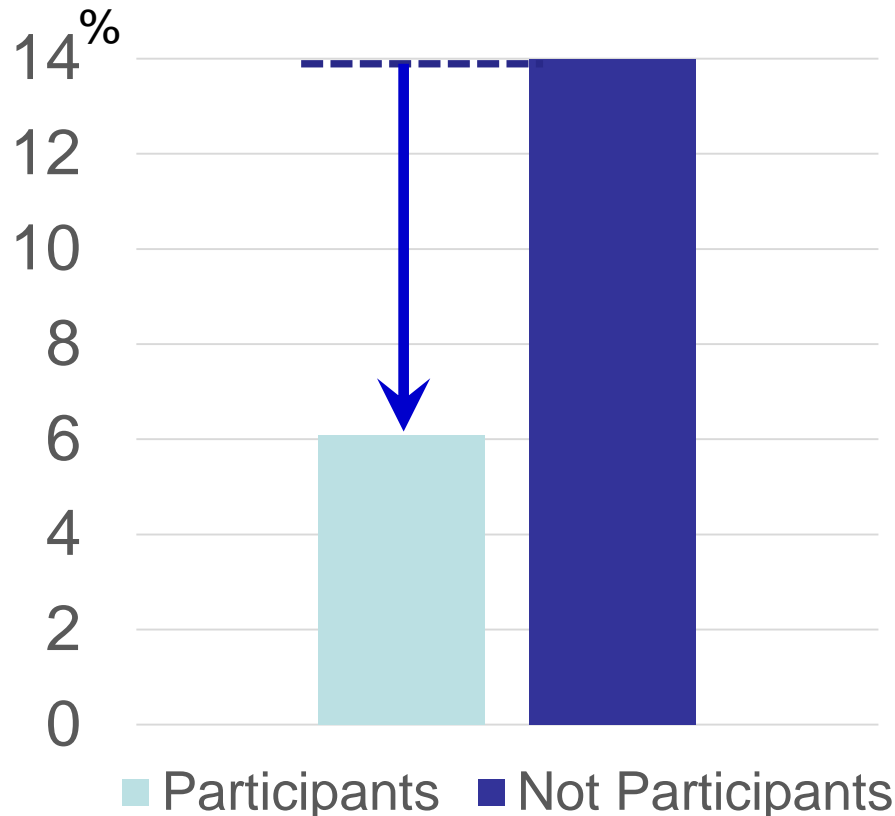
**10**

Source: Taketoyo town

# Participants keep functions

Takeotoyo project, 2014

% of persons function declined



N = 2178 312

Comparison between Participants and Not-participants in Takeotoyo project

8% point reduction during 5 years followed up



# Conclusions

- High-risk strategies by screening during health check-up seem to be ineffective.
- Another strategy focusing on social participation has been pursued.
- Communities with higher participation rate tend to show better health among older people.
- As the reduction of the rate of functional decline were observed in an intervention study, to promote social participation seem to be effective.