

### 3 Health and Welfare of Elderly People

#### Compared to international statistics, a lot of Japanese consider themselves healthy.

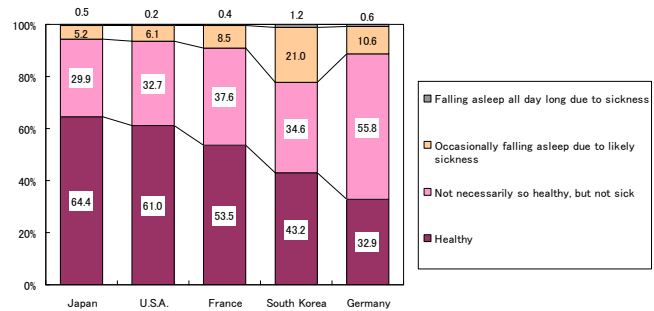
- Japan has not only the world's longest average life expectancy, but also the longest healthy life span (age when one can live independently and healthily). Comparing elderly people in four countries who consider themselves healthy (United States, Germany, France and South Korea), Japan holds the highest ratio of people who consider themselves healthy, at 64.4%. The second highest is America, with 61.0%, followed by France, 53.5%, South Korea, 43.2%, and Germany 32.9%. (Figure 1-2-25)

#### The rate of elderly people using medical services is high compared to the international standard

- From the results of comparison between the four countries: the United States, Germany, France and South Korea, on how often elderly people use medical services, it can be said that, although there are a lot of people in Japan who think of themselves as healthy compared to other countries, the total ratio of those who use medical services almost every day or about once in a month, occupies a high ratio at 56.8%, along with 56.7% in Korea, showing that the frequency of the use of medical services is higher compared to other countries. (Figure 1-2-29)

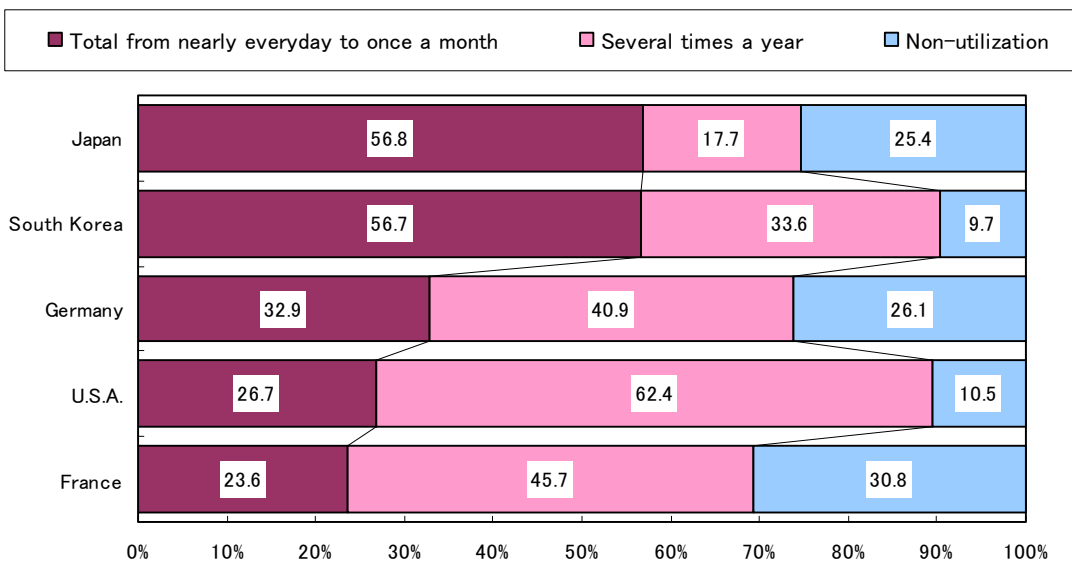
Figure 1-2-25

Awareness of the Elderly aged 60 or older of their Health (International comparison)



Source: Cabinet Office, "International Comparison Survey concerning Daily life and Awareness of the Elderly" (in 2006)

Figure 1-2-259 Situation with Utilization of Medical Services (International Comparison)



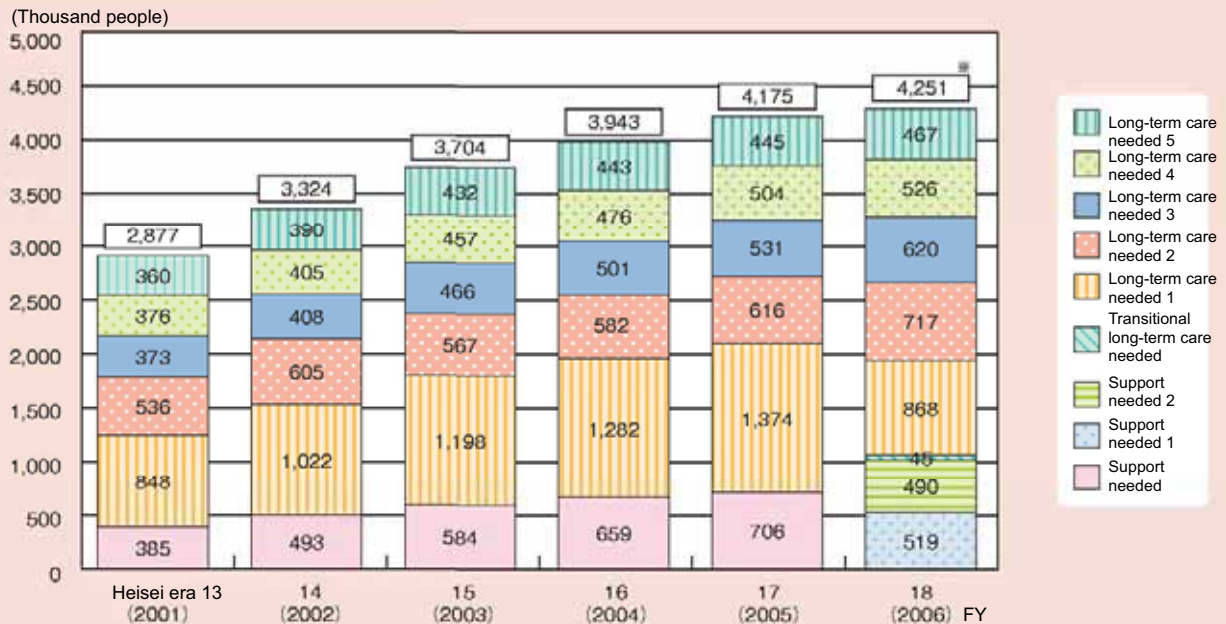
Source: Cabinet Office, "International Comparison Survey concerning the Daily Life and Awareness of the Elderly" in 2006

**The number of elderly people who require long-term care is rapidly increasing and it is higher in particular among the elderly aged 75 years or over**

○ Of those in the nursing care insurance system who are regarded as requiring long-term care or support, the number aged 65 years or over increased to 4.251 million at the end of the FY 2006, up 1.374 million from the end of FY 2001. (Figure 1-2-30)

○ 1.2% of people aged 65 to 74 are regarded as in need of support or long-term care, and 3.3% of them in need of long-term care. 6.6% of people aged 75 or over are regarded as in need of support or long-term care, and 21.4% of them in need of long-term care. Thus the ratio of those requiring nursing care increases dramatically when they reach 75 years or over. (Figure 1-2-31)

**Figure 1-2-30 Transition in number of Primary Insured People (aged 65 or older) certified by category as requiring nursing-care or support**



Reference: Ministry of Health, Labour and Welfare, *Nursing Insurance Business Situation Report*  
 (Note) Following the revision of the nursing insurance in April, 2006, the classification of nursing necessity has changed.  
 \* Draws on figures at the end of the FY 2006 in the *Tentative version of the nursing insurance business situation report of March, 2007*

**Figure 1-2-31 Situation with certification for requiring nursing care etc for the younger elderly and older elderly**

Unit 1000 people, percent in ( )

Elderly people between 65 & 74 years old		Elderly people 75 year old and over	
Support needed	Long-term care needed	Support needed	Long-term care needed
174 (1.2)	480 (3.3)	835 (6.6)	2,717 (21.4)

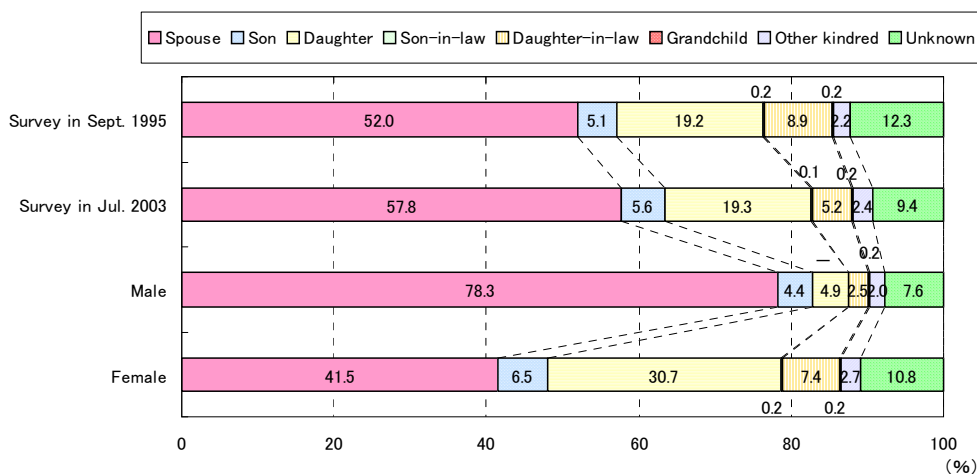
Reference: Calculated from the Ministry of Health, Labour and Welfare's *Tentative Version of Nursing Insurance Business Situation Report in March, 2007*, and the Ministry of Internal Affairs and Communications' *Population Estimate* (figures as of October, 2007).  
 (Note) Excluding those requiring transitional long-term care

**Family (particularly females) are main caregivers, and “care of the elderly by the elderly” has risen considerably**

○ Most elderly people, both male and female, want to be cared for by their spouse. With females, the ratio answering “daughters” was also high. Compared with previous survey results, the ratio for “spouse” has increased while the ratio for “daughter-in-law” has dropped. (Figure 1-2-34)

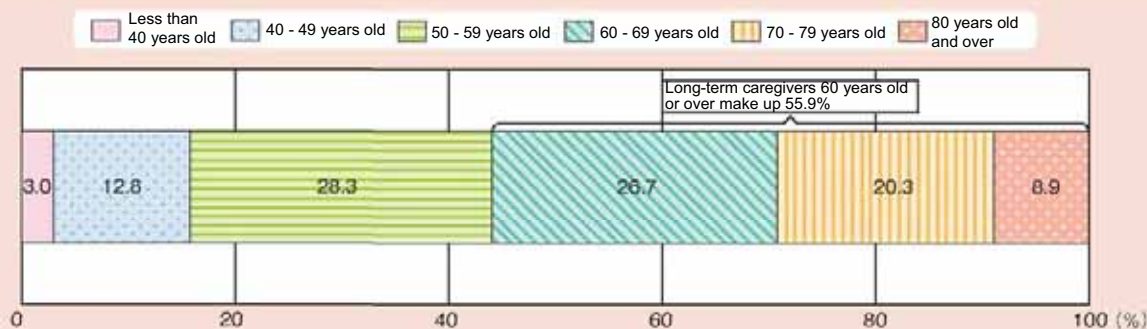
○ More than half of those who provide primary care to, and live with, those aged 65 or over who require long-term care, are themselves aged 60 years or over. In other words, “care for the elderly by the elderly” already exists in a significant number of cases. (Figure 1-2-36)

**Figure 1-2-34 From whom in the family is nursing care hopefully provided by**



Source: Cabinet Office. “Public opinion survey on the Care services for the Elderly”(produced since July 2003)  
 (Note 1): When asked about what types of care service are hoped for in your own home, as an object of persons who responded that they are “Hope to be cared by only family members”, “Hope for mainly family care and additionally utilization of outside homehelper’s cares”and “Hope to receive mainly outsider’s cares such as homehelpers and additionally family care”, the total is recounted by adding the queried results of “In that case, by whom in your family do you want to be cared”.  
 (Note 2): “—”shows no respondent

**Figure 1-2-36 Constituent ratio by age group of primary-care givers residing with people aged 65 or older requiring long-term care, etc.**



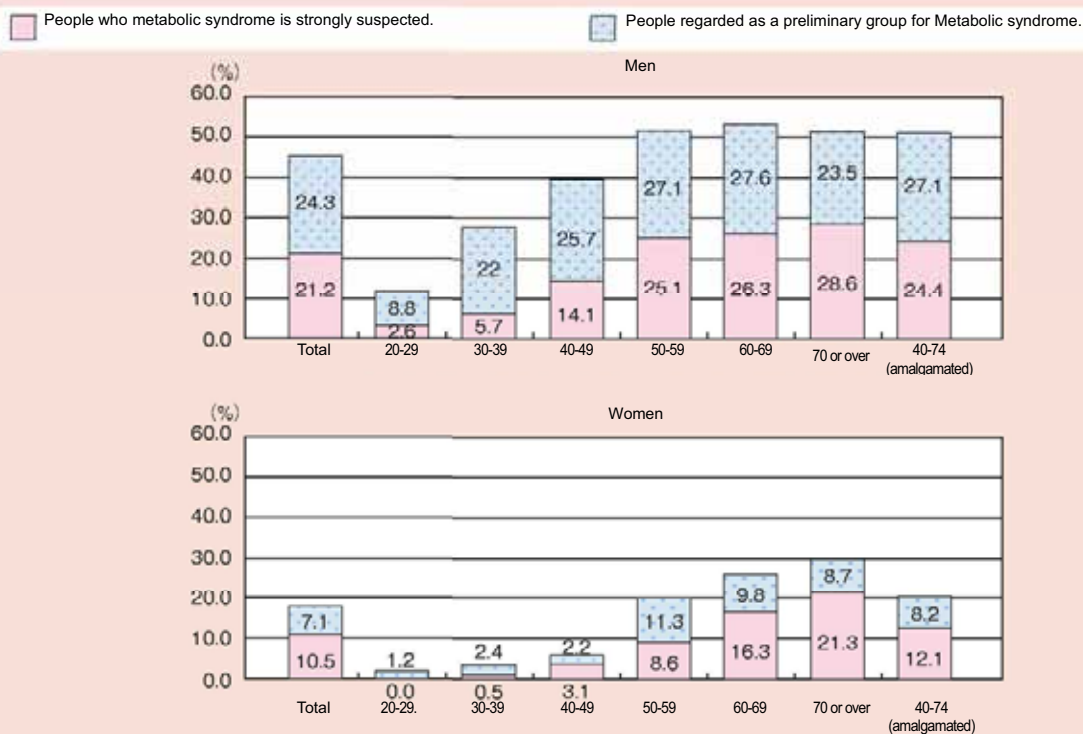
Reference: Ministry of Health, Labour and Welfare, *Basic Survey of National Life* (2004)  
 (Note) “Total” includes those requiring long-term care and those main care providers whose age is unknown.

**Health care from when Young is important.**

○ According to the *National Health and Nutrition Survey in Japan, 2006*, the total numbers of people strongly suspected of having metabolic syndrome or being in the early stages of it, for male, 45.3%, and for female, 18.6% (Figure 1-2-38). The percentage tends to

increase with age, especially from 40 years old and over. At ages 40 to 74, the percentages of those who are strongly suspected of having metabolic syndrome or being in the early stages of it are 50.5 percent (1 out of every 2 people) for males, and 19.8 percent (1 out of 5 people) for females.

**Figure 1-2-38 Current Situation with People who have Metabolic Syndrome or will Develop it in the Future**



Source: Ministry of Health, Labor and Welfare, The National Health and Nutrition survey in Japan 2006  
(Note)

People who Metabolic syndrome is strongly suspected: correspond to the following measures that a male's chest is over 85 cm, and a female is over 90 cm, and further he/she falls under two of the three items (blood lipid, blood pressure, blood sugar)  
People regarded as a preliminary group for Metabolic syndrome: correspond to the following measures that a male's chest is over 85 cm, and a female is over 90 cm, and further he/she falls under one of the three items (blood lipid, blood pressure, blood sugar.)