

Annual Report on  
the Ageing Society  
[Summary] FY 2019

June 2019  
Cabinet Office  
Japan

This Report concerns the state of ageing and statements on the implementation of measures adopted by the government for the ageing society and documents clarifying measures and policies to take in view of the state of societal ageing provided for under Article 8 of the Basic Law on Measures for the Ageing Society (Act No.129, 1995).

# Annual Report on the Ageing Society

The government submits this Report annually to the National Diet (Legal white paper) in accordance with the Basic Law on Measures for the Ageing Society. This edition is the 24th.

Basic Law on Measures for the Ageing Society

Article 8.1. The government shall submit a report annually to the National Diet concerning the state of the aging society and the implementation of measures for the aging society adopted by the government.

Article 8.2. The government shall prepare and submit to the National Diet annually a document which clearly describes the measures that will be adopted to take account of the state of the aging society as described in the report of the preceding paragraph.

## **Chapter 1 Situation of the Ageing Population**

Section 1 Situation of the Ageing Population (Trends in Ageing population and Projection for the Future)

Section 2 Trends of Living of the Elderly (Trends in Employment Rate by Age, Healthy Life Expectancy at Birth and Life Expectancy at Birth, Internet Usage Rate according to Trends in Age Bracket, Number of Fatal Accidents Caused by Drivers Aged 75 Years Old and Over, etc. )

Section 3 <Special Feature> Attitudes regarding Older People's Housing and Living Environments

<Topics>

1. Making a Dementia-Friendly City: Initiatives Taken by Obu City, Aichi Prefecture
2. Resident-led City Planning: Initiatives Taken by Nabari City, Mie Prefecture
3. Compact Plus Network: An Initiative for Compact City Planning in Toyama City to Respond to the Ageing Society

## **Chapter 2 Situation Regarding Implementation of the FY 2018 Measures for the Ageing Society**

Section 1 Fundamental Framework of Measures for the Ageing Society

Section 2 Implementation Status of Measures in each Field (Measures implemented by each government ministry during FY2018)

1. Employment and Income
2. Health and Welfare
3. Learning and Social Participation
4. Living Environment
5. Research Development and Contribution to the World
6. Promote Success of All Generations

## **Chapter 3 Measures for the Ageing Society in FY 2019**

Section 1 Basic Approach to Measures for the Ageing Society in FY 2019

Section 2 Measures for the Ageing Society in each Field (Measures implemented by each government ministry during FY2019)

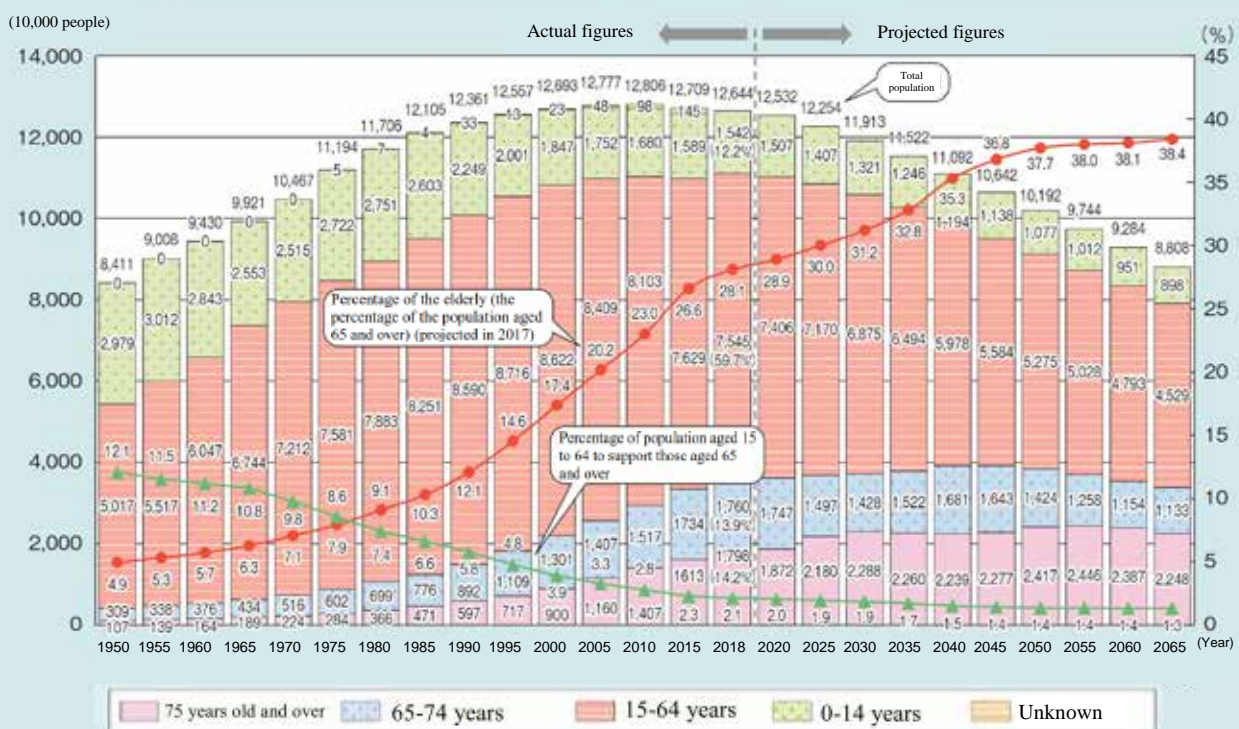
1. Employment and Income
2. Health and Welfare
3. Learning and Social Participation
4. Living Environment
5. Research Development and Contribution to the World
6. Promote Success of All Generations

# Chapter 1 Situation of the Ageing Population

## Section 1 Situation of the Ageing Population

- **The percentage of the elderly rises to 28.1%**
- ㊦ The total population of Japan is 126.44 million people as of October 1, 2018.
- ㊦ The number of the population aged 65 and over is 35.58 million. The percentage of the population aged 65 and over (percentage of the elderly) is 28.1%.
- ㊦ The population aged between 65 and 74 years is 17.6 million, accounting for 13.9% of the total population of Japan. The population aged 75 years and over is 17.98 million, accounting for 14.2% of the total population, and has overtaken the population aged 65-74 years in size.
- ㊦ By 2065, one in 2.6 people will be 65 years old and over, and one in 3.9 will be 75 years old and over.

Chart 1-1-1 Trends in Ageing population and Projection for the Future



Source: Rates of ageing in the bar graph and the solid line are based on data in "Population Census of Japan" (Ministry of Internal Affairs and Communications) for and before 2015, "Population Estimates (fixed value as of October 1, 2018)" (Ministry of Internal Affairs and Communications), for 2018, and "Population Projection for Japan: 2016-2065 (2017)" (National Institute of Population and Social Security Research) on the assumption that birth and death rates are ranked medium for and after 2020.

(Note 1) The population by age group after 2018 is based on the Statistical Bureau of the Ministry of Internal Affairs and Communications "Population census of the census age and nationality uncertainty (reference table)" of 2015. Since it is calculated based on the population who were categorized as the "age unknown", age unknown does not exist. In calculating the rates of ageing from 1950 to 2015, the "age unknown" is excluded from the denominator.

(Note 2) 136 foreigners (55 males, 81 females) aged 70 and over in 1950 and 23,328 people (8,090 males, 15,238 females) aged 70 and over in 1955 in Okinawa prefecture are excluded from the results by age groups.

(Note 3) Future Population Estimates projects future trends based on the demographic data obtained before a certain time. Deviation between the future estimates and actual result is likely to occur due to structural changes and other reasons occurring after the standard time, and the Future Population Estimates regularly reviews the estimation based on such results.

### What are "Older People"?

The term "older people" is applied to different subjects depending on context and systems, and there is no uniform definition. The Guideline of Measures for Ageing Society (decided by the Cabinet in February 2018) uses as a generally accepted term "older people" for the sake of convenience. In this white paper too, the term is used in its generally accepted sense except in cases in which the definitions in various statistics or systems are followed.

With regard to the classification of the definitions of older people, in March 2017 a document entitled "Redefining the elderly as aged 75 years and older: Proposal from the Joint Committee of Japan Gerontological Society and the Japan Geriatrics Society" proposed a new definition of older people as being those aged 75 years old and over.

## Section 2 Trends of Living of the Elderly

### ○ Trends in employment rate by age

ž As for employment rates by age groups, rates in 2018 for age 60 - 64, 65 - 69, and 70 -74 have increased to 11.6 points, 10.4 points, 8.4 points respectively, compared to that of 2008, ten years ago.

Chart 1-2-1 Trends in Employment Rate by Age



Source: Ministry of Internal Affairs and Communications "Labour Force Survey"

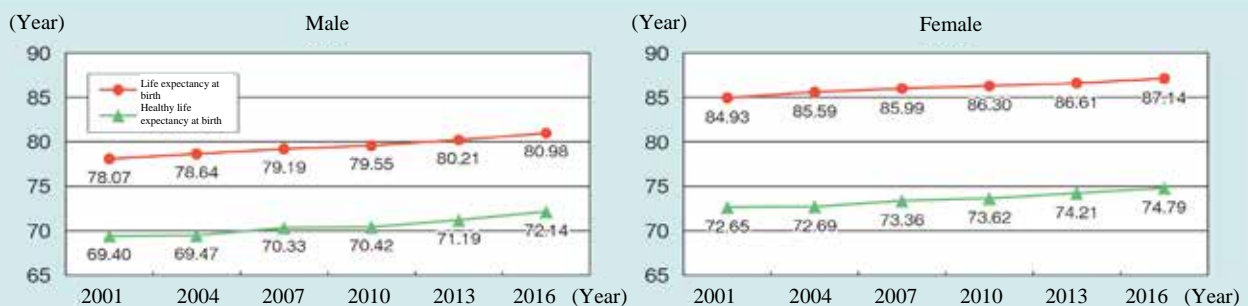
(Note 1) "Employment rate" is the percentage of employed persons among the population aged 15 and over.

(Note 2) In 2011, the implementation of the survey became temporarily difficult in Iwate Prefecture, Miyagi Prefecture and Fukushima Prefecture, so complementarily estimated values have been used.

### ○ Healthy life expectancy is lengthened by longer years than lengthening of life expectancy at birth

× The period during which daily life is not hindered (healthy life expectancy at birth) was 72.14 years for males and 74.79 years for females as of 2016. Compared to 2010, both became longer (2010 to 2016: males 1.72 years, females 1.17 years). The years lengthened in healthy life expectancy at birth is longer than that of life expectancy at birth (2010 to 2016: males 1.43 years, females 0.84 years).

Chart 1-2-2 Healthy Life Expectancy at Birth and Life Expectancy at Birth



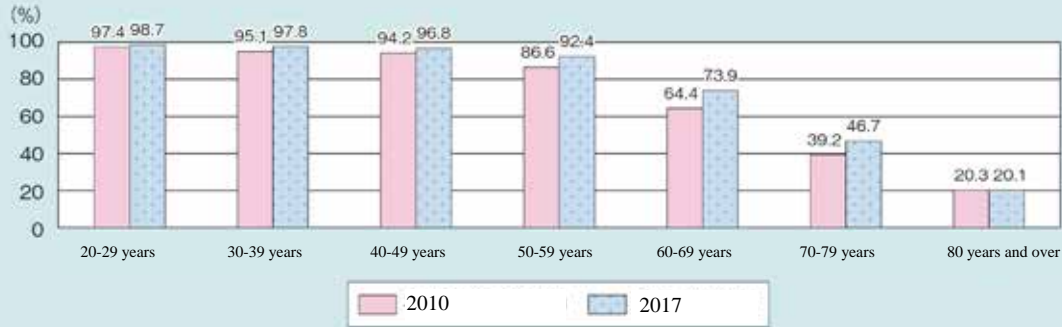
Sources: Life expectancy at birth: "Abridged Life Table," Ministry of Health, Labour and Welfare for 2001, 2004, 2007, 2013 and 2016 and "Complete Life Table," Ministry of Health, Labour and Welfare, for 2010

Healthy life expectancy at birth: Health and Labor Sciences Research Grant "Projection of the healthy life expectancy and the study on the cost-effectiveness of the measures against lifestyle diseases" for 2001, 2004, 2007, and 2010, "Reference Document for the 11th Promotion Specialized Committee of Healthy Japan 21 (the second term)" for 2013 and 2016.

**The number of older people who use the Internet is increasing**

Regarding the usage of the Internet by older people in the past year, an increase in the trend can be seen, if we compare the charts noted seven years ago by user's age group, the 60-69 age group was the largest with an increase of 9.5 points, followed by an increase of 7.5 points between the ages of 70 and 79, and it shows that people in 60s and 70s who use the internet are on an increasing trend.

Chart 1-2-3 Internet Usage Rate according to User Age Bracket



Source: Ministry of Internal Affairs and Communications "Communication Usage Trend Survey"  
(Note) Excluding no response

**The number of fatal accidents by drivers aged 75 and over per 100,000 driver's license holders aged 75 and over is decreasing**

The number of fatal accidents caused by drivers aged 75 and over per 100,000 driver's license holders aged 75 and over is decreasing. However, with regard to fatal accidents by drivers aged 80 and over in 2018, the number of fatal accidents was 252, and that of fatal accidents per 100,000 drivers' license holders aged 80 and over was 11.1, a slight increase compared to the previous year.

Chart 1-2-4 Number of Fatal Accidents Caused by Drivers Aged 75 Years Old and Over and Number of Fatal Accidents Caused by Drivers Aged 75 Years Old and Over per 100,000 Driver's License Holders



The number of driver's license holders aged 75 and over (10,000 people)

Year	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Total	283	304	324	351	375	403	425	447	478	513	540	564
Among them, 80 years old and over	98	109	119	131	141	155	169	180	196	209	221	227

Source: National Police Agency Statistics

### Section 3 <Special Feature> Attitudes regarding Older People’s Housing and Living Environments (outline)

Based on the results of the Cabinet Office’s 2018 “Survey on Older People’s Housing and Living Environments”, which was carried out nationwide with 1,870 men and women aged 60 or over , the distinctive survey results regarding housing, living environment and state of everyday activities are introduced below.

\*The survey included men and women aged 60 or over in order to ascertain not only older people’s attitudes but also any differences among the attitudes of the age group that has yet to reach the fully-fledged period of elderliness.

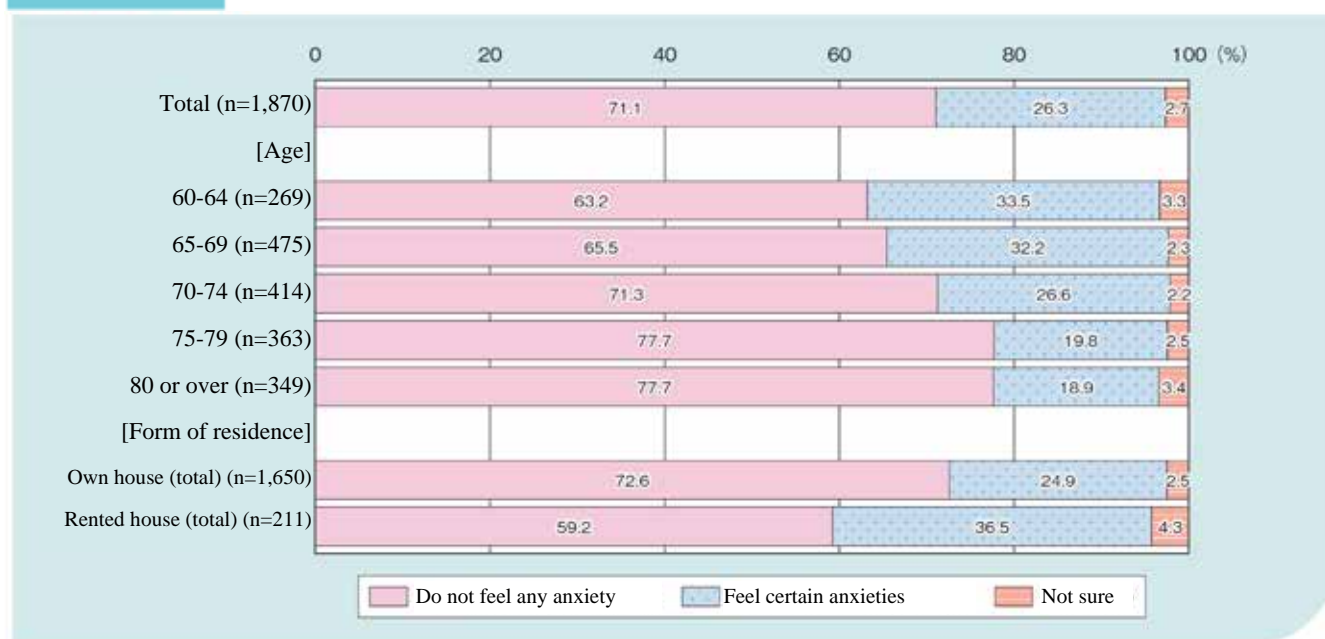
- o **The proportion of those feeling anxiety is higher among those living in rented house than among those living in their own house**

When those aged 60 or over were asked if they feel anxious about any aspects regarding future housing, 71.1% responded “Do not feel any anxiety,” with this rate increasing the older that the respondents were.

When broken down by form of residence, the response of “Feel certain anxieties” was higher (36.5%) among the total of those in rented house than the total of those in their own house (24.9%).

Furthermore, we asked those aged 60 or over who responded that they “Feel certain anxieties” what issues worried them. When broken down by form of residence, a relatively high proportion of those in their own house cited “The layout of the house when I become frail,” (29.7%), “Becoming unable to afford necessary repairs etc.,” (26.5%), and “the presence of somebody to look after me” (24.3%). On the other hand, a relatively high proportion of those in rented house cited “May be refused rented house due to old age” (19.5%) and “Unable to continue to pay rent” (18.2%) as sources of anxiety.

Chart 1-3-1 Do you feel anxious about any aspects regarding housing? (single answer) (by age and form of residence)



- **Over 90% of people aged 60 years and over intend to continue to live in the same area that they currently reside in.**

When men and women aged 60 years and over were asked if they intend to continue to live in the same area, 93.1% of them responded “Yes”.

- **“The mutual support of people in the neighborhood” was frequently cited as essential in order to continue to live with a sense of safety.**

When people aged 60 years and over who intend to continue to live in the same area were asked what was essential in order for them to continue to live with a sense of safety, the highest response was “The mutual support of people in the neighborhood” was the most frequently cited response (55.9%).

Furthermore, there is a trend that the older people are the higher is the proportion considering “Help of family and relatives” as essential.

Looked at according to state of cohabitation, the proportion of people citing “The mutual support of people in the neighborhood” was higher among two-generation (living with parents) and three-generation households than in other types of household.

Chart 1-3-2

**The Top Six Responses regarding What is Essential to Continue to Live with a Sense of Safety (multiple answers) (by gender, age and state of cohabitation) (people intending to continue to live in the same area = 100%)**

	The mutual support of people in the neighborhood	Help of family and relatives	Services related to health aspects such as regular doctor	Support from public organizations	Convenience of living environment such as modes of transport and commercial facilities	Financial reserves/assets	Nothing necessary
Total (n=1,741)	55.9	49.9	42.6	35.2	30.1	29.1	10.4
[Gender]							
Male (n=819)	50.4	46.2	41.3	34.1	27.7	30.3	13.7
Female (n=922)	60.8	53.3	43.8	36.2	32.2	28.1	7.5
[Age]							
60-64 years old (n=242)	54.5	47.1	40.1	41.7	38.4	40.1	6.2
65-69 years old (n=440)	55.0	46.1	42.7	39.8	33.4	35.5	10.0
70-74 years old (n=389)	58.1	48.6	45.5	36.2	32.4	27.5	11.1
75-79 years old (n=335)	59.1	51.9	43.6	31.0	28.1	25.4	14.0
80 years old and over (n=335)	52.5	56.4	40.0	27.5	19.1	18.5	9.6
[State of cohabitation]							
One-person households (n=232)	50.4	35.8	33.2	30.2	21.1	18.1	15.5
Couple-only households (n=708)	57.1	47.0	44.5	34.2	34.5	31.4	10.9
Two-generation households (living with parents) (n=60)	63.3	51.7	56.7	58.3	41.7	41.7	3.3
Two-generation households (living with children) (n=475)	53.9	53.7	45.5	39.2	29.7	30.7	8.0
Three-generation households (living with parents and children) (n=43)	67.4	53.5	41.9	53.5	41.9	48.8	9.3
Three-generation households (living with children and grandchildren) (n=187)	58.3	66.8	39.0	27.3	22.5	21.9	8.0
Other types of households (n=36)	58.3	52.8	25.0	16.7	13.9	27.8	25.0

\* In order to simplify the above chart “Private sector services” (13.5%), “Places for mutual support by several generations” (13.4%), “Others” (1.8%) and “Don’t know” (1.3%) have been omitted.

Note: The prerequisite for responses is those who responded “Yes” when asked if they intend to continue to live in the same area.



o **Large numbers of respondents age 60 years old and over use their own cars to go out.**

When those aged 60 years and over were asked how they go out the most common responses were “Car driven by myself” (56.6%) and “On foot” (56.4%). The responses “Bicycle” (22.4%), “Car driven by family member” (20.5%), “Train” (20.3%), “Bus” (20.2%) were around 20%.

o **A large number of people drive almost every day**

When those aged 60 years and over who drive their own car were asked about frequency of use, around two thirds (67.4%) responded “I drive nearly every day.”

Looking at the proportion of people who responded “I drive nearly every day” according to size of city they live in revealed that the smaller their home city the more likely they are to drive every day.

Furthermore, looked at according to age group, although the older they are the lower the frequency that they drive is, over half of those aged 80 years and over still drive nearly every day.

o **Views on driving cars in the future**

When those aged 60 years and over who use their own car to go out were asked what they thought about driving in the future, 40.4% responded that “I’m thinking of giving up driving when I reach a certain age,” and 39.8% responded that “I’m thinking of giving up driving if I feel that the deterioration of my eyesight is adversely affecting my driving.”

On the other hand, 11.5% responded that “I am thinking of continuing to drive regardless of my age or any physical disabilities.”

Chart 1-3-3

**Frequency with which You Drive Yourself When Going Out (single answer)**  
(by city size, gender and age) (I drive my car by myself when going out =100%)



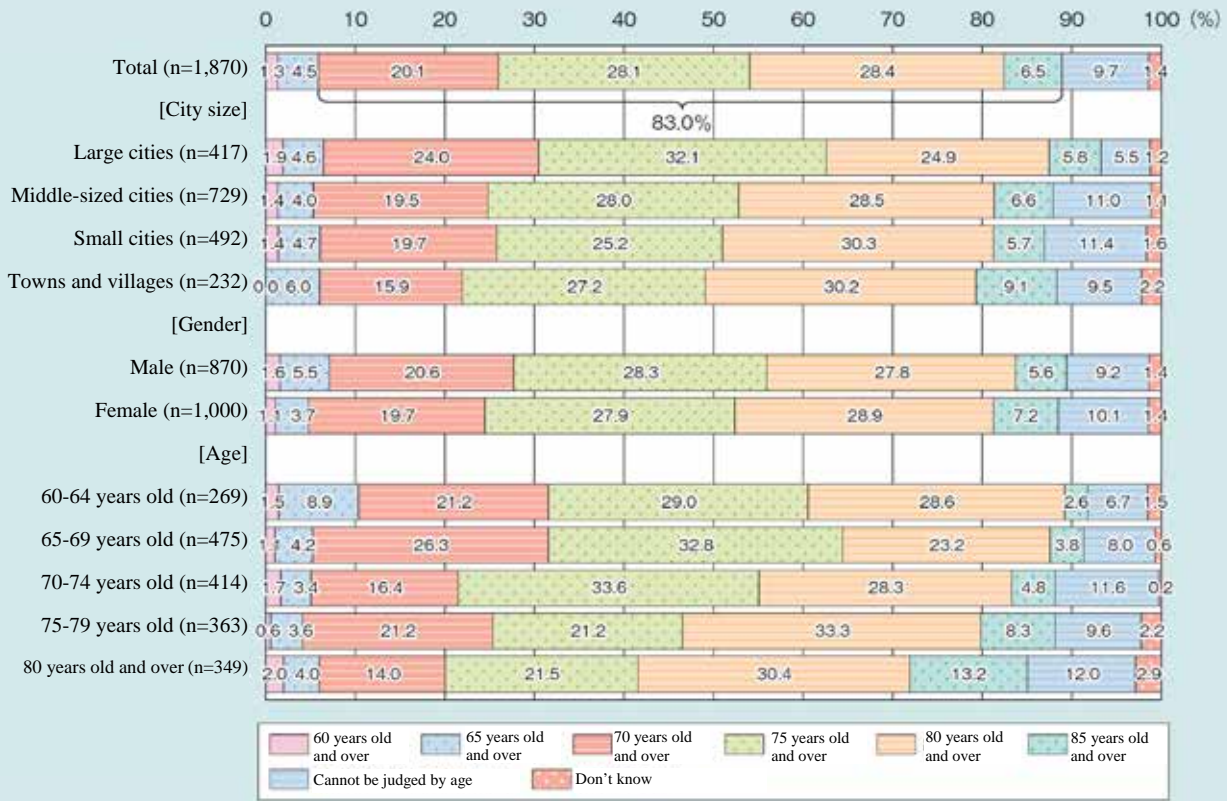
Note: The prerequisite for responses is those who responded that the method they used to go out was “Car driven by myself.”

o **From what age do you think older people require support?**

When those aged 60 years and over were asked from what age in general older people require support, those responding “60 years old and over” or “65 years old and over” were few, while around 80% cited the age of 70 years old and over. Looked at according to age group, the most frequent response among those between 60 and 74 years of age was “75 years old and over,” while the most frequent response among those aged 75 years and over was “80 years old and over.”

Chart 1-3-4

**The Age from which in General Older People Require Support (single answer)**  
(by city size, gender and age)



Note: As nobody responded “Another age” this responses has been omitted from the above chart.

## Topics

### 1. Making a Dementia-Friendly City: Initiatives Taken by Obu City, Aichi Prefecture

Obu City in Aichi Prefecture is carrying out a variety of city planning initiatives such as “a city that reduces risks of dementia” and “a city where people with dementia can live in peace of mind” in order to achieve its goal of a “Dementia-Friendly City, Obu.” One of these initiatives is the “Zero anxiety about dementia strategy” conducted in collaboration with the National Center for Geriatrics and Gerontology. This is a program conducted on Obu City that is based on projects consisting of “Brain and body health checks” to identify the factors influencing the problems of old age, the “Platinum longevity medical checks” that aim to make early diagnoses of weakening cognitive ability, and the “cogni-note,” a paper-based self-management program to prevent functional weakening.



(The photographs show the cogni-note and the transmission of cogni-note data.)

### 2. Resident-led City Planning: Initiatives Taken by Nabari City, Mie Prefecture

Nabari City in Mie Prefecture faces the major administrative problem of dealing with a declining population, an increasingly aged population and the sudden surge in the ageing society. In order to address these issues, it has established “City planning organizations” in 15 districts roughly based on the intake areas of elementary schools, and simultaneously founded a local budget system called the “Dream-making regional grant” in order to support city planning activities in each community without any restrictions on the way the funds are used, subsidy rates or project, thereby promoting resident-led city planning in which the residents think and act for themselves. It is possible for these grants to be used as the financial source for all sorts of activities, and is a system that can be flexibly adopted to community issues with the residents playing the leading role. The various city planning organizations in each district conduct activities such as providing domestic help for elderly households and checking on their safety, as well as learning support activities by the older people.



(The photographs show lifestyle support activities and learning support.)

### 3. Compact plus network: An Initiative for Compact City Planning in Toyama City to Respond to the Ageing Society

Toyama City was the first in Japan to aim to become “A city easy to live in for all generations,” and by pursuing a “compact city planning” in which the transport network was revitalized and people can live with ease and good health by walking and not being reliant on cars, it is conducting initiatives to create a society where older people can live with peace of mind and in their own way. In addition, in order to achieve a society where residents can continue to live at ease even if they start to require care the city has established comprehensive community support centers at 32 locations, that serve as general consultation points for the older people, and centers for community care and care prevention, thereby involving itself in the creation of communities where residents can live with peace of mind.



(The photographs show the Toyama Light Rail trams and the Toyama City Machinaka General Care Center.)