

**Annual Report  
on the Ageing Society  
[Summary] FY2022**

**June 2022  
Cabinet Office  
Japan**

This Report concerns the state of ageing and status of the implementation of measures adopted by the government for the ageing society, and documents measures to take in view of the state of societal ageing 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 27th.

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 ageing society and the implementation of measures for the ageing 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 ageing 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 Group, Trends in Healthy Life Expectancy at Birth and Life Expectancy at Birth, Number of Fatal Accidents Caused by Drivers Aged 75 and Over, etc.)

Section 3 <Special Feature> Survey on the Elderly's Daily Lives and Participation in Local Communities (outline)

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1. An example of green slow mobility initiatives
2. An example of initiatives to connect the elderly with the community by digital technology
3. An example of initiatives to promote elderly employment
4. An example of initiatives to promote elderly participation in social activities
5. An example of initiatives to create a community where everyone can live a healthy life

## Chapter 2 Situation Regarding Implementation of the FY 2021 Measures for the Ageing Society

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Section 2 Implementation Status of Measures in each Field (Measures implemented by each government ministry and agency during FY 2021)

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 2022

Section 1 Basic Approach to Measures for the Ageing Society in FY 2022

Section 2 Measures for the Ageing Society in each Field (Measures implemented by each government ministry and agency during FY 2022)

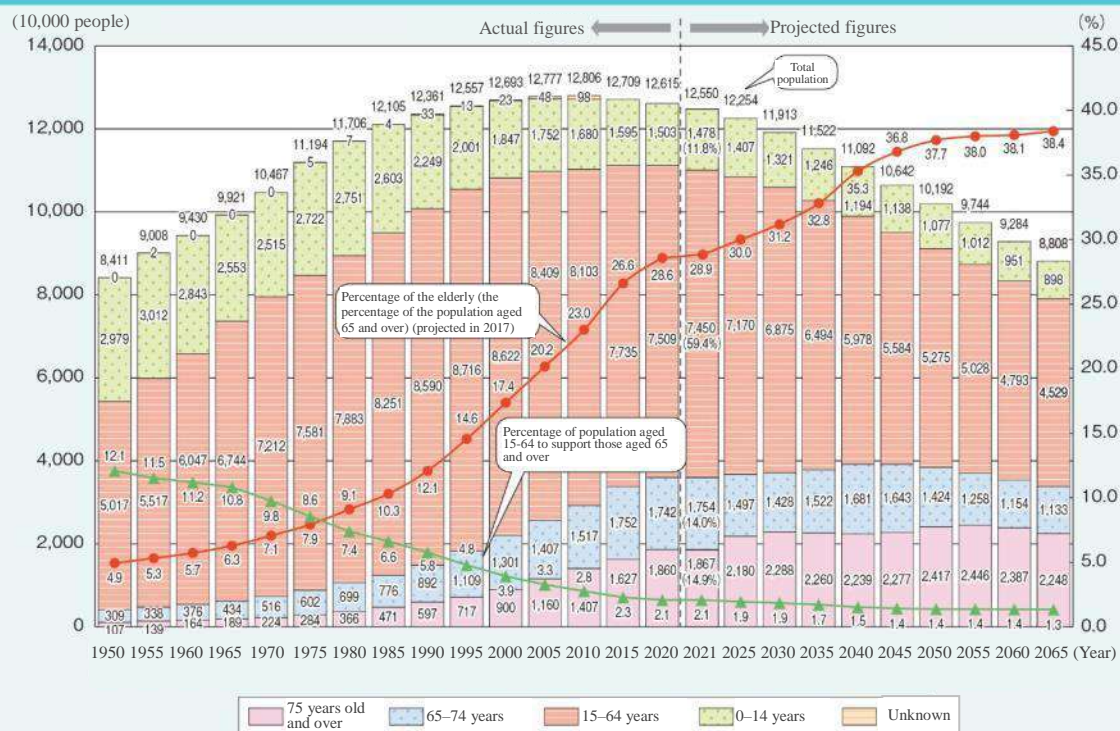
1. Employment and Income
2. Health and Welfare
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5. Research Development and Contribution to the World
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# Chapter 1 Situation of the Ageing Population

## Section 1 Situation of the Ageing Population

- **The percentage of the elderly rises to 28.9%**
  - The total population of Japan is 125.50 million people as of October 1, 2021.
  - The number of the population aged 65 and over is 36.21 million. The percentage of the population aged 65 and over (percentage of the elderly) is 28.9%.
  - The number of the population aged 65-74 is 17.54 million, accounting for 14.0% of the total population. The population aged 75 and over is 18.67 million, accounting for 14.9% of the total population, and has overtaken the population aged 65-74 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: With regard to the ageing rate shown in the bar graph and solid line, the figures are taken up until 2020 from the Ministry of Internal Affairs and Communications (MIC) Population Census (figures in 2015 and 2020 are based on the results with imputation), from MIC's Population Estimates for 2021 (as of October 1, 2021 (estimated according to the 2020 Population Census)), and from 2025 onwards from the projection based on the medium fertility variants with a medium-mortality assumption in the National Institute of Population and Social Security Research's Population Projections for Japan (2017).

(Note 1) The population by age group in 2015 and 2020 is based on the results with imputation, so "age unknown" does not exist. The population by age group after 2025 is based on the "Population census of the census age and nationality uncertainty (reference table)" of 2015 by MIC's Statistical Bureau, so "age unknown" does not exist. In calculating the rates of ageing from 1950 to 2015, the "age unknown" is excluded from the denominator. However, in calculating the rates for 1950 and 1955, the part of the Okinawa Prefecture population shown in (Note 2) is not included in the "age unknown."

(Note 2) 136 foreigners (55 males and 81 females) aged 70 and over in Okinawa Prefecture in 1950 and 23,328 people (8,090 males and 15,238 females) aged 70 and over in 1955 are excluded from the population aged 65 - 74 or aged 75 and over, and included in the "age unknown."

(Note 3) Population projections represent the future trends of population based on the demographic data obtained before the base year. Deviation between the projection and actual result is likely to occur due to structural changes and other reasons occurring after the base year, and the population projections are regularly revised based on such results.

(Note 4) Totals do not necessarily add up to 100% due to rounding off.

### Who are the elderly?

The term "the elderly" 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 "the elderly" 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.

For the classification and the definitions of the elderly, the "Working Group Report on the Definition of the Elderly" (March 2017) from the Joint Committee of Japan Gerontological Society and the Japan Geriatrics Society proposes to newly define people aged 75 and over as the elderly.

The Guideline of Measures for Ageing Society also states that the general tendency to uniformly regard people aged 65 and over as "the elderly" is no longer realistic in light of the current situation.

Note that, in principle, the elderly are described in this White Paper separately as those aged 65-74 and those aged 75 and over.

## Section 2 Trends of Living of the Elderly

### ○ Trends in employment rate

- As for employment rates, rates in 2021 for age 60–64, 65–69, 70–74 and 75 and over have increased to 14.4 points, 14.1 points, 9.8 points and 2.1 points, respectively, compared to that of 2011, ten years ago.

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



Source: "Labor Force Survey," Ministry of Internal Affairs and Communications

(Note 1) Annual average

(Note 2) The "Employment Rate" represents a percentage of employed persons in the population aged 15 and over.

(Note 3) 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 at birth is increasing more than the increase of life expectancy at birth

- Average period of time spent without limitation in daily activities (healthy life expectancy at birth) was 72.68 years for males and 75.38 years for females as of 2019. Compared to 2010, both became longer (2010 to 2019: males 2.26 years, females 1.76 years). The increase of healthy life expectancy at birth is larger than that of life expectancy at birth (2010 to 2019: males 1.86 years, females 1.15 years).

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

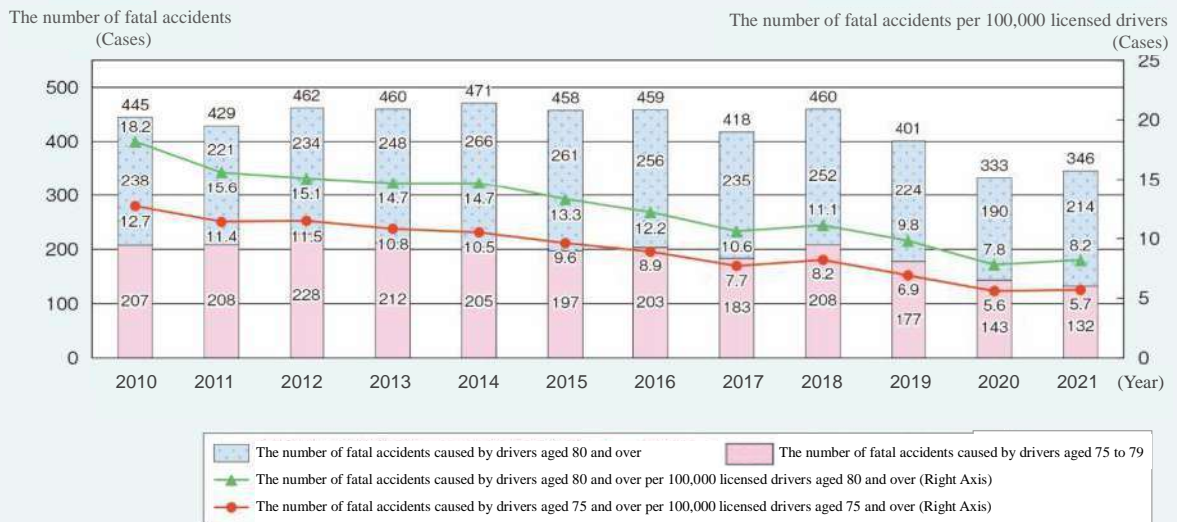


Sources: Life expectancy at birth: "Abridged Life Table," Ministry of Health, Labour and Welfare for 2001, 2004, 2007, 2013, 2016 and 2019 and "Complete Life Table," Ministry of Health, Labour and Welfare, for 2010

Healthy life expectancy at birth: "Reference Document for the 16th Promotion Specialized Committee of Healthy Japan 21 (the second term)," Ministry of Health, Labour and Welfare

- **The number of fatal accidents per 100,000 licensed drivers aged 75 and over is decreasing**
  - The number of fatal accidents per 100,000 licensed drivers aged 75 and over is decreasing. However, in 2021, the number of fatal accidents per 100,000 licensed drivers aged 75 and over was 5.7, and per 100,000 licensed drivers aged 80 and over was 8.2, both of which slightly increased from the previous year.

Chart 1-2-3 Number of Fatal Accidents Caused by Drivers Aged 75 and Over and Number of Fatal Accidents Caused by Drivers per 100,000 Licensed Drivers aged 75 and Over



The number of licensed drivers aged 75 and over (10,000 people)

2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
351	375	403	425	447	478	513	540	564	583	590	610
Among them, aged 80 and over											
131	141	155	169	180	196	209	221	227	229	243	262

Source: National Police Agency Statistics

(Note 1) The number of driver's license holders for each year is as of the end of December.

(Note 2) The total number of fatal traffic accidents in which the person with main responsibility for the accident was driving a moped 1st class or larger vehicle.

## Section 3 <Special Feature> Survey on the Elderly's Daily Lives and Participation in Local Communities (outline)

The Cabinet Office conducts annual surveys on measures for an aging society regarding the areas of "Employment and Income," "Health and Welfare," "Learning and Social Participation," "Living Environment," and "Research Development and Contribution to the World" in accordance with The Guideline of Measures for Ageing Society (decided by the Cabinet in February 2018). In December of FY2021, a "Survey on the Elderly's Daily Lives and Participation in Local Communities" was conducted. Some of the results are as follows.

While this survey targeted men and women aged 60 and over, this White Paper presents the aggregate results for men and women aged 65 and over.

### 1. Degree to which you feel fulfilled in life

22.9% of respondents said they "feel sufficiently fulfilled" and 49.4% said "feel somewhat fulfilled," a total of 72.3%.

Chart 1-3-1 Degree to Which You Feel Fulfilled (Pleasure and Enjoyment) in Life (by Age and Gender)

(%)

		Sufficiently fulfilled	Somewhat fulfilled	Not very fulfilled	Totally unfulfilled	Unclear/no response
65 years old and over	Overall (n=2,049)	22.9	49.4	17.8	2.7	7.2
	Male (n=984)	23.0	50.1	19.2	2.1	5.6
	Female (n=1,065)	22.9	48.7	16.4	3.2	8.7
65-74 years	Male (n=565)	24.2	52.9	17.2	1.8	3.9
	Female (n=545)	25.7	51.0	14.9	1.8	6.6
75 years old and over	Male (n=419)	21.2	46.3	22.0	2.6	7.9
	Female (n=520)	20.0	46.3	18.1	4.6	11.0

Note that the totals of respondents do not necessarily add up to 100% due to rounding off.



## 2. Daily life conditions

### (1) Nature of interaction with neighbors

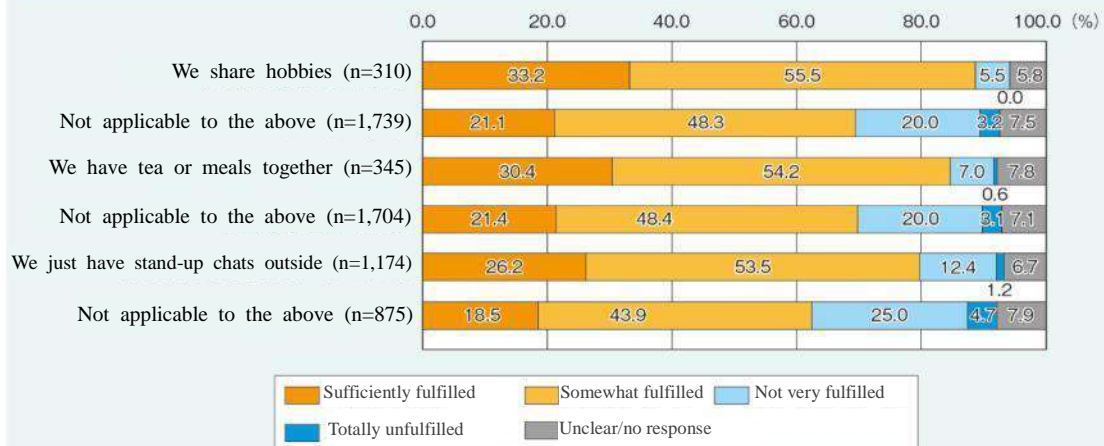
82.8% of respondents said they "would greet each other when met," and 57.3% said they "just have stand-up chats outside."

The percentage of respondents who answered that they "feel sufficiently fulfilled" in life was 33.2% for those who "share hobbies," 30.4% for those who "have tea or meals together," and 26.2% for those who "just chat outside," all higher than those who do not engage in such acquaintanceships.

Chart 1-3-2 Nature of Interaction with Neighbors (Multiple Response) (by Age and Gender)

		We greet each other if we meet	We just have stand-up chats outside	We give and receive things from each other	When I have something to discuss I consult with or am consulted by others	We have tea or meals together	We share hobbies	We help each other when people are ill	I perform or am helped in menial household chores	Others	Unclear/no response
		(%)									
65 years old and over	Overall (n=2,049)	82.8	57.3	50.8	20.3	16.8	15.1	7.5	7.3	2.9	0.7
	Male (n=984)	83.9	50.9	46.2	17.2	10.1	14.5	6.0	7.3	2.0	0.4
	Female (n=1,065)	81.7	63.2	54.9	23.2	23.1	15.7	8.9	7.2	3.8	1.0
65-74 years	Male (n=565)	86.0	49.0	43.4	12.6	6.2	10.6	3.4	5.5	1.8	0.2
	Female (n=545)	84.2	68.4	54.7	21.3	22.6	12.3	6.6	3.5	1.8	0.2
75 years old and over	Male (n=419)	81.1	53.5	50.1	23.4	15.3	19.8	9.5	9.8	2.4	0.7
	Female (n=520)	79.0	57.7	55.2	25.2	23.7	19.2	11.3	11.2	5.8	1.9

Chart 1-3-3 Degree to Which You Feel Fulfilled in Life (by Nature of Interaction with Neighbors)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.



## (2) To what extent do you have close friends and companions?

The highest percentage of respondents (39.1%) answered that they "feel I have a normal amount of friends and companions," followed by those who "feel I have a few" (35.1%), and together with those who "feel I have many" (5.3%), 79.6% of respondents answered that they have close friends and companions.

The more close friends and companions that respondents have, the higher the percentage of those who said they "feel sufficiently fulfilled" in life.

Chart 1-3-4 To What Degree Do You Feel You Have Close Friends and Companions? (by Age and Gender)

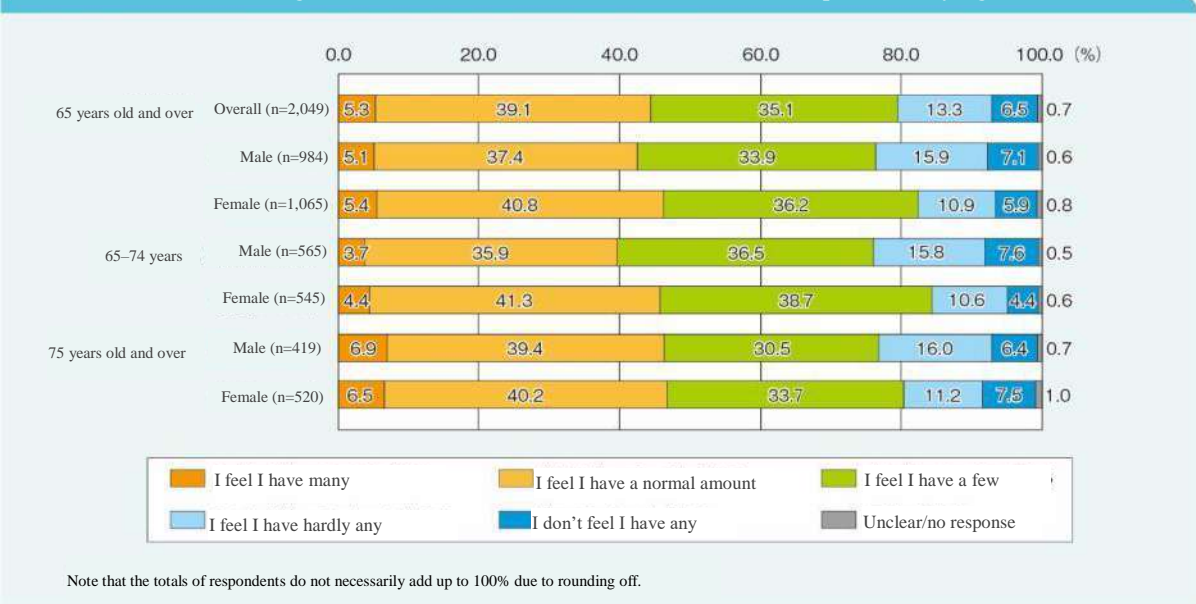


Chart 1-3-5 Degree to Which You Feel Fulfilled in Life (by Degree of Feeling You Have Friends and Companions)

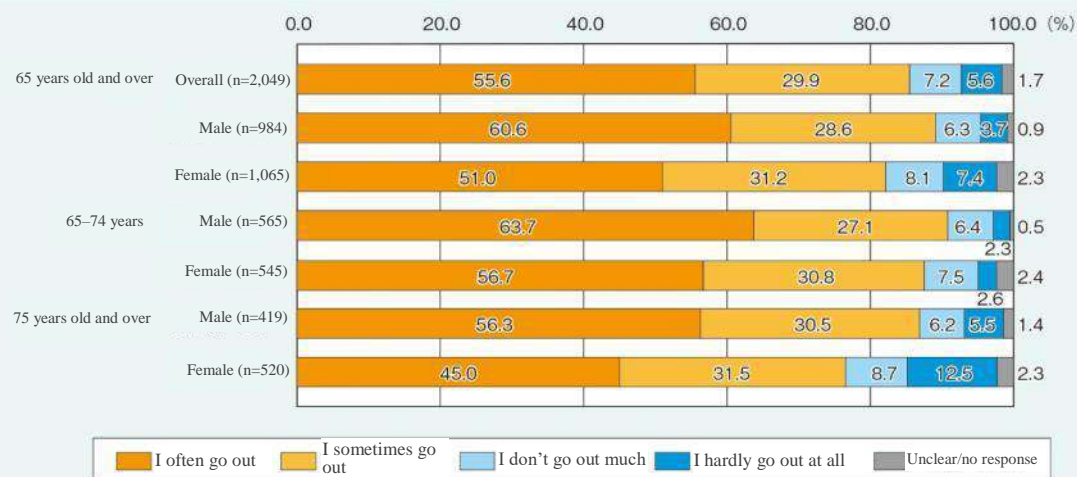


### (3) Going out in daily lives

55.6% of respondents said they "often go out" and 29.9% said they "sometimes go out," a total of 85.5%.

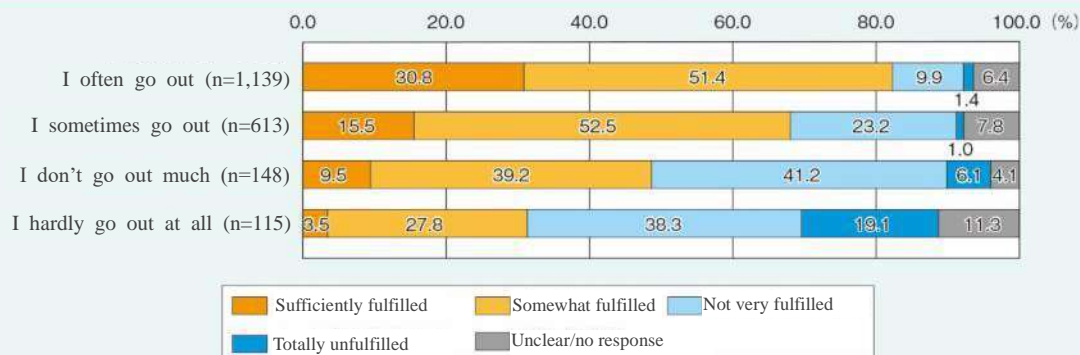
The higher the frequency of going out, the higher the percentage of those who said they "feel sufficiently fulfilled" in life.

Chart 1-3-6 Do You Go Out? (Including for Walks) (by Age and Gender)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.

Chart 1-3-7 Degree to Which You Feel Fulfilled in Life (by Frequency of Going Out)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.

#### (4) Use of information devices

The number of respondents who said they "gather information and shop on the internet" was the highest (23.7%). On the other hand, 17.0% of respondents answered that they "do not use any information devices," with a particularly high percentage of those aged 75 and older saying so.

The percentage of respondents who answered that they "feel sufficiently fulfilled" in life was 10.3% for those who "do not use any information devices," while the percentage was more than 30% for those who responded "I contact my family and friends via computer e-mail," "gather information and shop on the internet," or "use SNS (Facebook, Twitter, LINE, Instagram, etc.)."

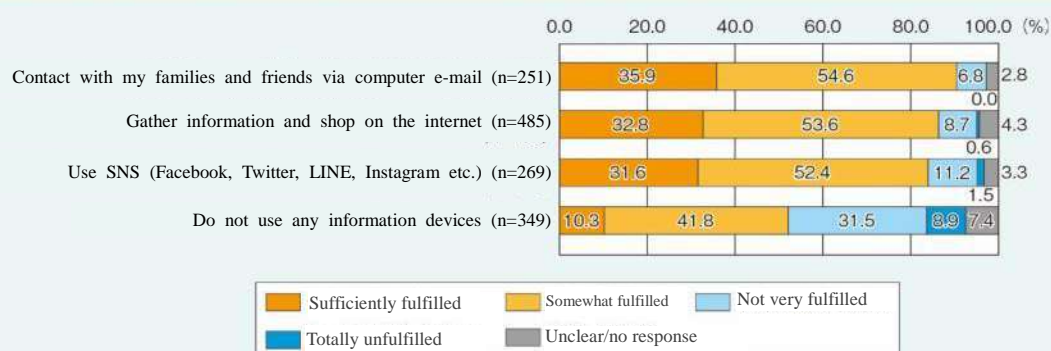
Chart 1-3-8 Use of Information Devices (Multiple Response) (by Age and Gender)

(%)

		Gather information and shop on the internet	Use SNS (Facebook, Twitter, LINE, Instagram etc.)	Contact with my families and friends via computer e-mail	Do not use any information devices
65 years old and over	Overall (n=2,049)	23.7	13.1	12.2	17.0
	Male (n=984)	32.9	15.7	18.1	15.5
	Female (n=1,065)	15.1	10.8	6.9	18.4
65-74 years	Male (n=565)	44.2	21.6	22.3	8.5
	Female (n=545)	24.0	15.8	9.7	7.5
75 years old and over	Male (n=419)	17.7	7.6	12.4	25.1
	Female (n=520)	5.8	5.6	3.8	29.8

Note that the responses to "use of information devices" consist of "Contact with my families and friends via computer e-mail," "Gather information and shop on the internet," "Use SNS (Facebook, Twitter, LINE, Instagram etc.)," "Contact family and friends and using faxes," "Contact family and friends using mobiles phones or smartphones," "Write on, create and maintain websites or blogs," "Conduct net banking and financial transactions (shares and insurance deals etc.)," and "Complete government or local government procedures over the internet (e-government, e-municipalities)." The response "I don't use information devices," means people who did not select any of the above responses.

Chart 1-3-9 Degree to Which You Feel Fulfilled in Life (by Use of Information Devices)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.

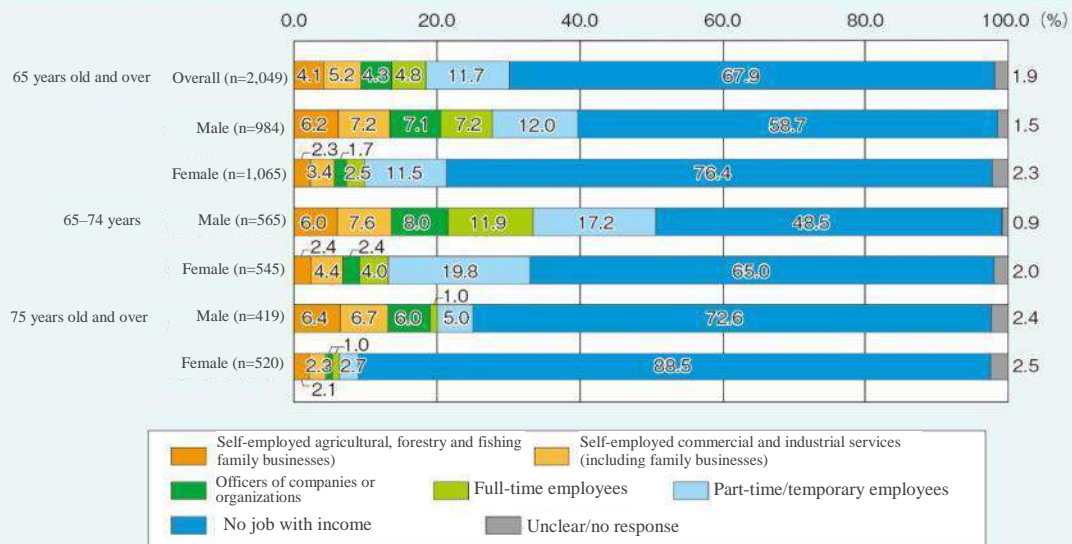
### 3. Participation in social activities, etc.

#### (1) Current job with income

A total of 30.2% of self-employed agricultural, forestry and fishing workers, self-employed commercial and industrial service workers, officers of companies or organizations, full-time employees, and part-time/temporary employees answered that they "have a job with income."

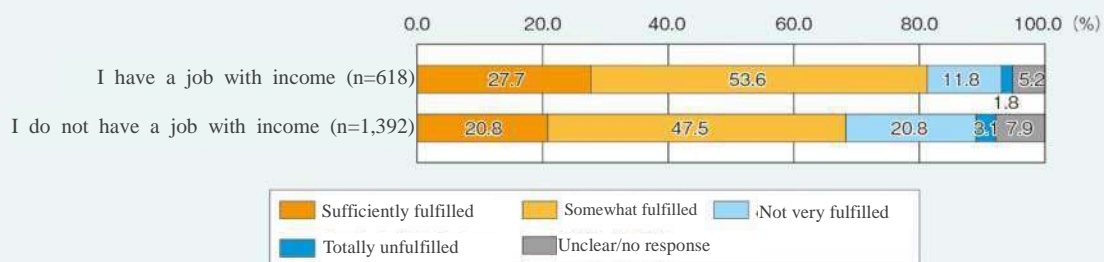
A higher percentage of respondents who have a job with income said they "feel sufficiently fulfilled" in life than those who don't have a job.

Chart 1-3-10 Current Job with Income (by Age and Gender)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.

Chart 1-3-11 Degree to Which You Feel Fulfilled in Life (Depending on Respondents Having a Job With Income or Not)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.

## (2) Participation in social activities

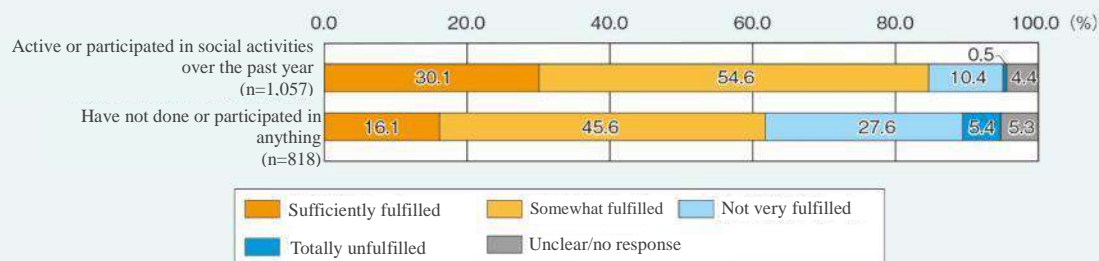
51.6% of respondents participated in social activities. Popular activities include "Health-related and sports (gymnastics, walking group, gateball, etc.)" (27.7%) and "Hobbies (haiku, shigin (poetry chanting), pottery, etc.)" (14.8%).

A higher percentage of respondents who are participating in social activities said they "feel sufficiently fulfilled" in life than those who aren't.

Chart 1-3-12 Participation in Social Activities over the Past Year (Multiple Response) (by Age and Gender)

		Health and sports (exercising, walking clubs, gateball etc.)	Hobbies (haiku, poetry singing, pottery etc.)	Local events (helping to fold festivals and local events)	Living environment improvements (tidying up streets and parks etc., planting trees and flowers, community planting etc.)	Manufacture and employment (gardening, feeding animals, senior volunteer centers etc. for raising trees)	Safety control (road safety, crime/disaster prevention etc.)	Education and culture-related activities (study groups, lecturing clubs, clubs, handing down local arts etc.)	Help for the aged (help with housework and mobility etc.)	Childrearing support (childcare help etc.)	Others	Active or participated in over the past year (reprinted)	Have not been active in or participated in anything	Unclear/no response
65 years old and over	Overall (n=2,049)	27.7	14.8	13.2	10.1	7.4	6.1	4.6	2.4	2.0	2.3	51.6	39.9	8.5
	Male (n=984)	26.3	11.3	19.1	14.7	9.9	9.8	6.1	1.9	1.8	2.5	55.0	39.1	5.9
	Female (n=1,065)	28.9	18.0	7.8	5.8	5.2	2.8	3.3	2.8	2.3	2.1	48.5	40.7	10.9
65-74 years	Male (n=565)	25.7	10.3	18.8	15.9	9.4	10.6	6.5	2.1	1.9	2.5	54.2	41.6	4.2
	Female (n=545)	30.3	19.4	8.3	7.2	5.7	3.3	4.6	2.9	3.7	1.7	50.6	41.8	7.5
75 years old and over	Male (n=419)	27.2	12.6	19.6	13.1	10.5	8.6	5.5	1.7	1.7	2.6	56.1	35.8	8.1
	Female (n=520)	27.5	16.5	7.3	4.4	4.6	2.3	1.9	2.7	0.8	2.5	46.2	39.4	14.4

Chart 1-3-13 Degree to Which You Feel Fulfilled in Life (Depending on Respondents' Participation in Social Activities)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.



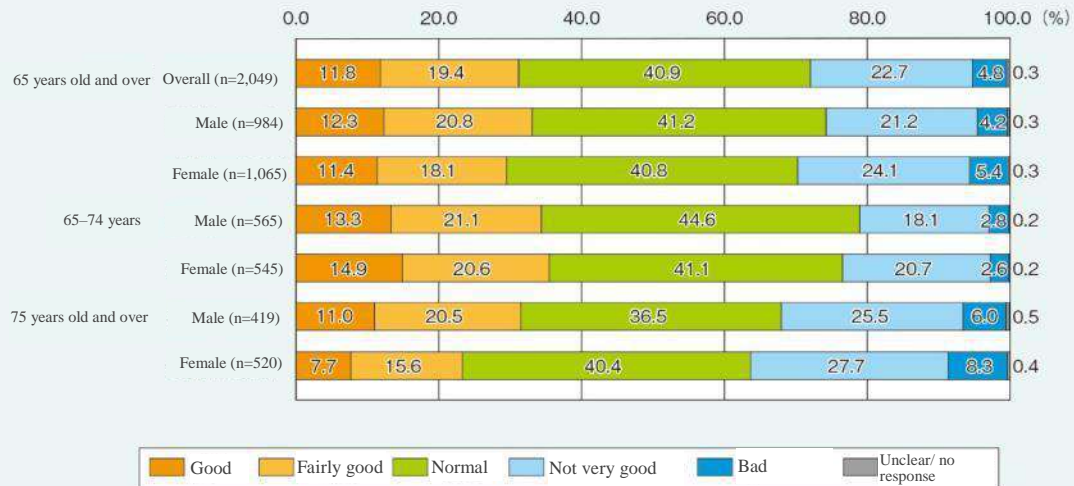
## 4. Health

### Current health conditions

31.2% of respondents answered "good" or "fairly good."

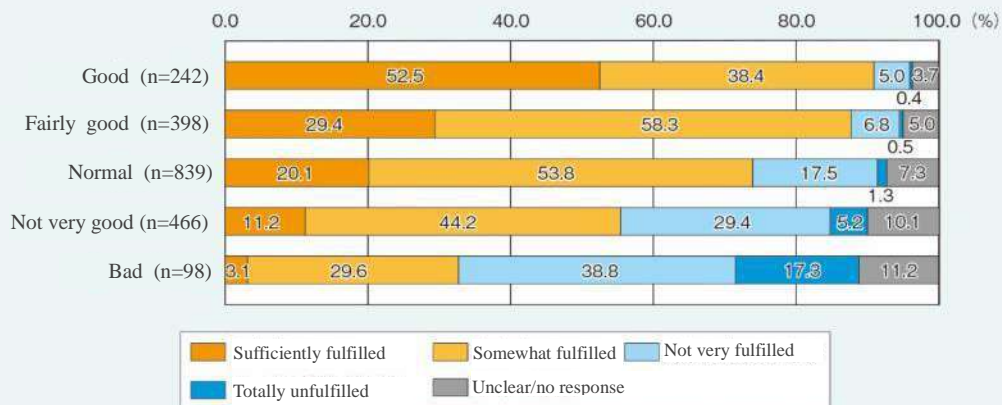
A higher percentage of those in good health said they "feel sufficiently fulfilled" in life than those in poor health.

Chart 1-3-14 Current State of Health (by Age and Gender)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.

Chart 1-3-15 Degree to Which You Feel Fulfilled in Life (by Current State of Health)



Note that the totals of respondents do not necessarily add up to 100% due to rounding off.

## 5. Conclusion

As the further aging of society is expected in the future, we believe that creation of a place and role for the elderly in their immediate community, connections with friends and companions and support for bridging the digital divide are increasingly important for them to live fulfilled and meaningful lives.

It is also important to improve the environment so that the elderly will be able to have opportunities to participate in various employment and social activities, as well as to encourage lifelong health promotion.

### **(Topic 1) An example of initiatives to connect the elderly with the community by digital technology**

Since October 2021, Asahi Town, Toyama Prefecture, has in cooperation with Hakuhodo Incorporated been fully implementing a "Nokkaru" ride-sharing service for the elderly in the neighborhood who have difficulty getting around freely, in order to solve the mobility issues of the elderly in local communities. By utilizing a reservation system for users and an operation management system for drivers, mobility support for the elderly is provided and intergenerational exchanges are also being created.

### **(Topic 2) An example of initiatives to promote elderly employment**

Aiming for management that contributes to society, Nojima Corporation raised the mandatory retirement age from 60 to 65 in April 2013 and the upper age limit for re-employment after mandatory retirement to 80 in July 2020 to create elderly employment opportunities. The re-employed elderly have been favored by consumers of the same generation and also been a good advisor to younger employees.

### **(Topic 3) An example of initiatives to promote elderly participation in social activities**

Creating a place for elderly retirees in the community and developing opportunities for them to participate in social activities has been an issue in Tsurumi Ward, Osaka City. To resolve this, "Tsurumi Ward Senior Volunteer Agri" was launched in the ward in April 2018. This is an activity in which the elderly grow vegetables and provides them free of charge to local children's cafeterias and other facilities. Participants can gain a sense of accomplishment from the harvest and fulfillment from their contribution to the community, and the gratitude from the children motivates the elderly.

### **(Topic 4) An example of initiatives to create a community where everyone can live a healthy life**

Since April 2017, Kawakami Village, Nara Prefecture, has started a "community nurse" program with the aim of creating a village where everyone can live a healthy life. Community nurses take mobile sales wagon rides together and care for local residents to enable early medical examinations and early treatment guidance in cooperation with local clinics and other facilities. Ongoing instruction in health exercises for the elderly has resulted in lower long-term care insurance premiums.