

**BEING**



**OLD & HEALTHY**

**IN JAPAN**



International Longevity Center-Japan

## Preface



By 2025, one in every 3 people will be the elderly, and people will be expected to live till 90 in Japan.

Even when older people account for 1/3 of the population, we all have different images of them. But the real picture of older people is not well known.

This booklet introduces the real image of Japanese older people, using figures to make it easy to understand.

Japanese older people have become able to enjoy health and longevity before other countries. There are wonderful opportunities for them to play active roles in a variety of settings in a society.

We don't need to be afraid of getting old in Japan!

We hope this booklet gives you some hints.

International Longevity Center-Japan

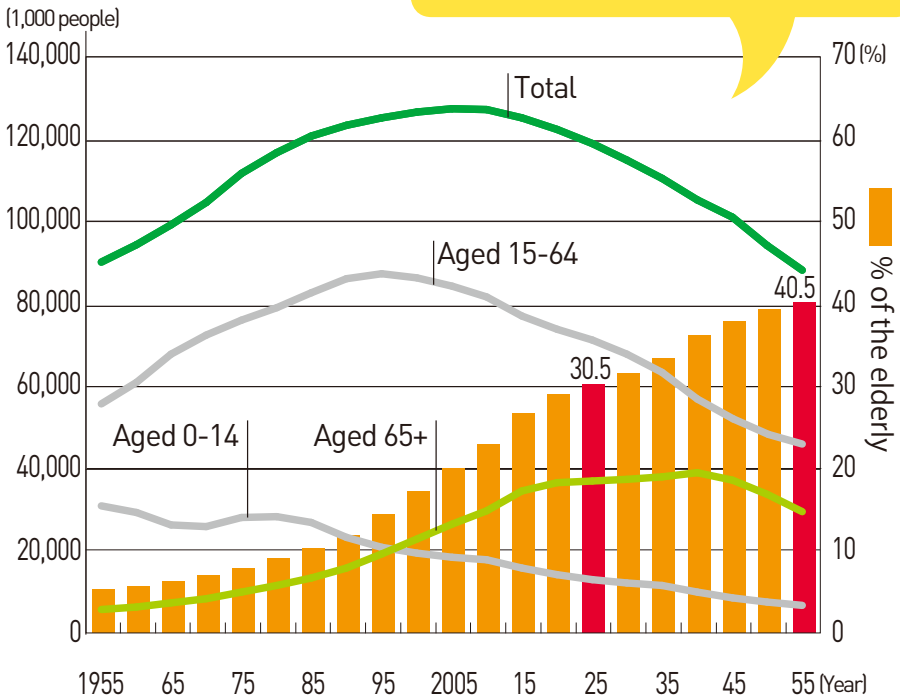
# Contents



Preface.....	3
<b>Population</b>	
65+ population is skyrocketing.....	5
Life expectancy has doubled in 100 years.....	6
The number of centenarians has grown by over 300 times in 50 years .....	7
The majority of older people actually live in urban areas.....	8
In Setagaya City (in Tokyo), 6 centenarians live in every 1km <sup>2</sup> ....	9
<b>Life</b>	
By 2030, about 70% of the households headed by people aged 65+ will consist only of the elderly .....	10
Over 90% of older people live at home .....	11
About 80% of older people rate their health as “fair” or better ...	12
Internet? No problem! .....	13
Women are particularly interested in fashion.....	14
The average income per person is not much different by age ..	15
About 70% of income comes from pensions .....	16
<b>Health &amp; Long-Term Care</b>	
Healthcare spending is lower than other developed countries ...	17
Longer life with less healthcare spending.....	18
People spend half of the lifetime healthcare money at age70 and over .....	19
How to cure a cold differs by country.....	20
Over 80% of older people “do not need care” .....	21
Dementia strategies are in urgent need .....	22
Almost 90% of people die in a hospital or institution .....	23
<b>Work</b>	
Labor force participation rate is at the top level among developed countries.....	24
Older people are as capable of doing good work as younger people .....	25
Human Resource people have positive attitudes toward employment after the retirement age .....	26
<b>Japanese life at a glance</b> .....	27

# 65+ population is skyrocketing

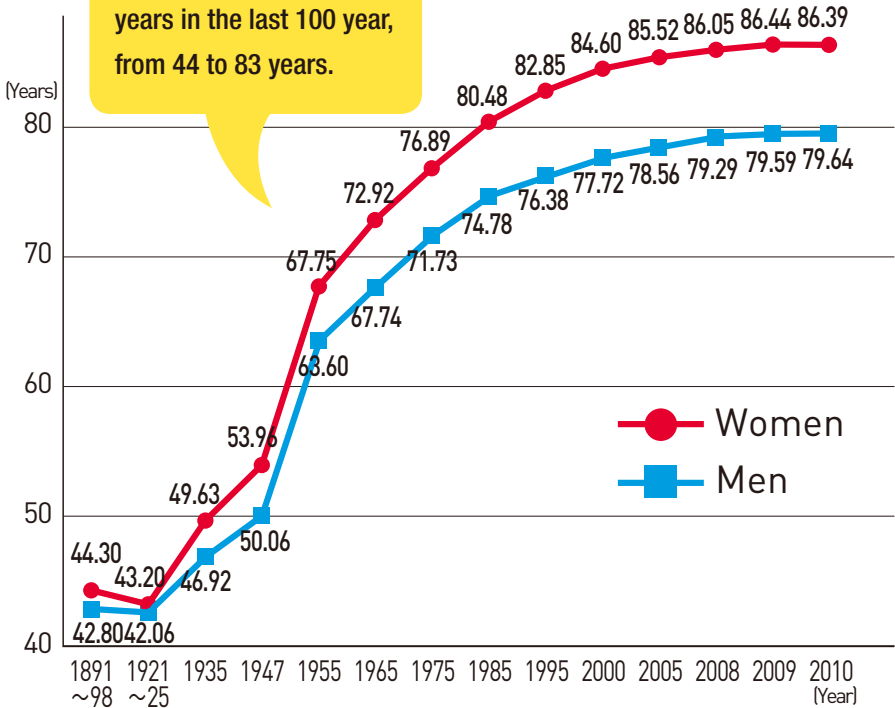
While Japanese total population has been decreasing since 2007, 65+ population will increase dramatically until 2015. The proportion of the elderly will reach 30% in 2025 and 40% in 2055.



National Institute of Population and Social Security Research, *Population Projection for Japan*, 2006

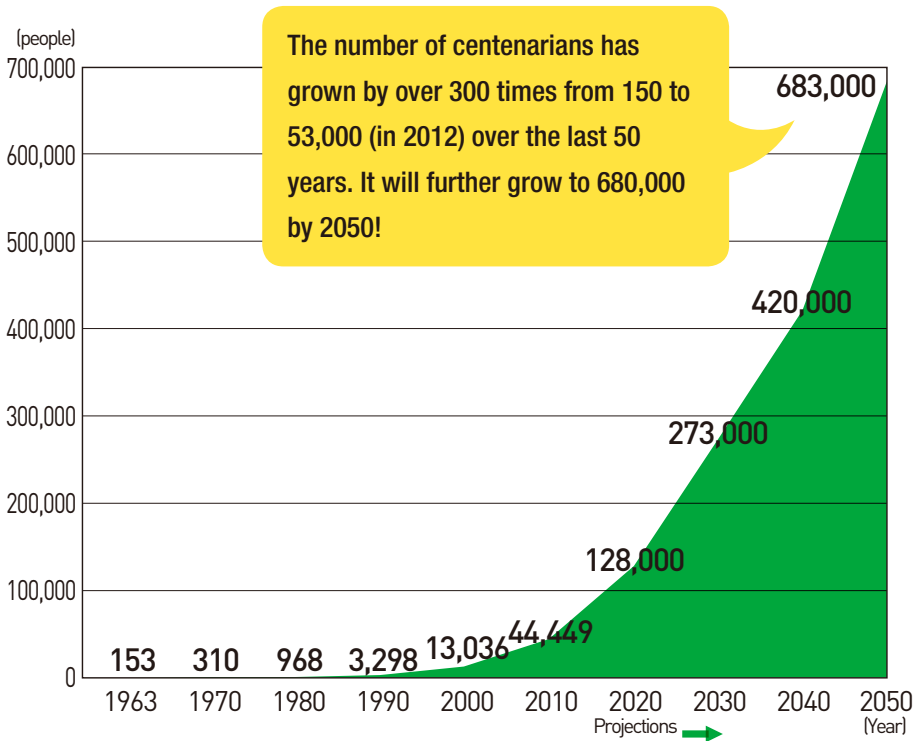
# Life expectancy has doubled in 100 years

Life expectancy has increased by about 40 years in the last 100 year, from 44 to 83 years.



Ministry of Health, Labour and Welfare, *Life Table and Abridged Life Table*

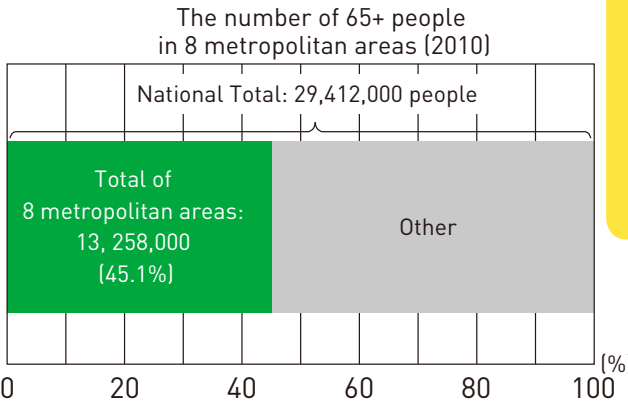
# The number of centenarians has grown by over 300 times in 50 years



-2010: Report from each prefecture based on Basic Resident Register,  
 2020-: National Institute of Population and Social Security Research,  
*Population Projection for Japan, 2006*

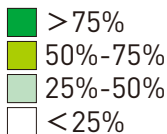
# The majority of older people actually live in urban areas

About half of older people live in 8 metropolitan areas. In Tokyo metropolitan area, the growth rate of the aged population will be over 50% between 2005 and 2035.

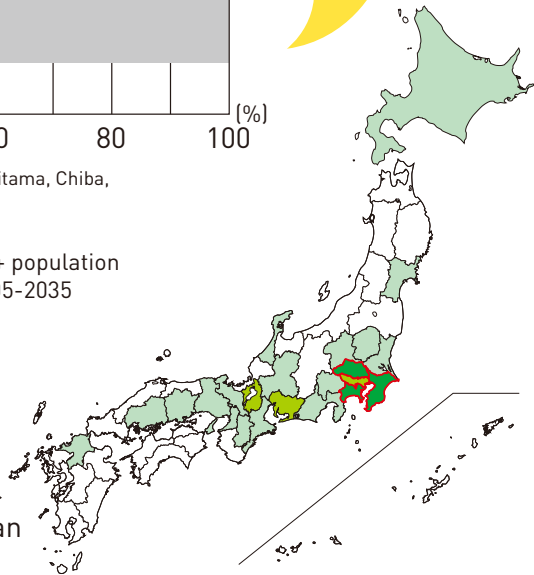


8 metropolitan areas: Tokyo, Kanagawa, Saitama, Chiba, Aichi, Osaka, Hyogo and Fukuoka

Growth rate of 65+ population by prefecture: 2005-2035

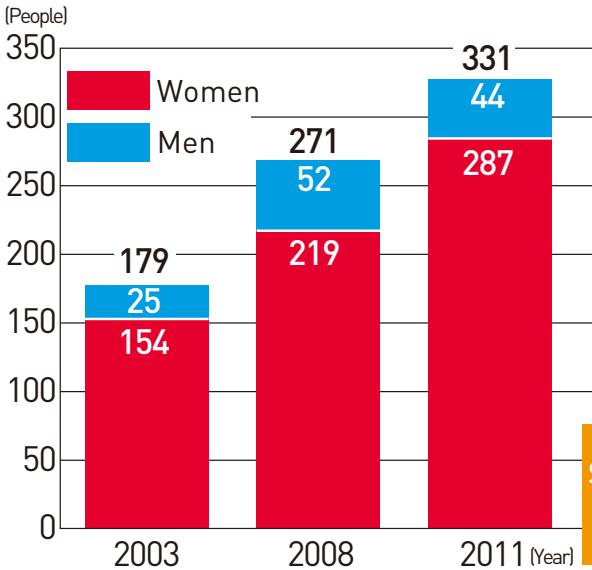


Tokyo metropolitan areas



National Institute of Population and Social Security Research, *Population Projection by Prefecture*, 2007

# In Setagaya City (in Tokyo), 6 centenarians live in every 1km<sup>2</sup>



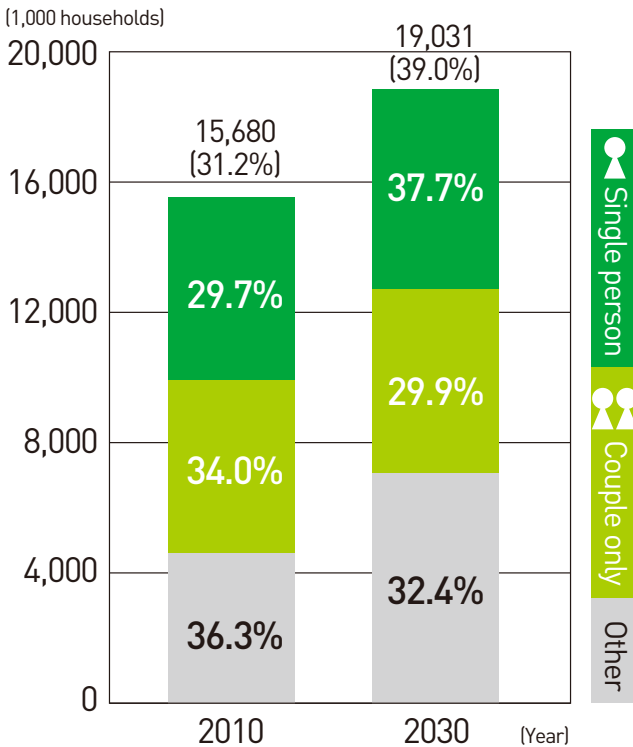
Setagaya City Area:  
About 58.08km<sup>2</sup>

331 centenarians  
currently live in Setagaya  
City, Tokyo, meaning 5.7  
people in every 1km<sup>2</sup>.





# By 2030, about 70% of the households headed by people aged 65+ will consist only of the elderly

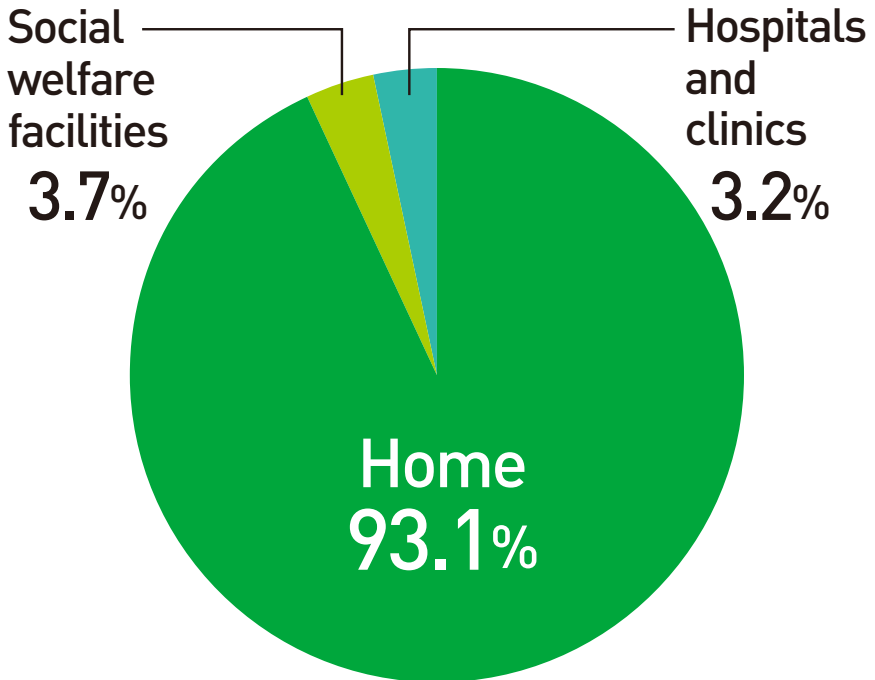


About 40% of all households will include households headed by people aged 65+ by 2030, of which about 70% will consist only of the elderly and about 40% (the most common type) will be single-person households.

National Institute of Population and Social Security Research, *Household Projection for Japan, 2008*  
 The numbers in ( ) indicate the proportions of households headed by people aged 65+ in the total households.

# Over 90% of older people live at home

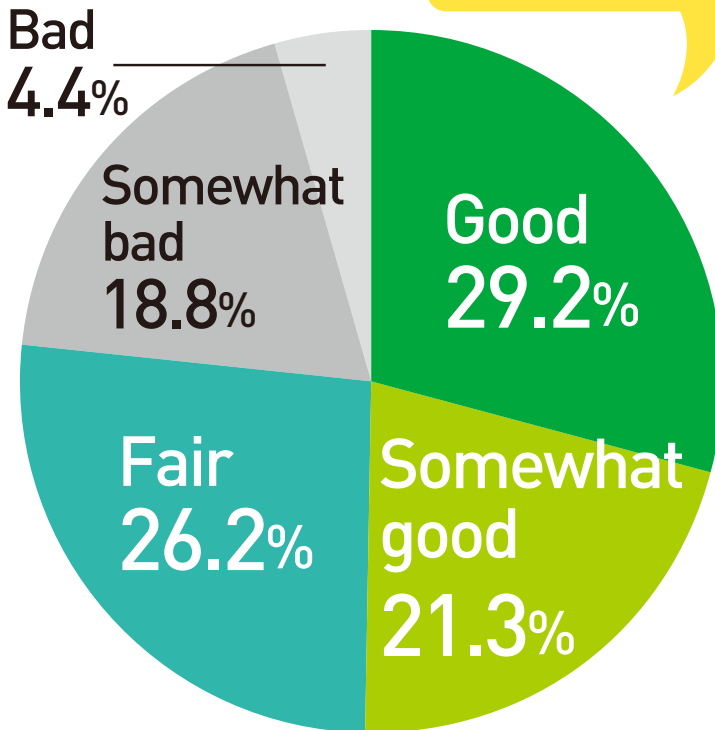
Over 90% of older people live at home.  
About 4% are institutionalized, and about 3% are hospitalized.



Ministry of Health, Labour and Welfare, *Patient Survey*, 2008  
Ministry of Health, Labour and Welfare, *Survey of Social Welfare Institutions*, 2009  
Ministry of Health, Labour and Welfare, *Survey of Institutions and Establishments for Long-Term Care*, 2009  
Ministry of Internal Affairs and Communications, *Population Estimates*, 2009

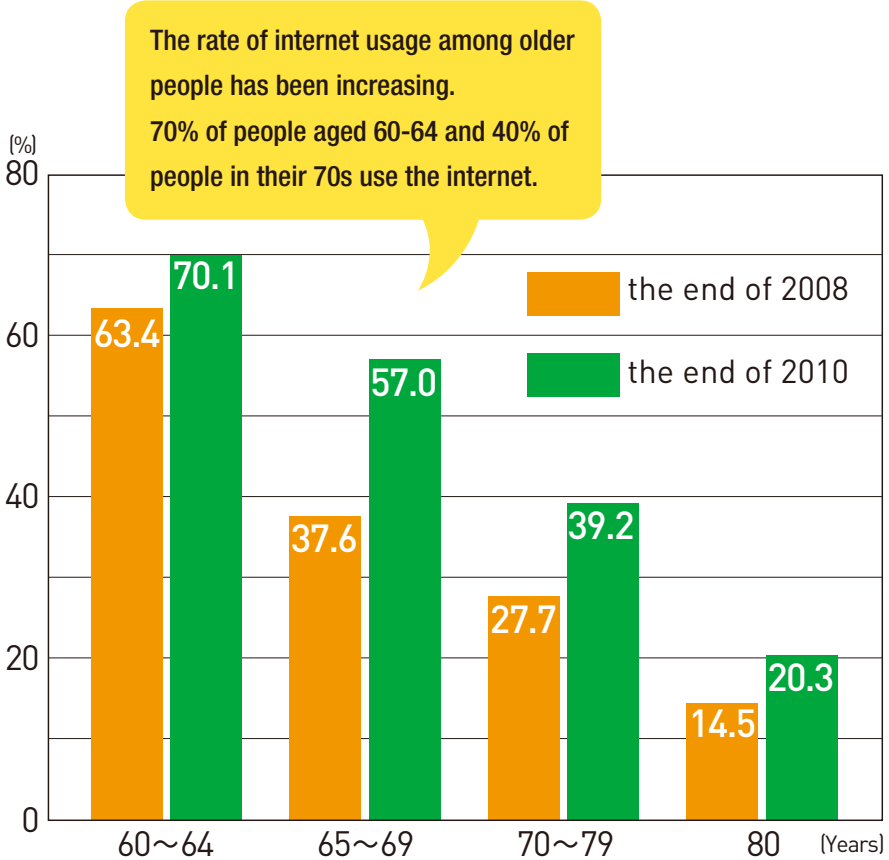
# About 80% of older people rate their health as “fair” or better

About 80% of people aged 65+ rate their health as “good” or “fair.”



Cabinet Office, *Attitude Survey on Older People's Health*, 2007

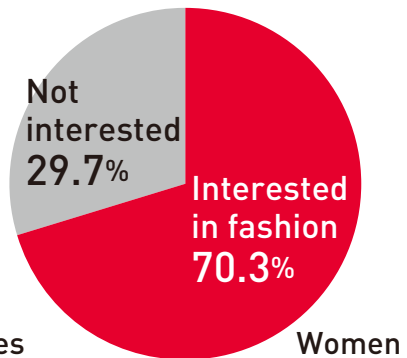
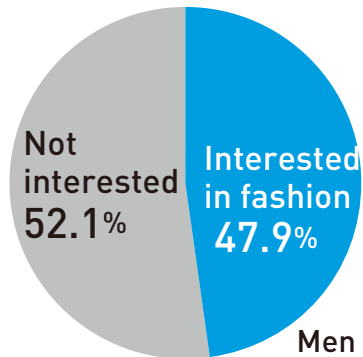
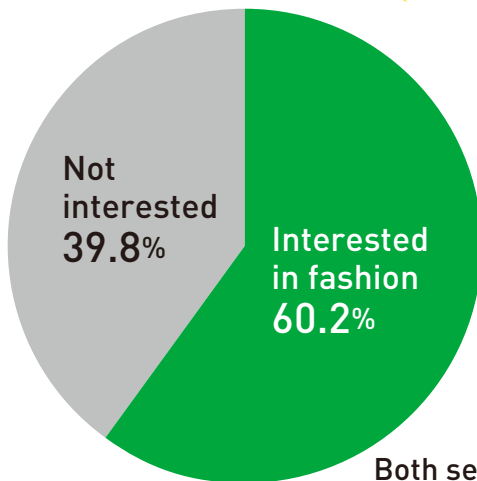
# Internet? No problem!



Ministry of Internal Affairs and Communications, *Communication Usage Trend Survey*, 2010

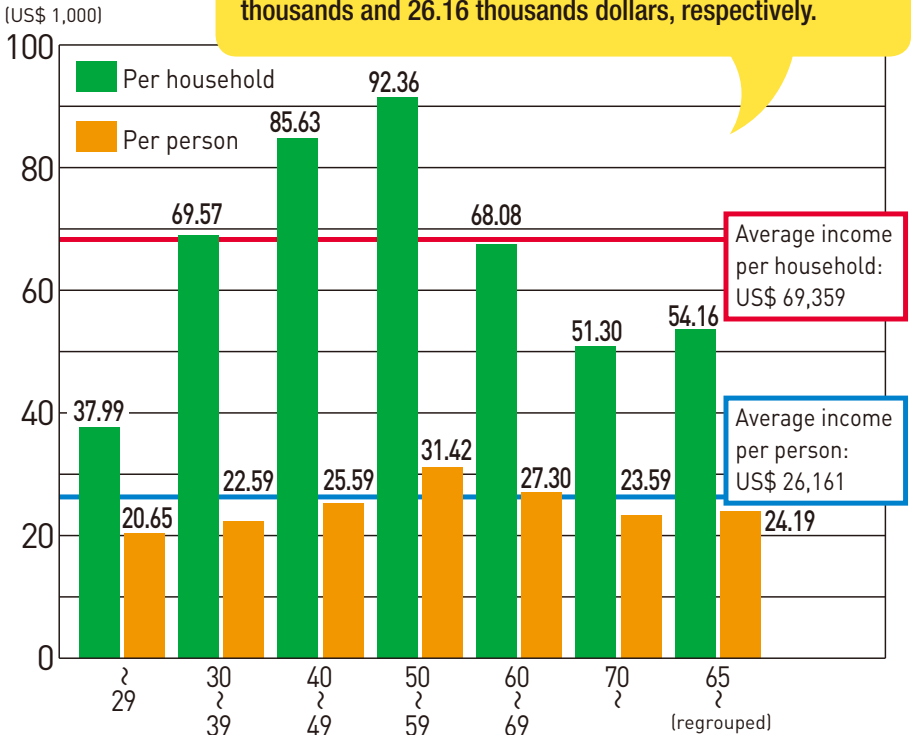
# Women are particularly interested in fashion

60% of 60+ people are interested in fashion. Women are particularly interested (70%).



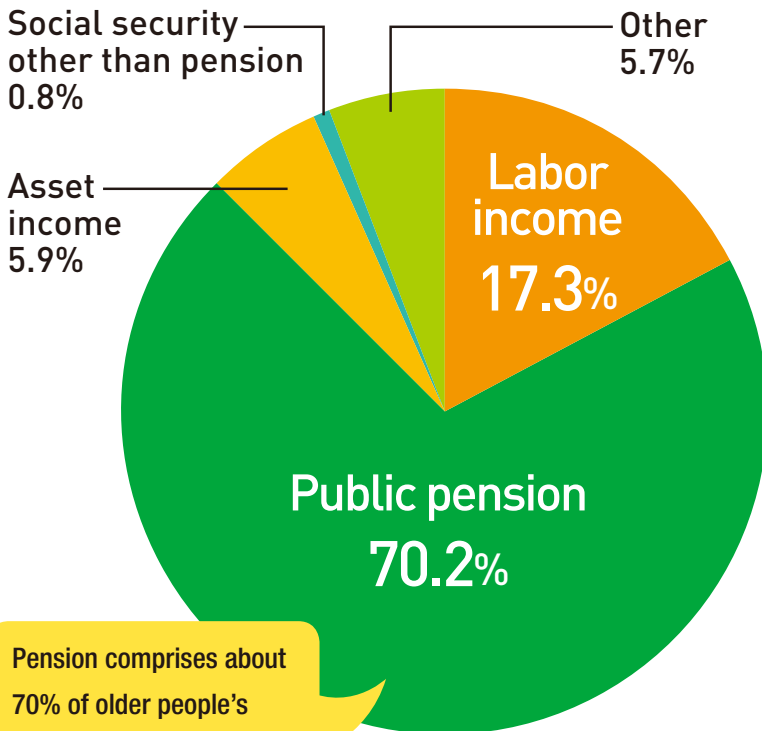
# The average income per person is not much different by age

The average income of the elderly headed households is 54.16 thousands dollars, while that of the total households is 69.36 thousands dollars (15.2 thousands more). Yet, the average income per person is not that different: 24.19 thousands and 26.16 thousands dollars, respectively.



Ministry of Health, Labour and Welfare, *Comprehensive Survey of Living Conditions of the People on Health and Welfare*, 2010  
 1\$=79.24yen

# About 70% of income comes from pensions

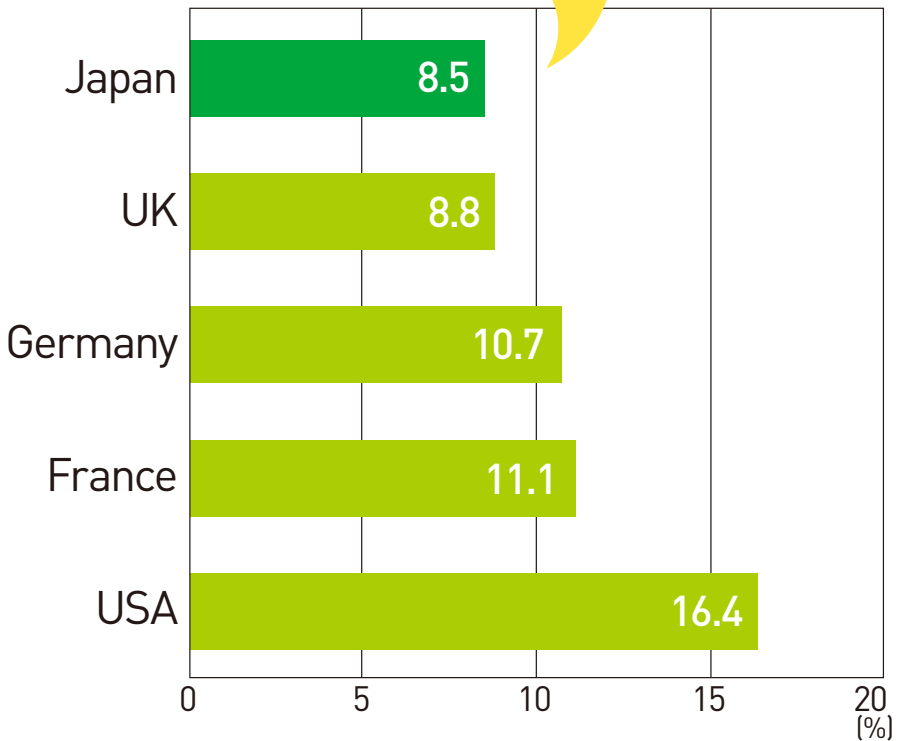


Pension comprises about 70% of older people's income, and labor income accounts for about 20%.

Ministry of Health, Labour and Welfare, *Comprehensive Survey of Living Conditions of the People on Health and Welfare*, 2010

# Healthcare spending is lower than other developed countries

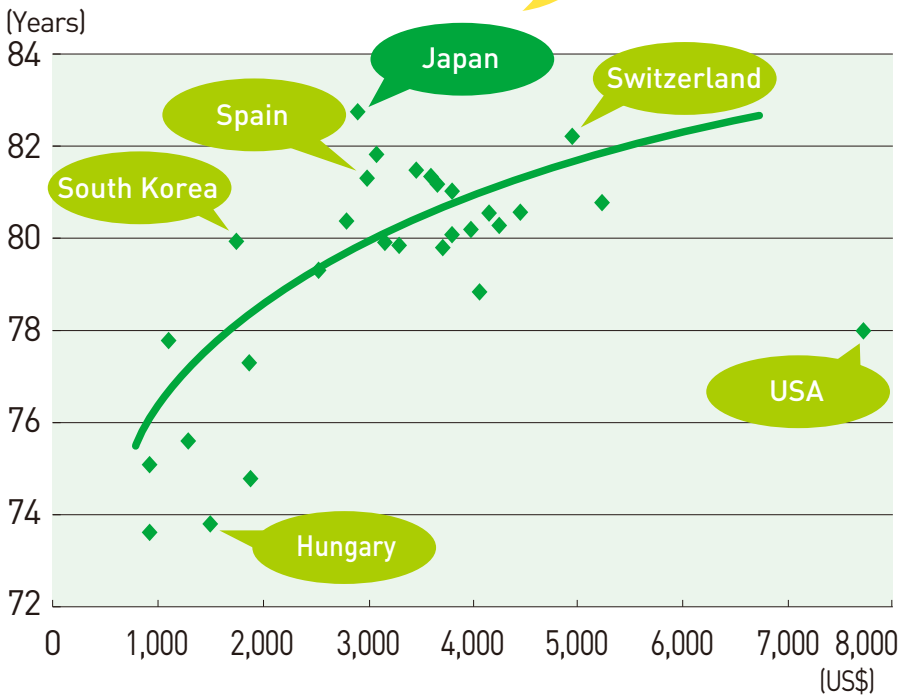
Among developed countries, the size of healthcare spending is relatively small in Japan.



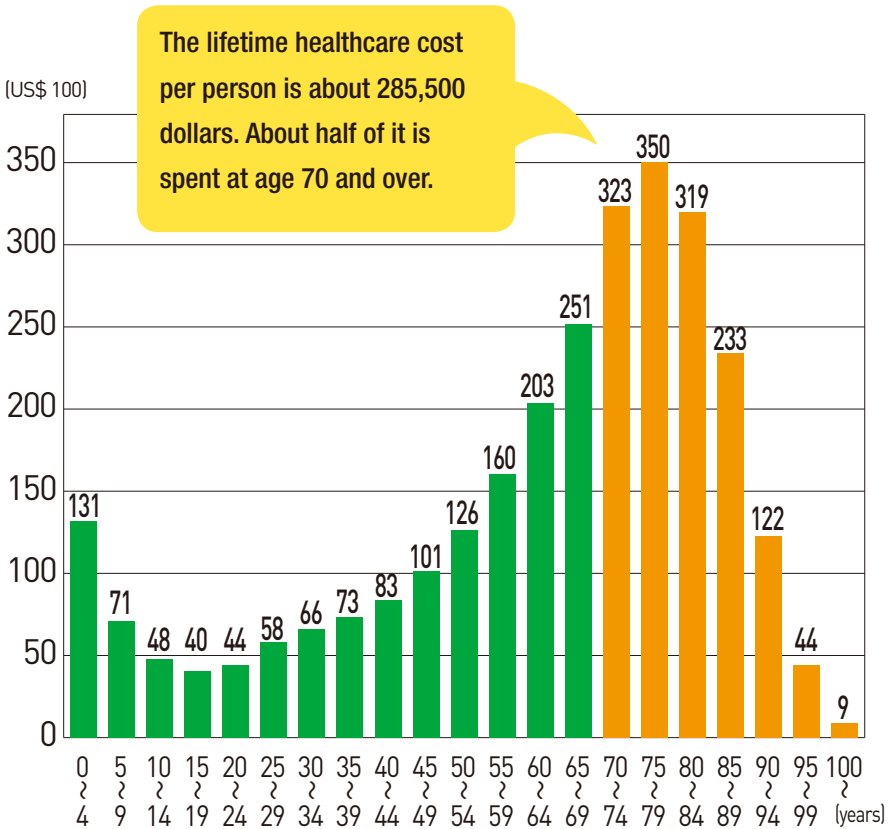


# Longer life with less healthcare spending

Japan is achieving healthy longevity with low healthcare costs.



# People spend half of the lifetime healthcare money at age 70 and over



Ministry of Health, Labour and Welfare, Health Insurance Bureau  
 Note: Estimates are based on healthcare expenditure per capita by age group in FY2008 and static population according to 2008 Abridged Life Table.  
 1\$=79.24yen

# How to cure a cold differs by country

Q: You seem to have caught a cold waking up with high temperature (38°C), a sore throat and cough in the morning. What kind of action will you take?

38°C is not a fever. I'd live as usual.

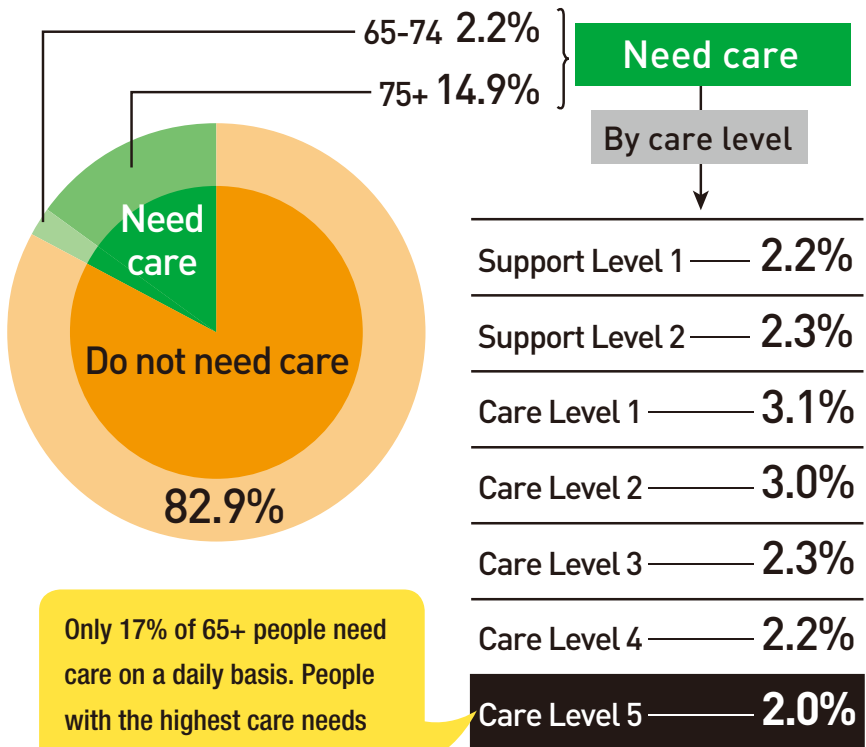
I'd go to a hospital, get medicine, keep myself warm and sleep.

	USA	France	UK	Japan
<b>Going to see a doctor</b>	<b>71%</b>	<b>57%</b>	<b>0%</b>	<b>43%</b>
Going out to buy medication	0%	14%	100%	14%
Go nowhere	29%	29%	0%	43%

I'd need to make an appointment to see my doctor, usually on the next day. I usually drive 40 minutes to see the doctor.

It is natural to catch a cold. I wouldn't go to a hospital because I don't want to waste doctors' time.

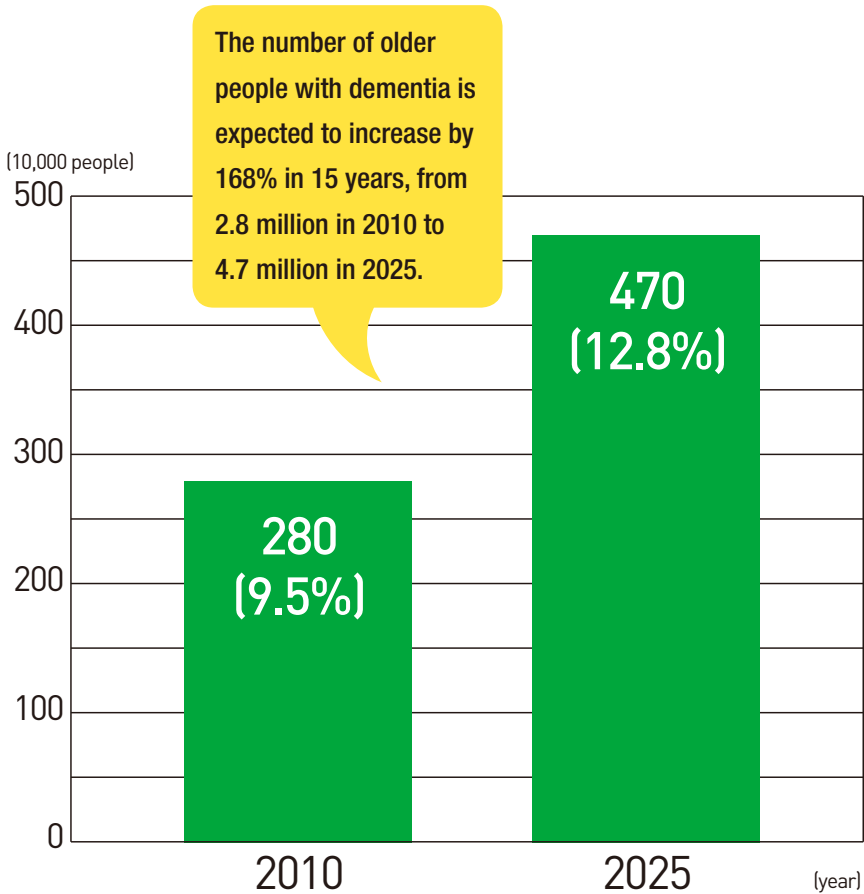
# Over 80% of older people “do not need care”



Only 17% of 65+ people need care on a daily basis. People with the highest care needs (Care Level 5, likely to be bedridden) account for 2%.

Ministry of Health, Labour and Welfare, *Report Survey on Situation of Long-term Care Insurance Service*, June 2011

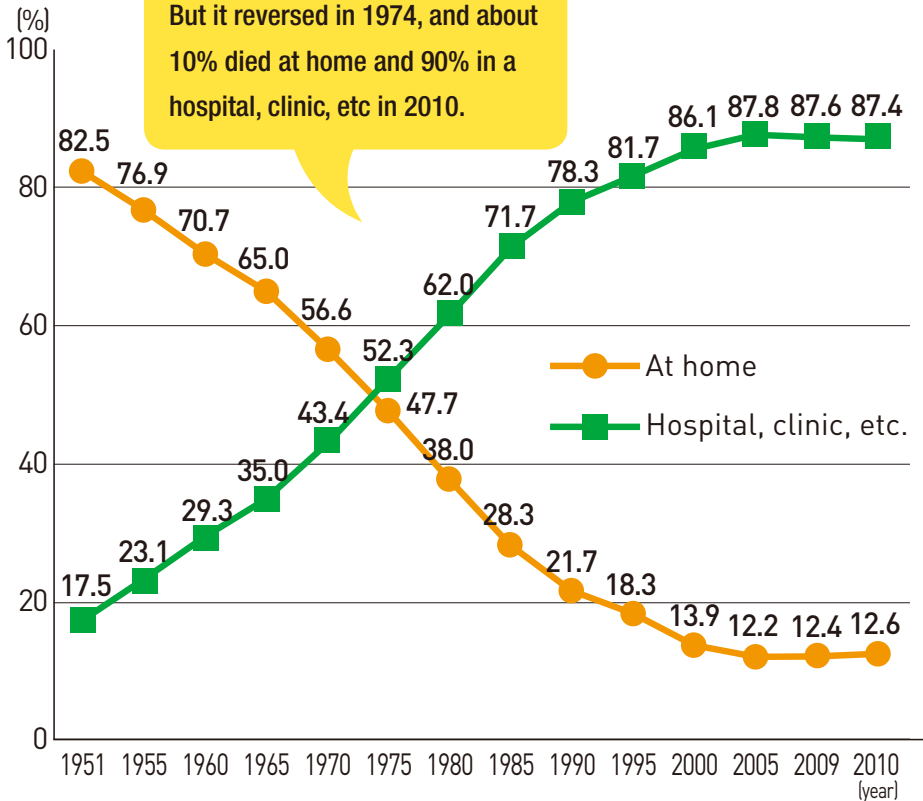
# Dementia strategies are in urgent need



Health and Welfare Bureau for the Elderly, Ministry of Health, Labour and Welfare in August 24, 2012  
The numbers in ( ) indicate the proportions of people with dementia in total people aged 65+.

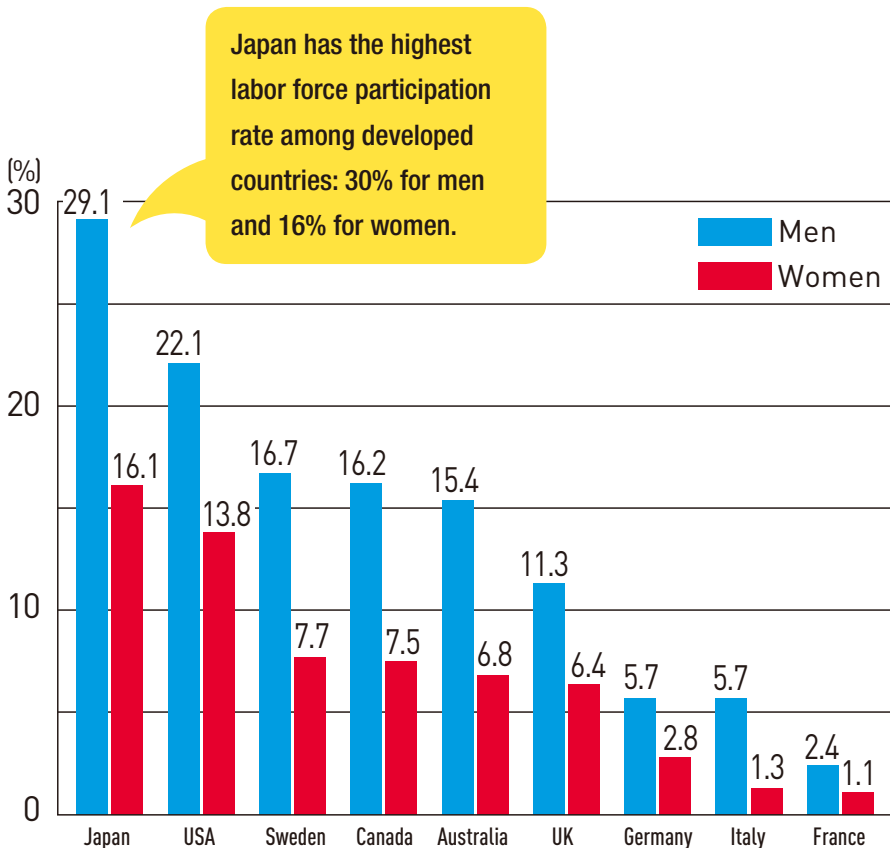
# Almost 90% of people die in a hospital or institution

In 1951, about 80% of people died at home and 20% in a hospital. But it reversed in 1974, and about 10% died at home and 90% in a hospital, clinic, etc in 2010.



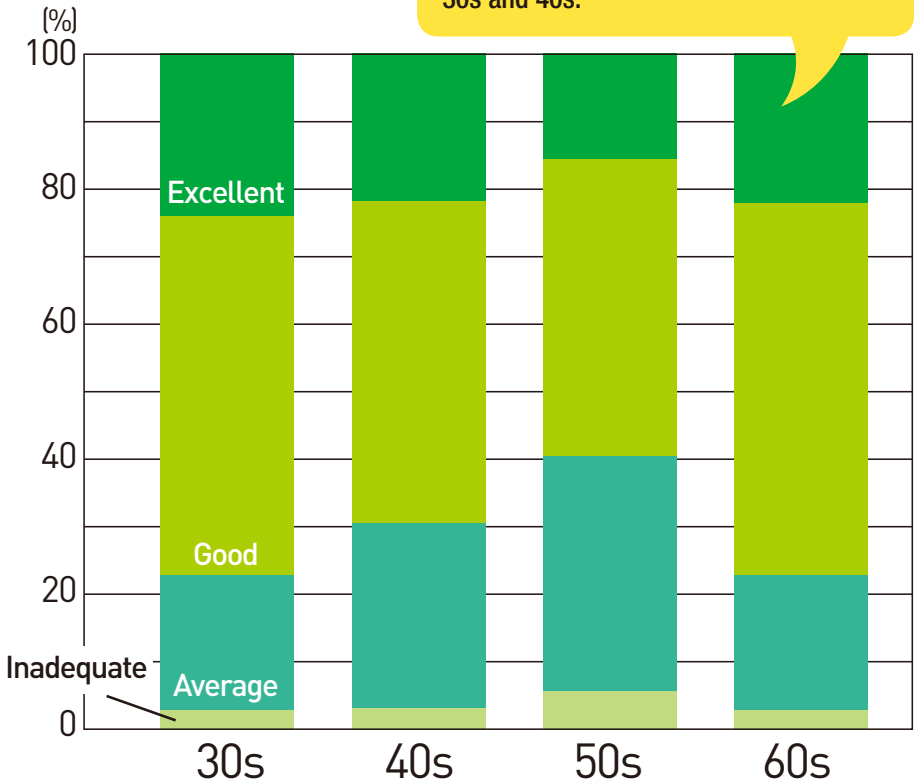
Ministry of Health, Labour and Welfare, *Vital Statistics*, 2010

# Labor force participation rate is at the top level among developed countries



# Older people are as capable of doing good work as younger people

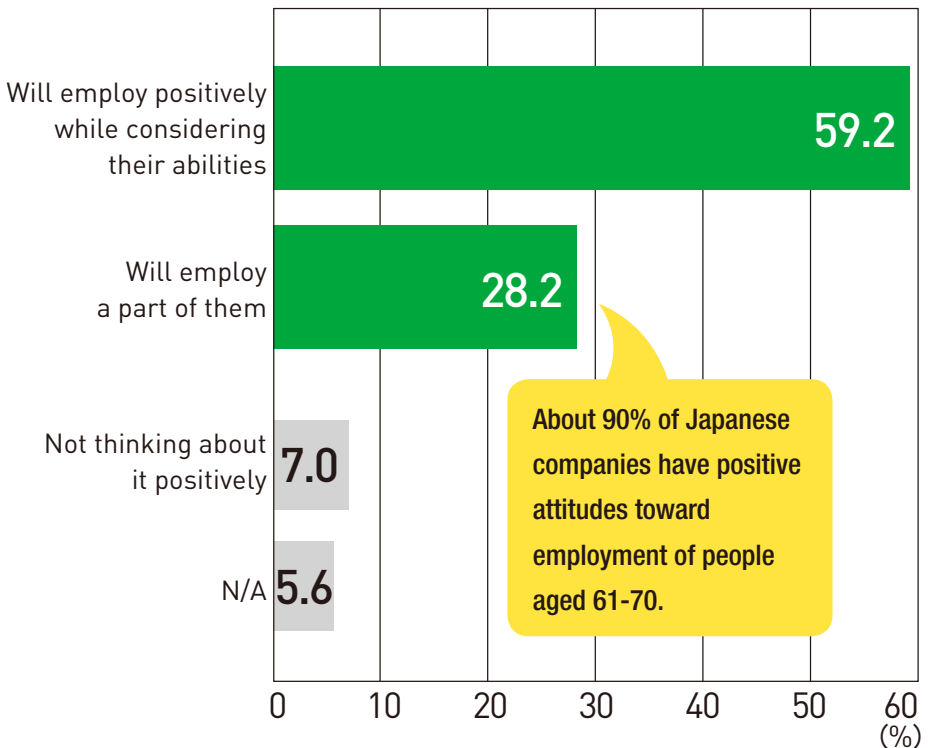
The ability to work among workers aged 60+ is similar to that of workers in their 30s and 40s.



The Japan Institute for Labour Policy and Training, *Study on Older People's Physical and Other Abilities: Toward Employment until Age 70, 2009*



# Human Resource people have positive attitudes toward employment after the retirement age



The Japan Institute for Labour Policy and Training, *Study on Older People's Physical and Other Abilities: Toward Employment until Age 70, 2009*

# Japanese Life at A Glance 1

	Life Stage	Birth		Children	
1	International Comparison	• Total Fertility Rate		• Infant Mortarity Rate (infant death per 1,000 live births)	
		Japan	1.39	Japan	2.5
		Korea	1.39	Korea	3.6
		China	1.56	China	19.6
		Thailand	1.53	Thailand	11.4
		USA	2.08	USA	6.5
		UK	1.87	UK	4.7
		France	1.99	France	3.3
2	Indicator, Japan 1  Nowadays 20 years ago 40 years ago	• Total Fertility Rate  1.39(2010) 1.54(1990) 2.13(1970)		• The number of children on waiting list for nursery schools(people) 25,556(2011) 28,481(1995) —	
3	Indicator, Japan 2	• Exp. Population(people) 92mil.(2055) 102mil.(2045) 112mil.(2035) 128mil.(2010)		• Annual Birth(people) 1.06mil.(2011) 1.22mil.(1991) 2.7mil.(1949)(Baby-Boomers)	
	reference	1: UN World Population Prospects, 2010 Revision(2010-2015) Ministry of Health, Labour and Welfare, Vital Statistics of Japan, 2012 2: Ministry of Health, Labour and Welfare, Vital Statistics of Japan, 2012 3: National Institute of Population and Social Security Research, Population Projection for Japan, Jan. 2012		1: UN World Population Prospects, 2010 Revision 2: Ministry of Health, Labour and Welfare, Survey on Waiting Lists for Nursery Schools, 2001, 2012 3: Ministry of Health, Labour and Welfare, Vital Statistics of Japan, 2012	

## Japanese Life at A Glance 2

	Life Stage	Education	Economy		
1	International Comparison	<ul style="list-style-type: none"> <li>College Enrollment</li> </ul>	<ul style="list-style-type: none"> <li>Economic Growth (2011)</li> </ul>		
		Japan	55.67%	Japan	-0.7%
		Korea	63.10%	Korea	3.6%
		China	—	China	9.3%
		Thailand	—	Thailand	0.1%
		USA	41.06%	USA	1.7%
		UK	44.86%	UK	0.7%
		France	43.17%	France	1.7%
2	Indicator, Japan 1 Nowadays 20 years ago 40 years ago	<ul style="list-style-type: none"> <li>College Enrollment</li> </ul> 56.8%(2010) 36.3%(1990) 23.6%(1970)	<ul style="list-style-type: none"> <li>Economic Growth</li> </ul> 0.9%(1991-2010) 4.2%(1974-90) 9.1%(1956-73)		
3	Indicator, Japan 2	<ul style="list-style-type: none"> <li>Population 18yr(people)</li> </ul> 1.01mil.(2030) 1.21mil.(2010) 2.03mil.(1990)	<ul style="list-style-type: none"> <li>Tax Revenue (1990→2010,billion dollar)</li> </ul> Corporate Tax:230→117.5 Income Tax:325→168.8 Consumption Tax:57.5→127.5 1\$=80 yen		
	reference	1: OECD Education at a Glance 2011 2: Ministry of Education, Culture, Sports, Science and Technology, School Basic Survey 2012 3: Ministry of Internal Affairs and Communications, Population estimates National Institute of Population and Social Security Research, Population Projection for Japan, Jan. 2012	1. The World Bank 2. The World Bank 3: Ministry of Finance, Trends in Tax Revenue by Main Tax Item(General Account), 2012		

## Japanese Life at A Glance 3

	Life Stage	Labour		Living and Family	
1	International Comparison	• Unemployment Rate(2012)		• Income Gap(Gini coefficient)	
		Japan	4.5%	Japan	0.33
		Korea	3.3%	Korea	0.32
		China	4.0%	China	—
		Thailand	0.7%	Thailand	0.54
		USA	8.2%	USA	0.38
		UK	8.3%	UK	0.34
		France	9.9%	France	0.29
2	Indicator, Japan 1 Nowadays 20 years ago 40 years ago	• Temporary Workers[Men, age 25-34] 14.0%(2010) 3.2%(1990) —		• Average Family Size(people) 2.62(2009) 3.05(1990) 3.45(1970)	
3	Indicator, Japan 2	• Marriage Rate (Men)		• The number of people on welfare(people) 1.95mil. (2011) 1.01mil. (1990) 1.34mil. (1970)	
		age 30-34	Full time:59.6% Temporary:30.2%		
		age 25-29	Full time:34.7% Temporary:14.8%		
		age 20-24	Full time:12.2% Temporary:5.7%		
	reference	1: International Monetary Fund, World Economic Outlook Database 2012 2: Ministry of Internal Affairs and Communications, Labour Force Survey 3: Japan Institute for Labour Policy and Training, Realities and Challenges of Youth Employment Support, 2005		1: OECD Factbook 2011-2012 UN Development Program, International Human Development Report 2011 2: Ministry of Health, Labour and Welfare, Comprehensive Survey of Living Conditions of the People on Health and Welfare 3: National Institute of Population and Social Security Research, Social Security in Japan, 2012	

## Japanese Life at A Glance 4

	Life Stage	After Retirement	Life Expectancy		
1	International Comparison	<ul style="list-style-type: none"> <li>• Elderly 65+(2010→2050)</li> </ul>	<ul style="list-style-type: none"> <li>• Life Expectancy at Birth (both sexes)</li> </ul>		
		Japan	23 → 36%	Japan	83.7 years old
		Korea	11 → 33%	Korea	80.7
		China	8 → 26%	China	73.8
		Thailand	9 → 25%	Thailand	74.4
		USA	13 → 21%	USA	78.8
		UK	17 → 24%	UK	80.4
		France	17 → 25%	France	81.7
2	Indicator, Japan 1 Nowadays 20 years ago 40 years ago	<ul style="list-style-type: none"> <li>• Elderly with Care Needs (65+)(people)</li> </ul> 4.9mil.(2010) 2.5mil.(2000) —	<ul style="list-style-type: none"> <li>• Life Expectancy at Birth(years old)</li> </ul> (Men) (Women) 79.4 85.9 [2011] 75.9 81.9 [1990] 67.7 74.7 [1970]		
3	Indicator, Japan 2	<ul style="list-style-type: none"> <li>• Exp. Population 65+(people)</li> </ul> 39mil.(2050) 36mil.(2025) 29mil.(2010)	—		
	reference	1: UN World Population Prospects, the 2010 Revision 2: Ministry of Health, Labour and Welfare, Progress Report on Long-term Care Insurance Program 3: UN World Population Prospects, the 2010 Revision	1: UN World Population Prospects, the 2010 Revision 2: Ministry of Health, Labour and Welfare, Abridged Life Table, 2011		

copyright©2012 ILC-Japan All right reserved.

---

## Being Old & Healthy in Japan

---

Published by: International Longevity Center-Japan  
Toranomon33Mori-building, 8th Floor  
3-8-21 Toranomon, minatoku,  
Tokyo, 105-8446 Japan  
Tel. 81-3-5470-6767  
FAX. 81-3-5470-6768  
E-mail [ilcjapan@mba.sphere.ne.jp](mailto:ilcjapan@mba.sphere.ne.jp)  
URL <http://www.ilcjapan.org>

Editors: Seitansha, Inc.  
Printers: Dai Nippon Printing Co., Ltd.

---

Copyright ©ILC-Japan

All rights reserved. No part of this journal may be reproduced in any form by any electronic or mechanical means including information storage and retrieval systems without permission in writing from the publisher.

# ILC Global Alliance

URL: <http://www.ilc-alliance.org>

ILC Global Alliance is an organization to work at activities internationally, interdisciplinary, aiming to realize affordable aging societies, under the idea of Productive Aging.



## MISSION

- \* Aims to build up society where human rights and dignity of all the people are respected, people enjoy their longevity, live a productive life with positive attitude in life.
- \* Ensure opportunities by which for healthy older people to be able to participate in society, and educate, share with the public for recognition of importance for older people to be concerned in family and society.
- \* Assert needs and rights of older people on behalf of them, they should be provided with health care and long-term care.
- \* Identify the ways by which people would lead healthy active lives lifelong, through education, research and policy proposal.

