

2019 CMAAO General Assembly



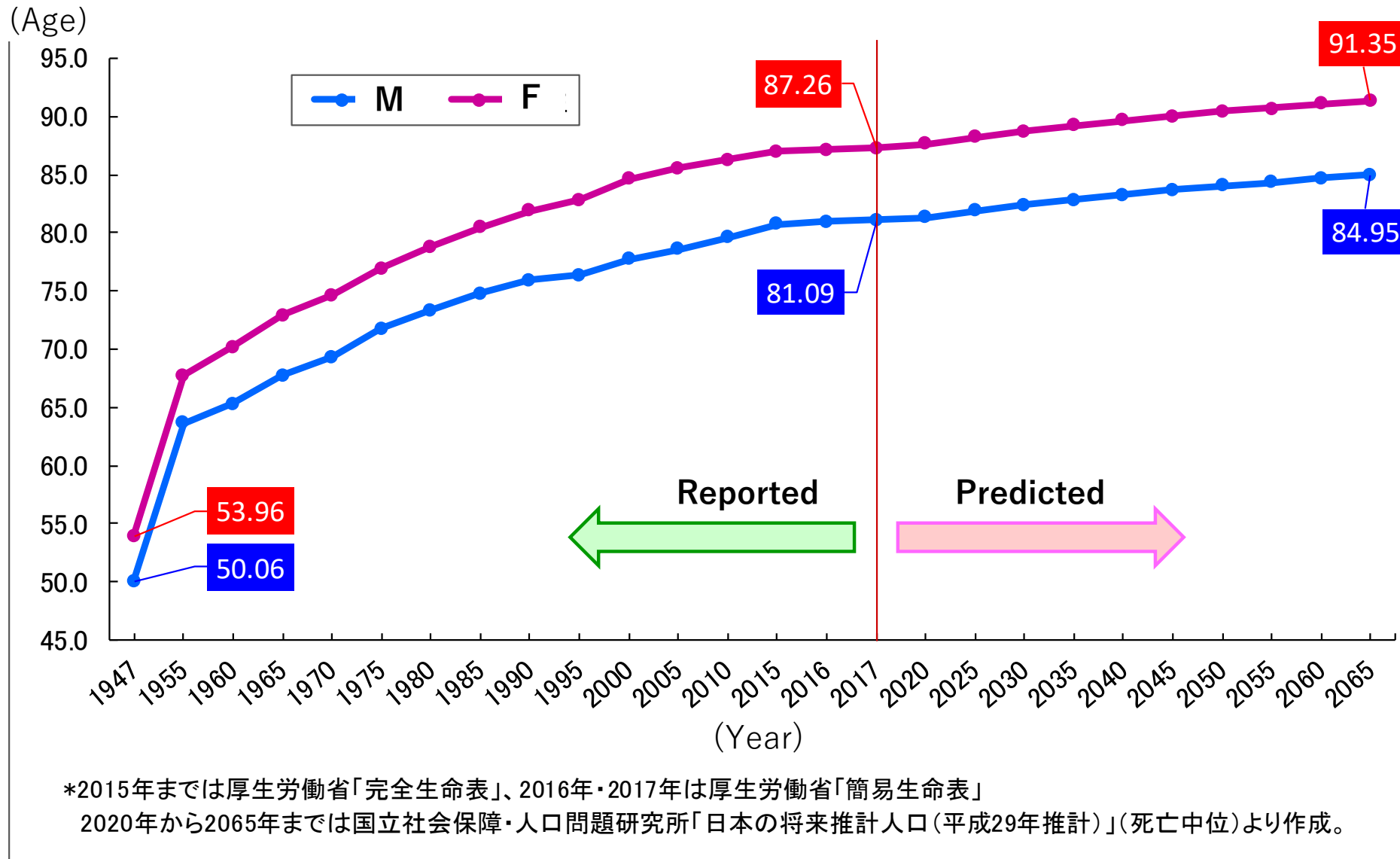
A Path to Wellness To Extend Healthy Life Expectancy

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Goa, India

Trend of Average Life Expectancy and Future Prediction



The predicted life expectancy for the Year 2065 is 84.95 for men and 91.35 for women.

General Outline for Aging Society Management (Feb 2018 Cabinet Decision)

Item		Status quo (Latest figures)	Numerical targets / reference indicators
Healthy Life Expectancy	Male	Age 71.19 (2013)	<ul style="list-style-type: none"> • Extend by 1 year or more (2020) • The increase in healthy life expectancy is to surpass the increase in average life expectancy (2022) • Extend by 2 year or more (2025)
	Female	Age 74.21 (2013)	
Annual health check-up rate (in Age 40-74) (incl. specific health check-up)		71.0% (2016)	80% (2020)
Age 65 or older who routinely exercise (%)	Male	52.5% (2015)	58% (FY2022)
	Female	38.0% (2015)	48% (FY2022)

* From *General Outline for Aging Society Management* (February 2018 Cabinet Decision)
 (http://www8.cao.go.jp/kourei/measure/taikou/pdf/p_honbun_h29.pdf)

Basic Policy for Economic and Fiscal Management and Reform 2019 (*Honebuto* [Large Bone] Policy)

Promotion of prevention, aggravation prevention, and healthy living

[Cabinet Decision on June 21, 2019]

(Excerpt)

(i) **Promotion of the Healthy Life Extension Plan**

The goal is to extend the healthy life expectancy by 3 years for both men and women to bring it up to 75 years or greater by 2040.

(ii) **Focused efforts for lifestyle-related diseases, chronic kidney diseases, dementia, and the prevention of long-term care**

Aim to improve the participation rate of the specific health check-up and specific health guidance programs.

Work on integrated implementation of cancer screening and specific health check-up.

Further promote the cooperation between Dementia Medical Centers and Community-based Comprehensive Support Centers.

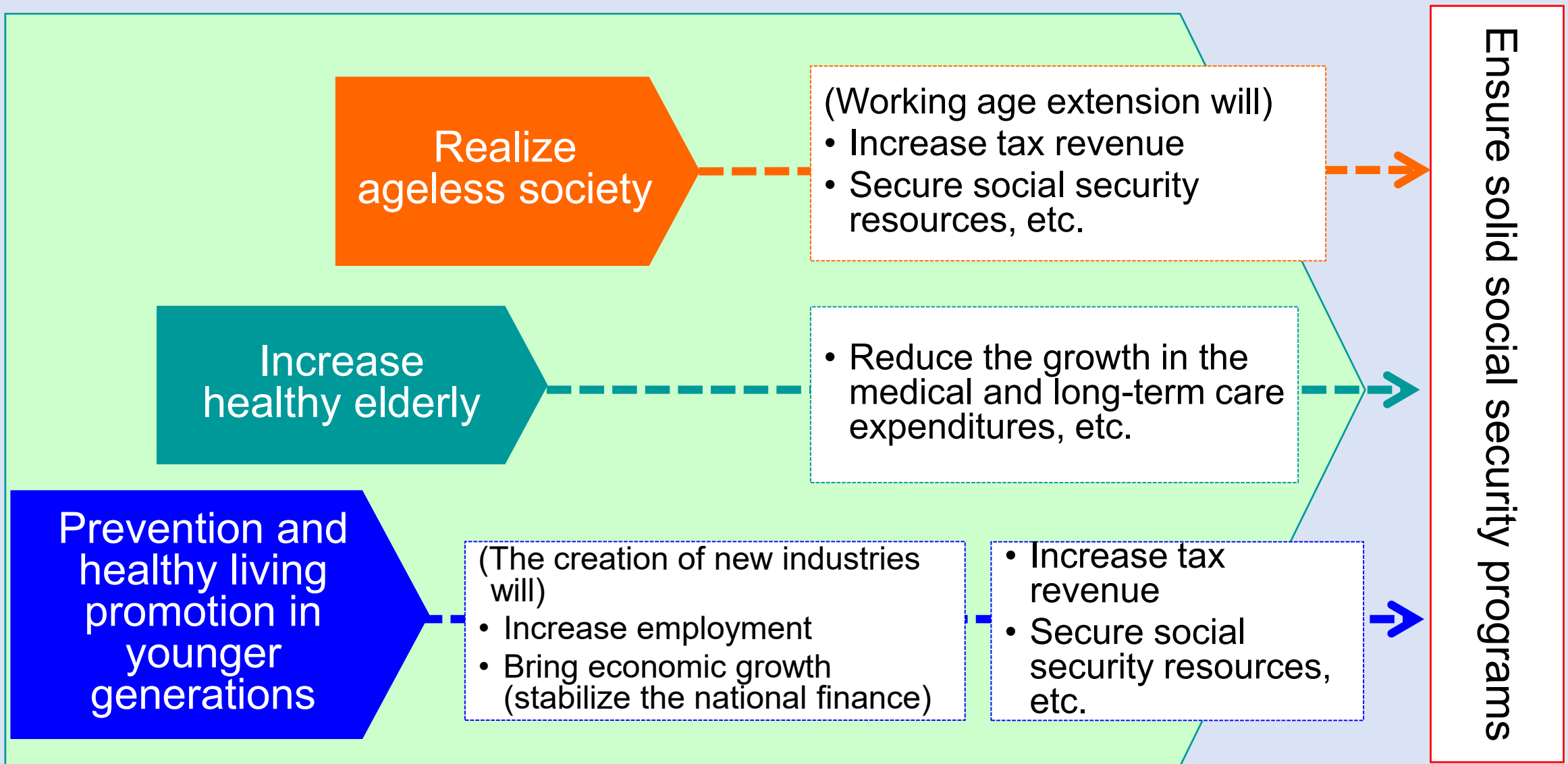
Promote integrated implementation of health services and long-term care prevention at the municipality level.

(iii) **Efforts for health promotion and the management of allergic diseases and dependence (addiction)**

Implement measures against passive smoking thoroughly.

Promote measures to prevent aggravation and reduce symptoms of allergic diseases.

What "Healthy Life Extension" Brings For Us



Nippon Kenko Kaigi [Japan Health Conference]

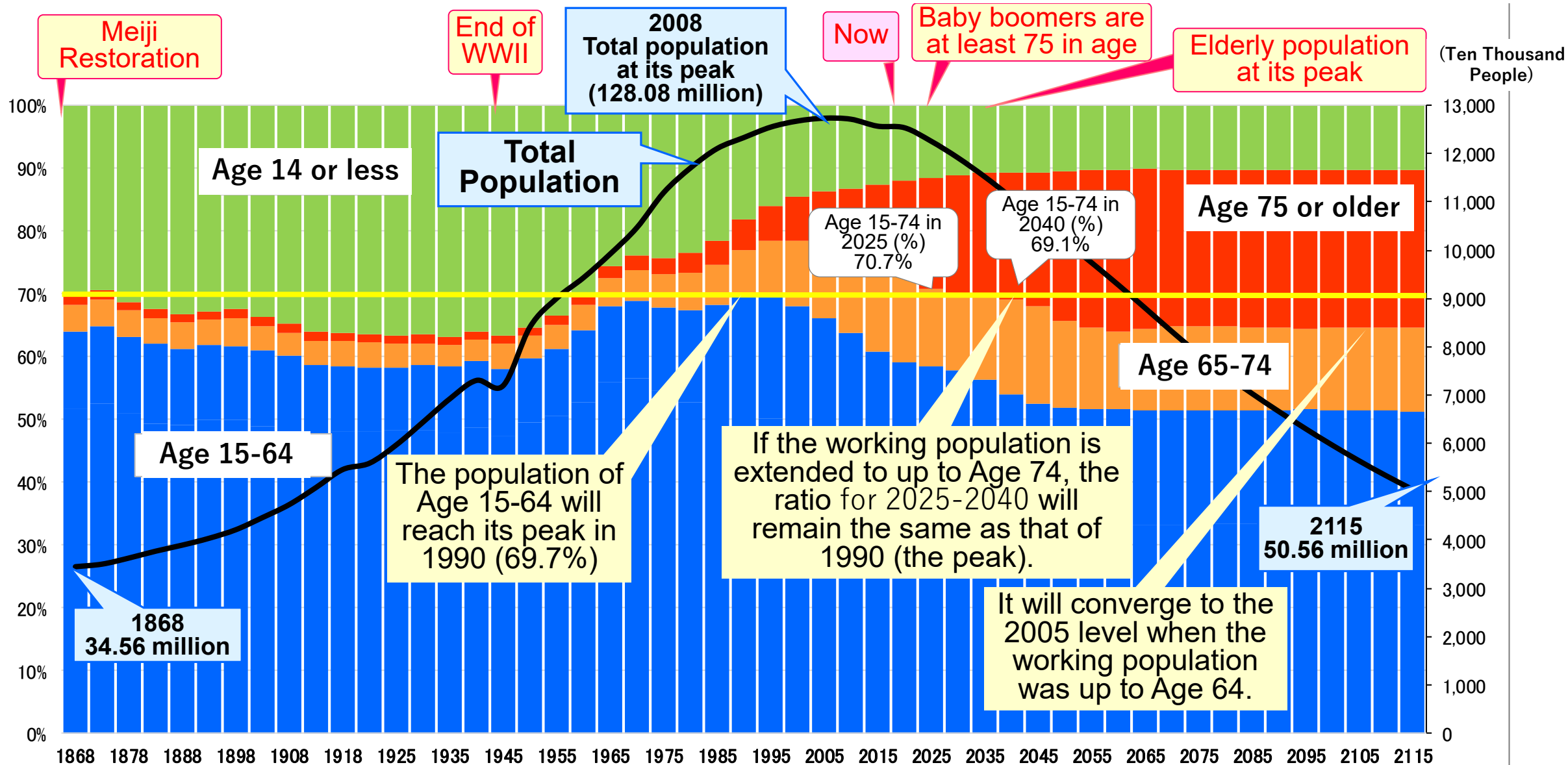
- The business leaders, healthcare organizations, and municipal leaders together launched the Japan Health Conference in July 10, 2015, in which the private-sector takes the initiative to promote progressive preventative care and health development among local governments, companies, and insurers, with the aim of extending healthy life expectancy and optimizing the healthcare expenditure.
- To develop cross-sectional progressive efforts in local governments, companies, and insurers, the Conference adopted the “2020 Declaration of Healthy Community and Workplace Development,” which incorporates the key performance indicators toward 2020.
- To ensure to achieve these goals,
 - 1) A working group will be established for each project, and the Ministry of Health and the Ministry of Economy will cooperate in investigating specific approaches so that any bottle necks will be eliminated and the cases of good practice can be expanded.
 - 2) The “Japan Health Conference Portal Site” will be established to promote competition, for example by visually describing the project status by area or field of business.



*Nippon Kenko Kaigi
(<http://kenkokaigi.jp/index.html>)

Nippon Kenko Kaigi
held in 2018

Trend in population demography of Japan by age group



*長谷川敏彦氏資料、岡崎陽一(1986)「明治大正期における日本人口とその動態」『人口問題研究』178、総務省統計局「国勢調査」、
国立社会保障・人口問題研究所「日本の将来推計人口(平成29年推計)」「(出生中位(死亡中位)推計)より作成。

What We Need to Consider Nationwide

How to protect the world's best medical system



- ✓ Stay healthy even when you get aged
- ✓ Prevent aggravation even when you get sick



Promote efforts for **prevention and healthy living**

Examples of Recommendations and Solutions for Sustainable Social Security

Inpatient Care

Differentiation by care function

- Functional differentiation of the inpatient beds according to the patient stages (advanced acute care, acute care, recovery care, or chronic care stage)
- Functional differentiation between small/medium-sized hospitals and large hospitals

Reduce non-operating beds in public medical institutions including hospitals

Medical care at the final stage of life

Stewardship of expensive drugs

Proper selection of medical materials for surgery

Reform promotion from the medical side

- The Integrated Securing of Funds for Regional Medical and Preventive Long-term Care based on the Community Medicine Plan will be used
- Raise public awareness by charging an extra fee for patients who visit large hospitals without any referral letters

Steady implementation of the New Public Hospital Reform Plan and the Public Medical Institutions 2025 Plan

Raise public awareness about the end of life with dignity

Prescription practice based on drug effectiveness

Consider viewpoints according to different ages and functions

Outpatient Care

Promote the community-based comprehensive care, including encouraging patients to seek care from *kakaritsuke* (primary care) physicians

Cost-conscious prescription according to symptoms and characteristics of patients

Efforts in medical professionals, companies, and insurers by the Japan Health Conference

Measures against lifestyle-related disease and locomotive disease by *kakaritsuke* physicians

Refrain from issuing a prescription for a prolonged period at once

Kakaritsuke Physicians Faculty Training Program

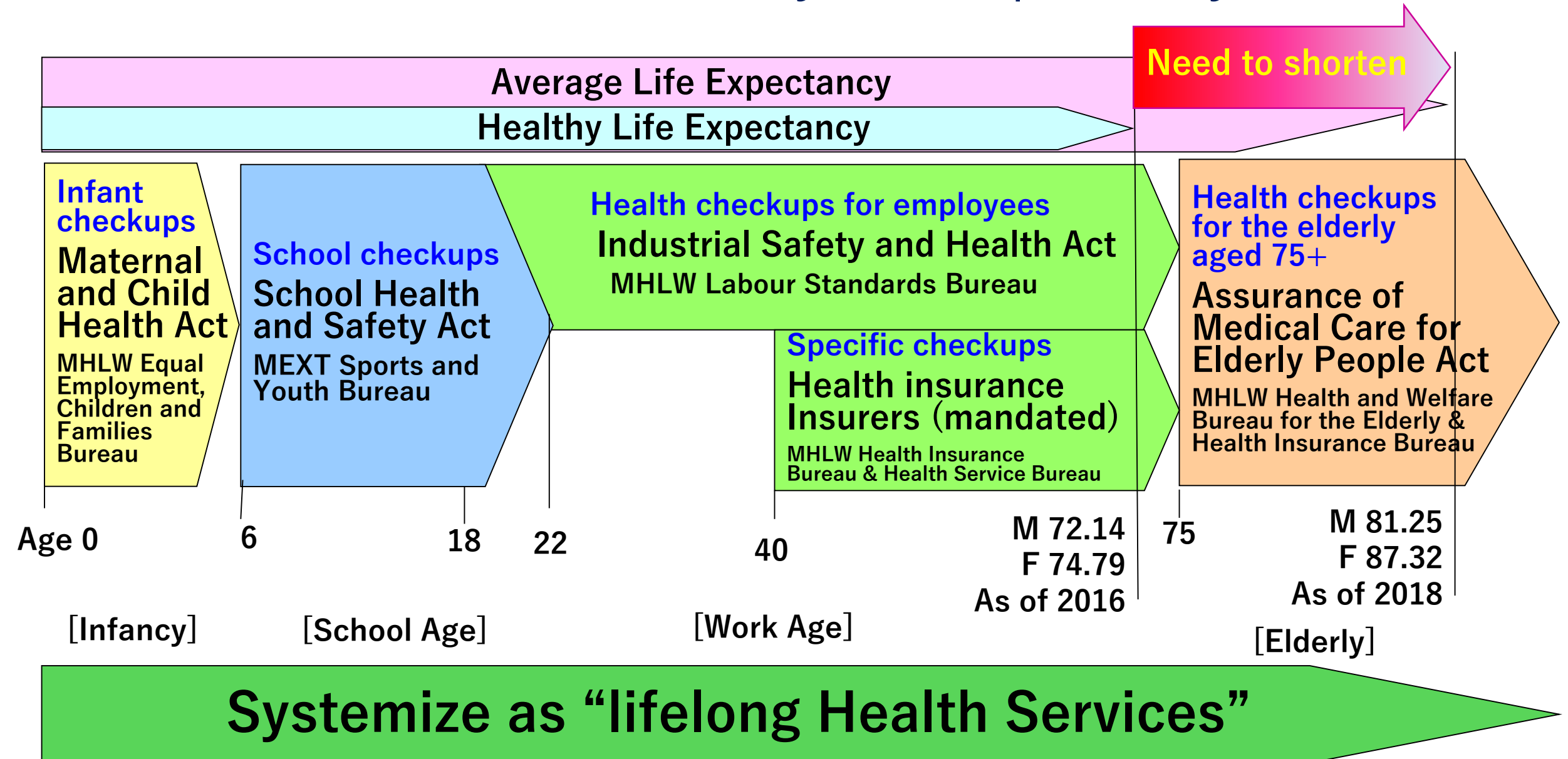
Publish in clinical guidelines

Leaders from the business community, medical organizations, and local governments collaborate to develop good examples in transverse fashion

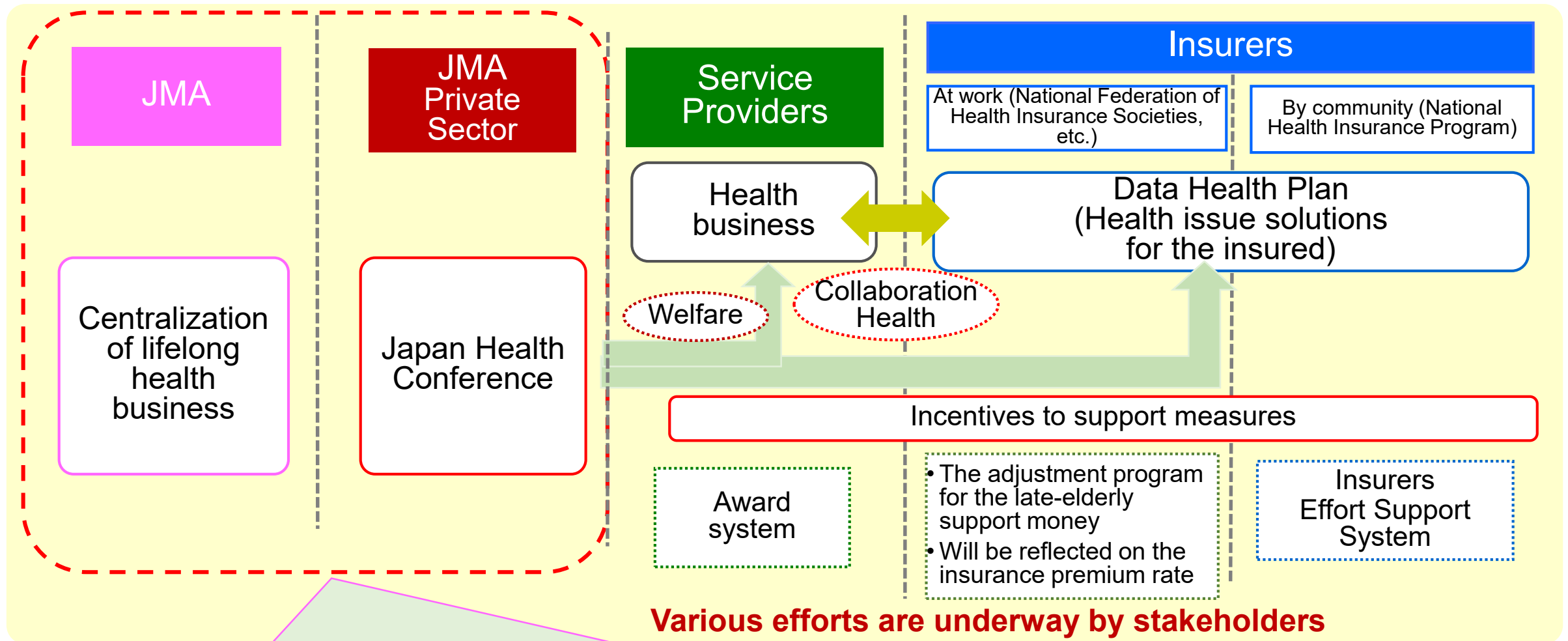
Extension of healthy life expectancy

Drug stewardship by *kakaritsuke* physicians

To Extend Healthy Life Expectancy



Major Health Measures That Are Currently Underway



JMA will

- (1) Work on lifelong health management by centralizing the health checkup data, and
- (2) Be involved in the efforts of the Japan Health Conference consisting of economic groups, medical organizations, the insurers, and local governments in order to extend healthy life expectancy.

Social Security in a Depopulating Society

Raise the maximum age for active social participation

Medicine has a significant role to play



Manage dementia

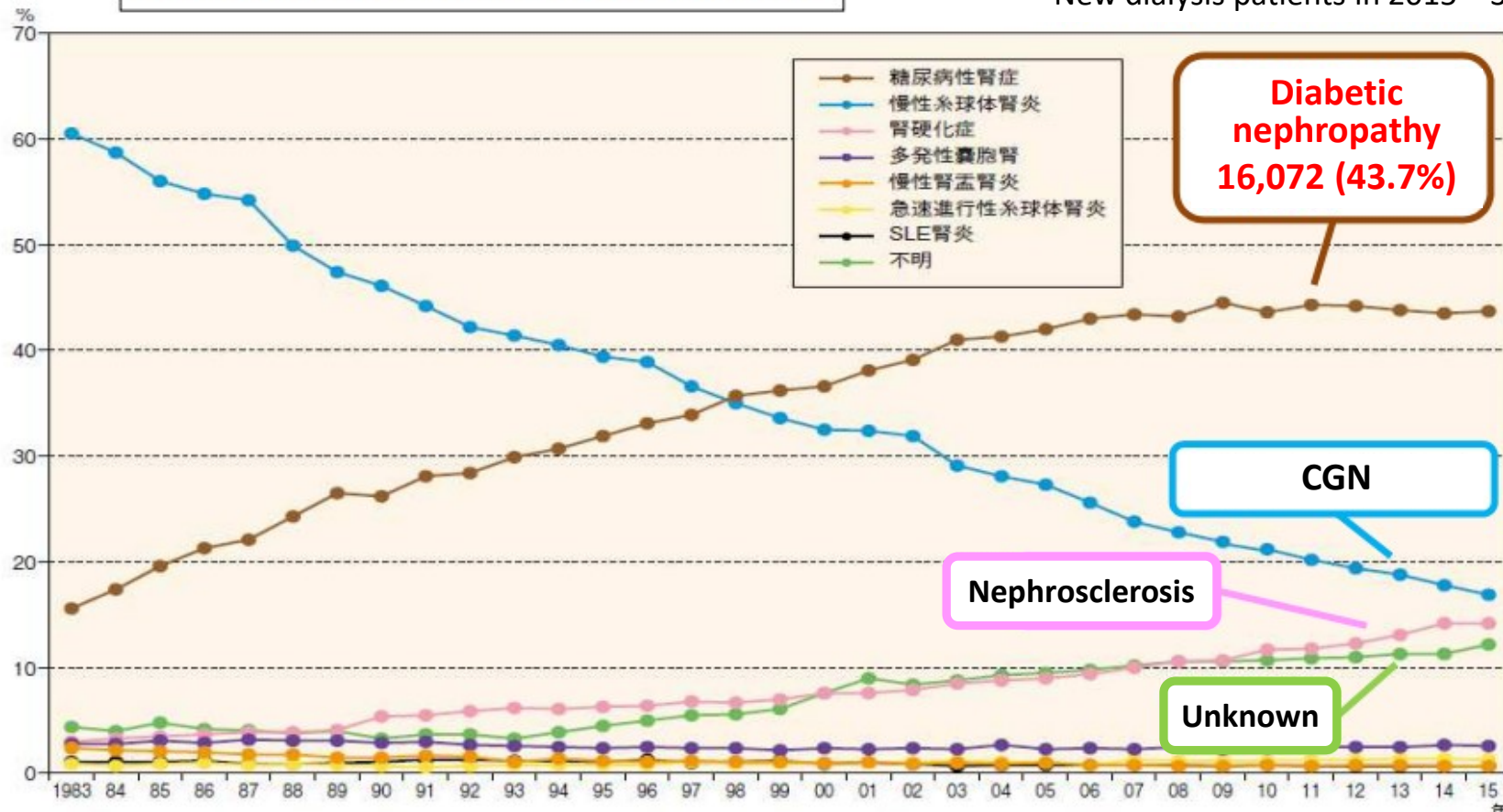
Create the purpose of life for the elderly

Trend of the main primary disease among new dialysis patients (by year)

Of the 37,000 (approx.) new dialysis patients in 2015,
1,600 (43.7%) were due to diabetic nephropathy

透析導入患者の主要原疾患の推移(年別)

* New dialysis patients in 2015 = 36,797



Excerpt from the Material 3 of Ministry of Health, Labour and Welfare 1st Kidney Disease Management Review (Dec 14, 2017)

Establishment of the Japan Anti-Diabetes Promotion Council

- ◆ The changes in living environment and the aging drastically changed the disease structure, and lifestyle-related diseases became more common.
- ◆ Diabetes, in particular, is developing in a wide range of age groups. However, many have little awareness of their subjective symptoms and leave untreated or abandon treatment even though the disease will cause various pathological conditions.



Promotion of
diabetes
control

February 2005

Established by **Japan Medical Association, Japan Diabetes Society,**
and **Japan Association for Diabetes Education and Care**

Three pillars as the goals

- (1) Enhance *kakaritsuke* physicians' capacity and promote collaborative care
- (2) Encourage people to proactively seek care and enhance follow-up guidance
- (3) Improve the outcome in diabetes treatment

Japan Anti-Diabetes Promotion Council

Managing Organizers

Japan Medical Association Japan Diabetes Society
Japan Dental Association
Japan Association for Diabetes Education and Care

Member Organizations

National Federation of Health Insurance Societies All-Japan Federation of National Health Insurance Organizations Japan Society of Nephrology Japan Ophthalmologists Association Japanese Nursing Association Japan Society of Metabolism and Clinical Nutrition Japan Health Promotion and Fitness Foundation JAFIAS Japan Academy of Diabetes Education and Nursing Japan Society of Health Evaluation and Promotion Japan Dietetic Association Japan Society of Ningen Dock Japan Pharmacists Association Japan Physical Therapists Association Japanese Physical Therapy Association

Work with different specialists and other occupations involved in awareness-raising projects, etc.

Working Groups

JMA
Japan Diabetes Society (JDS)
Japan Association for Diabetes Education and Care (JADEC)
Japan Society of Nephrology (JSN)
Japan Ophthalmologists Association (JOA)
Observers from other organizations

Prefectural MAs

Municipal MA Municipal MA Municipal MA

Prefectural MAs

Municipal MA Municipal MA Municipal MA

Prefectural MAs

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Local Japan Anti-Diabetes Promotion Councils
(Installed in all 47 prefectures)

Governments

Member organizations include:

dentist associations
nursing associations
pharmacist associations
dietician associations
ophthalmologist associations
nephrology associations
etc.

Response to the reduction of diabetic patients

Prevention • severity prevention

- Training for physicians including Kakaritsuke physicians to strengthen numerical control of diabetic patients

Severity prevention

- Create partnership between clinics and hospitals, especially establishing and analyzing databases to help physicians working in clinics

Establish effective treatment

- Highly effective treatment and medicines by continuing research on database construction and improvement of outcome

Conclusion of "Agreement on Collaboration for Prevention of Severe Diabetic Nephropathy"
(March 24, 2016)

Conclude an agreement with the JMA, the Ministry of HLW and the Japan Diabetes Countermeasure Promotion Council to promote efforts for prevention of severe diabetic nephropathy in communities



Creating Healthy Towns and Workplaces 2020

[Declaration 2]

Declaration 2

Increase the number of organizations that work on preventing the aggravation of lifestyle-related diseases by collaborating with *kakaritsuke* physicians to bring it up to at least **800 municipalities and 24 regional unions**. Such efforts should utilize **the Japan Anti-Diabetes Promotion Council** and other opportunities.

2016

118/1,716 municipalities
4/47 regional unions

2019

1,180/1,716 municipalities
32/47 regional unions

Partnership Agreement for the Promotion of Diabetes Care by *Kakaritsuke* Physicians and Aggravation Prevention

(September 19, 2018 at the Saitama Prefectural Government)

Japan Medical Association, Japan Anti-Diabetes Promotion Council, Saitama Medical Association, Saitama Anti-Diabetes Promotion Council, and Saitama Prefecture signed the partnership agreement.

Declaration

1. The diabetes aggravation prevention program led by the governments and the research projects led by medical associations (and Japan Anti-Diabetes Promotion Council) will work to enhance partnership in promoting respective program/projects of each.
2. Parties involved will work to extend healthy life expectancy of the Japanese people by extensively advancing diabetes aggravation prevention and promoting effective diabetes care by *kakaritsuke* physicians

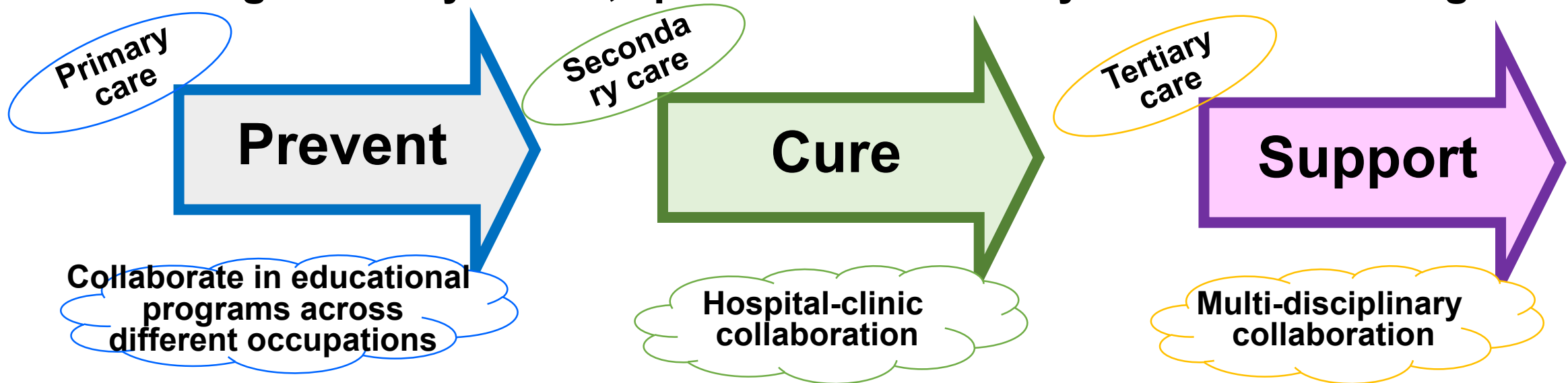


* From *Nichii News* (Issued on Oct 20, 2018)

Medicine = Prevention & Education + Diagnosis & Treatment + Aggravation/Recurrence Prevention & Watchful Eyes & Nursing

"Preventing disease" is a major role of medicine

Diagnosis and treatment are not the only role for physicians.
In "the age of 100-year-life," prevention is the key to achieve lifelong health.



Role for a *Kakaritsuke* physician

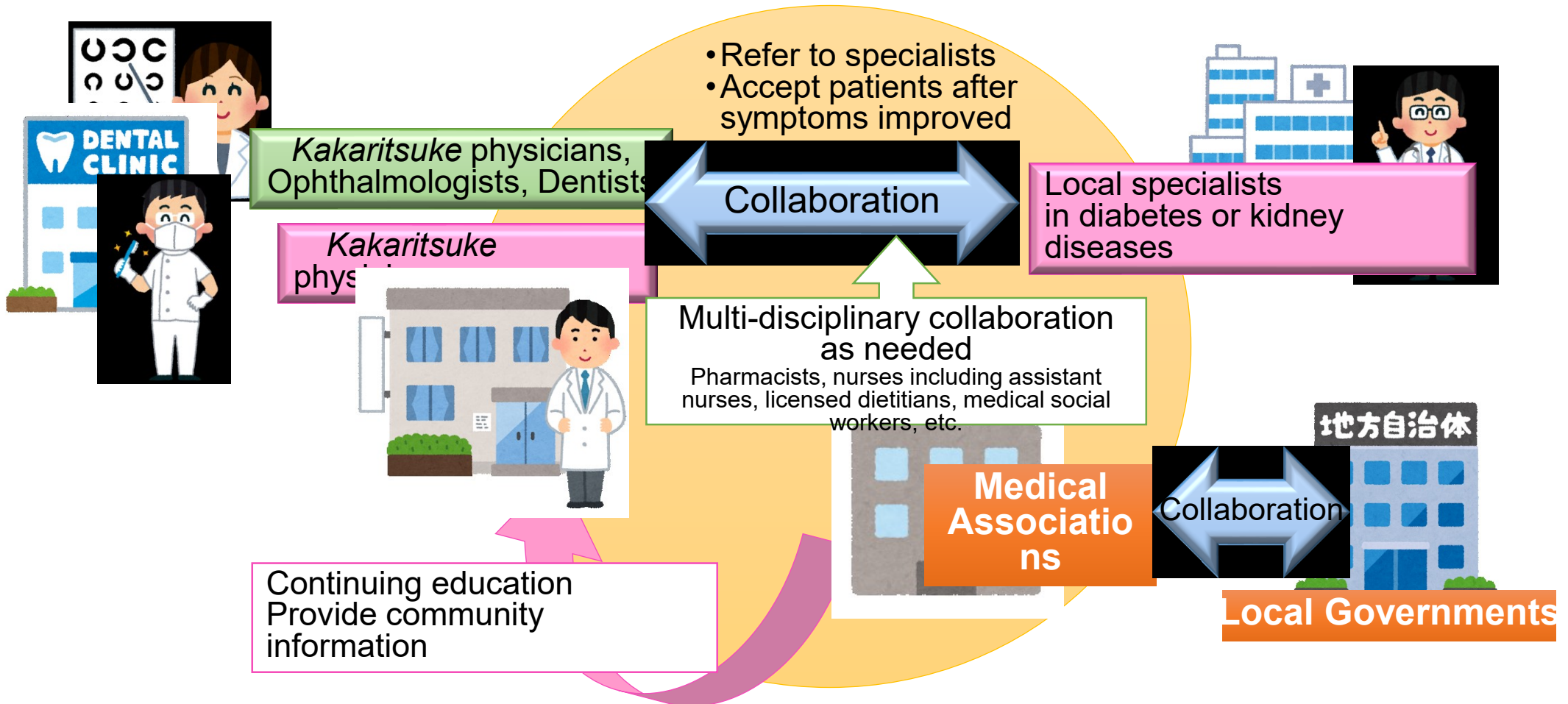
Role as a school physician

Role as an occupational health physician

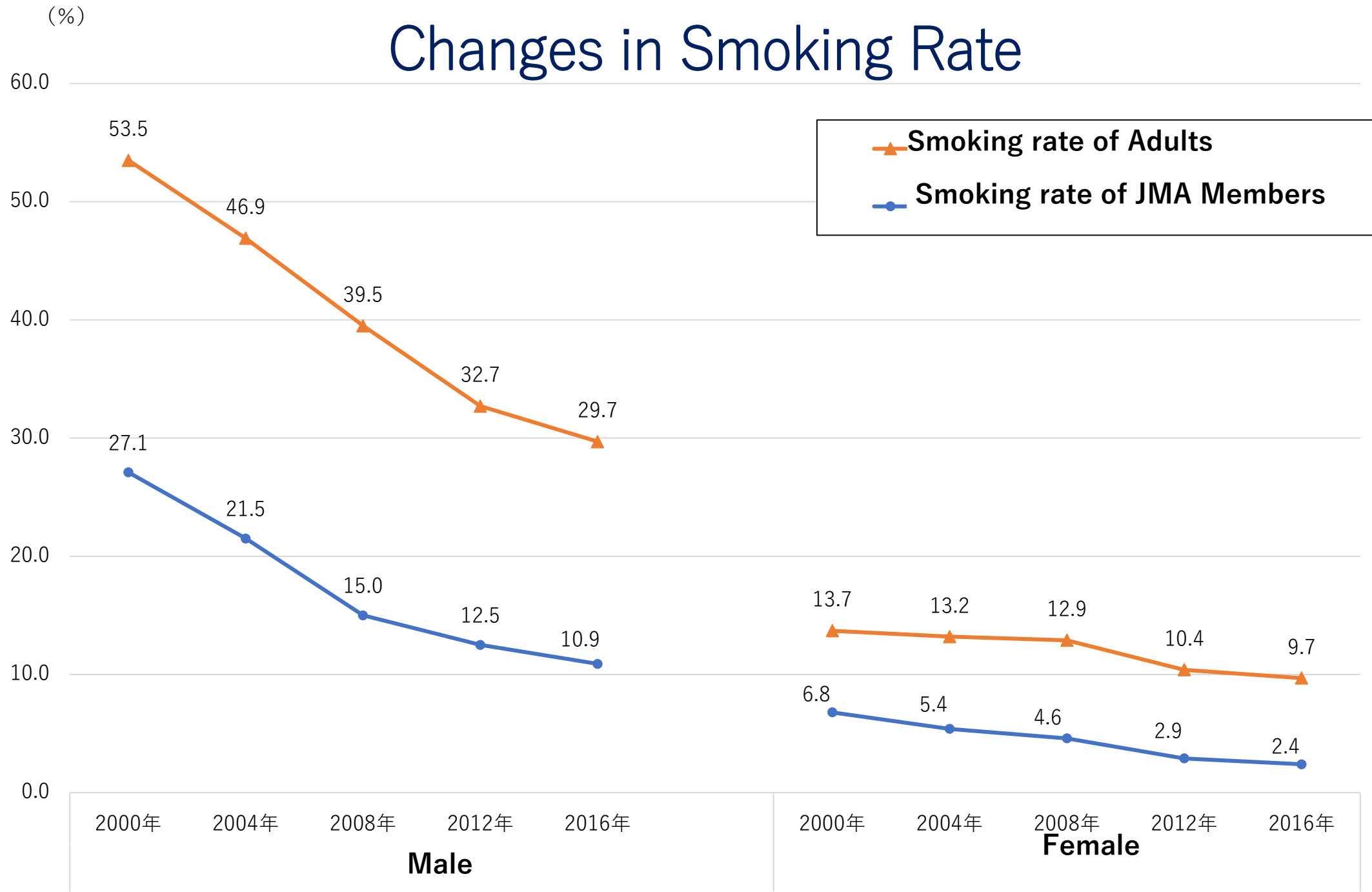
Multi-disciplinary Collaboration Including Specialists in Diabetes Management

Collaboration between *kakaritsuke* physicians and local specialists

The collaboration between *kakaritsuke* physicians and local specialists will lead to establishing the collaboration between the governments and the organizations involved.



Changes in Smoking Rate



Anti-smoking Measures by JMA

Campaign against passive smoking

The campaign to collect signatures for the enhanced prevention of passive smoking and its realization was carried out nationwide in 2017.

➔ Successfully collected 2,643,023 signatures with the understanding and cooperation of many people.



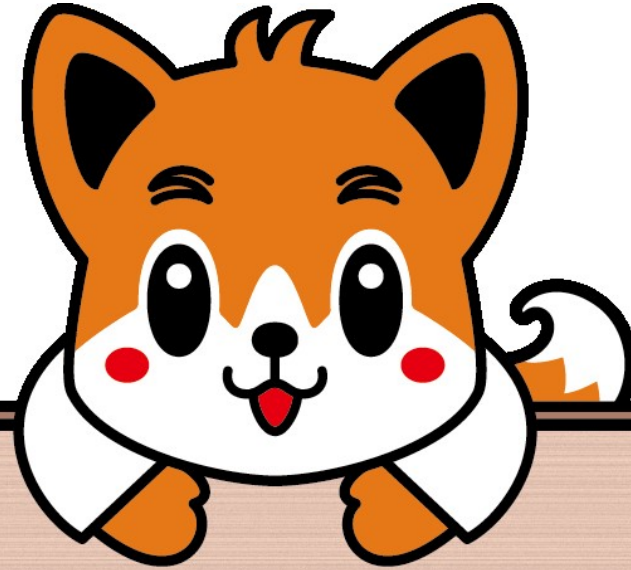
Publicity activities for passive smoking prevention

A video on passive smoking prevention was produced and aired at large public viewing screens in Shibuya, Tokyo, in 2018.



Japan Advertisers Association
The 57th JAA Advertising Award
Won the Outdoor and Traffic Advertising Medalist Award

* The video is available on the JMA homepage.
(<http://www.med.or.jp/people/cm/000001.html>)



NICHII-KUN

**Thank you for
your attention.**