

**ANNUAL SCIENTIFIC CONFERENCE
ON AGEING 2014**

**Lessons from Japan to Asia
on Health & Social Policies
for Ageing Society**

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20120327
Singapore

My C.V.



1975 } **Graduation: Poor post-graduate education in Japan**
} **Resident:** General Surgery, St. Joseph Hospital (Milwaukee, US)

1980 } **Surgeon:** M.P.H Harvard School of Public Health (US)

1985 } **Educator:** Assistant Professor of Gastrointestinal Surgery:
Shiga Univ. of Medical Science

1990 } **Bureaucrat**
National Cancer Center: Director o Planning Office
Deputy director of the Elderly Care Div, MHLW
Director of Health ODA, JICA
Vice President, Kyushu Region National Hospitals

1995 } **from Bureaucrat to Researcher**

1998 FirstDragon Net Meeting

> 1995 } **Researcher:**
2000 } Director of Health Policy
National Institute of
Health Services Management

2005 } National Institute of Public
Health

2010 } **Researcher & Educator:**
Nippon Medical School

Retired

Death

Topics Today

Japanese Role

Pioneer

Japanese Failure

Delivery System

Japanese Success

Policy Timing

Japanese Experiment

New Concept



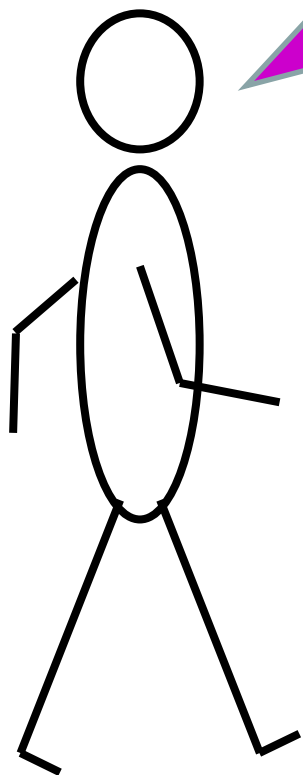
Learn From Each Others

1

**Japan as a
country of
Exploration and
Experimentation.**

Survival Transition

2 elderlies in heaven.. (around 2020)



You are lucky to die from cancer!!
I am jealous of you.. I wasted lots of money & labour, had dementia, and no time to prepare for death

But Care-Cycle helped you manage!
You are an elite of the dead!!

Died from Stroke

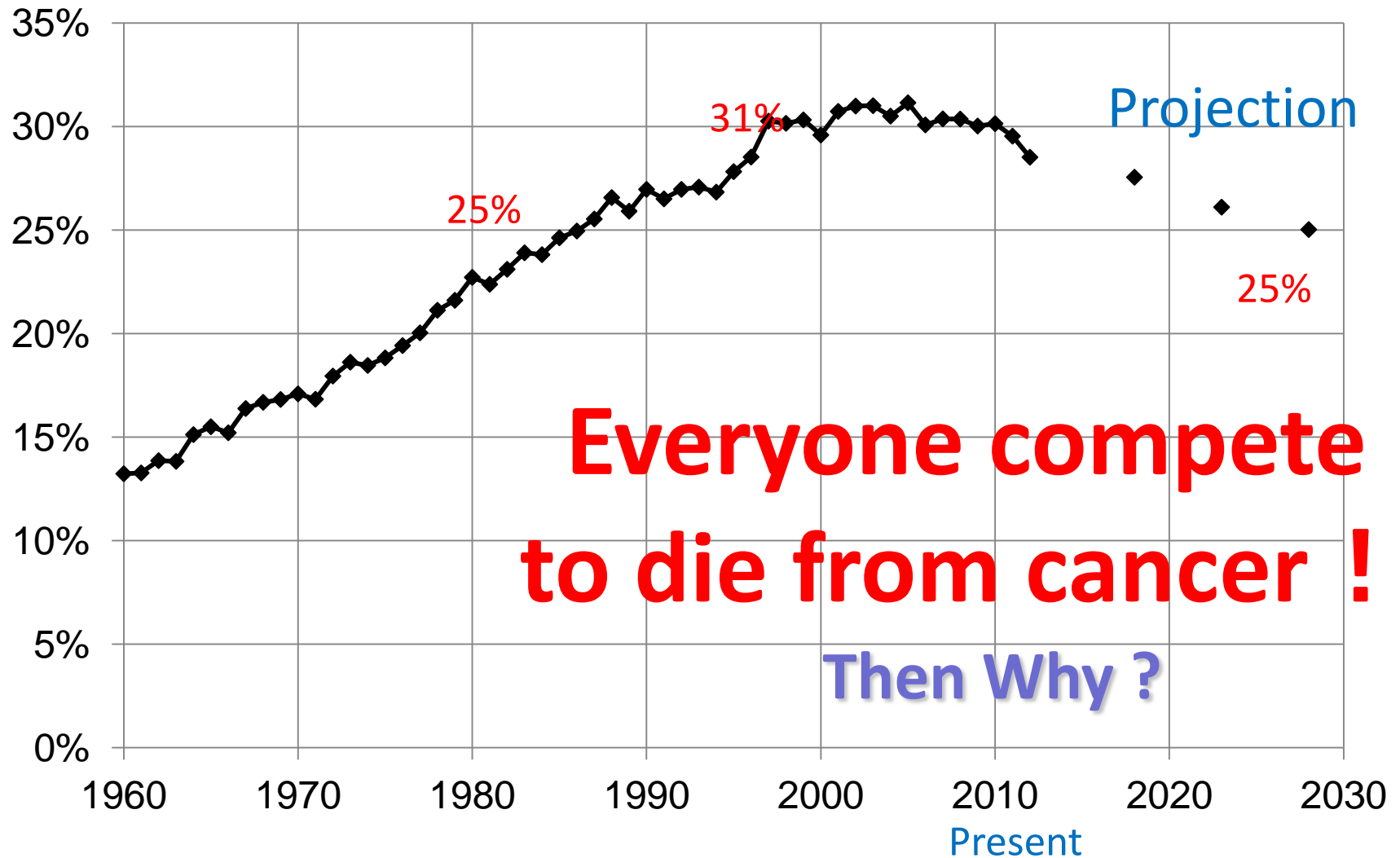


But it was very difficult to face with my dying...

Died from Cancer

Changing Goal & Value

Ratio of Cancer Death in Japan

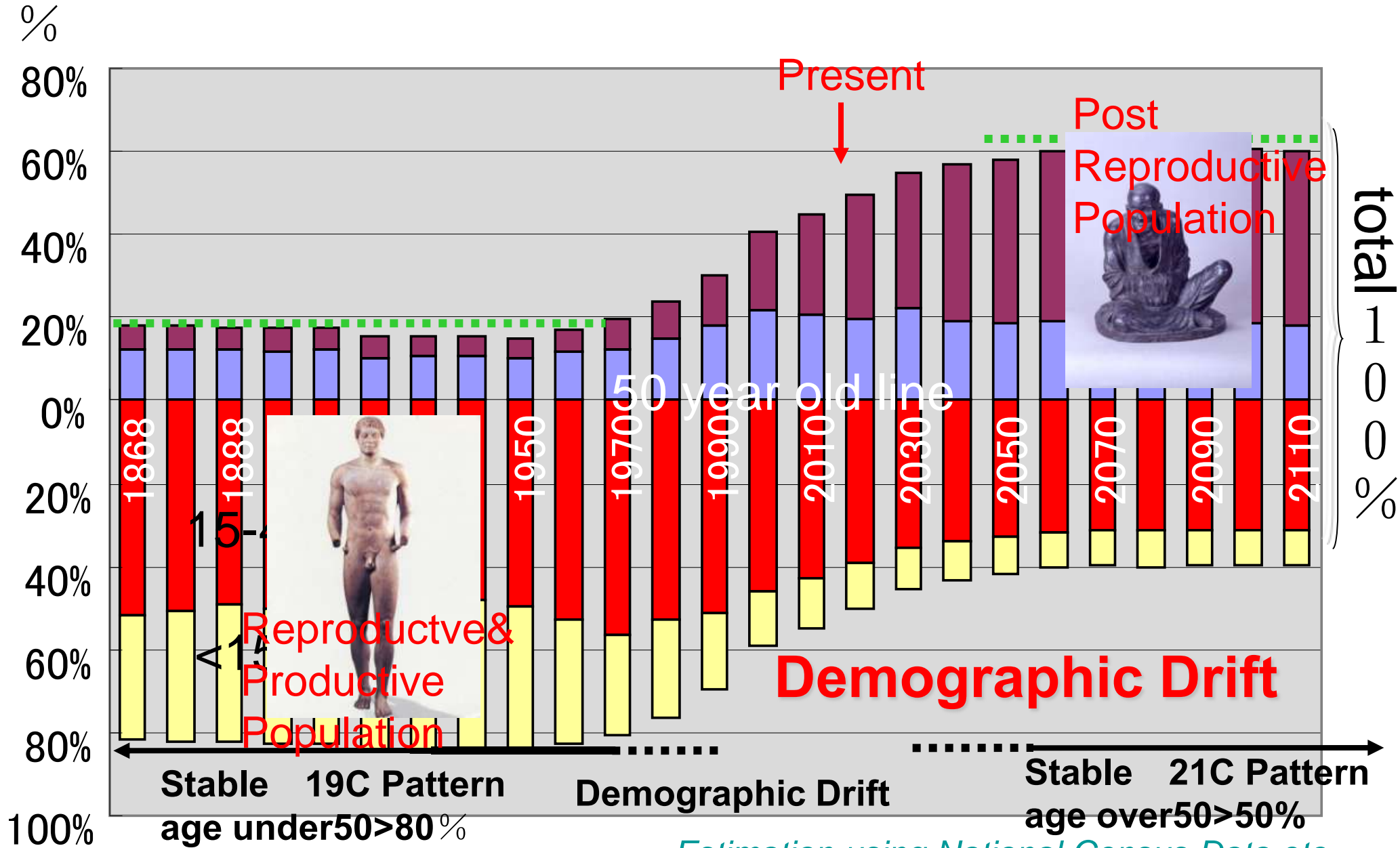


**Everyone compete
to die from cancer !**

Then Why ?

Present

Demographic Drift of Japan during 240years



Estimation using National Census Data etc.

At 2060年

>65yo 40%

>75yo 28%

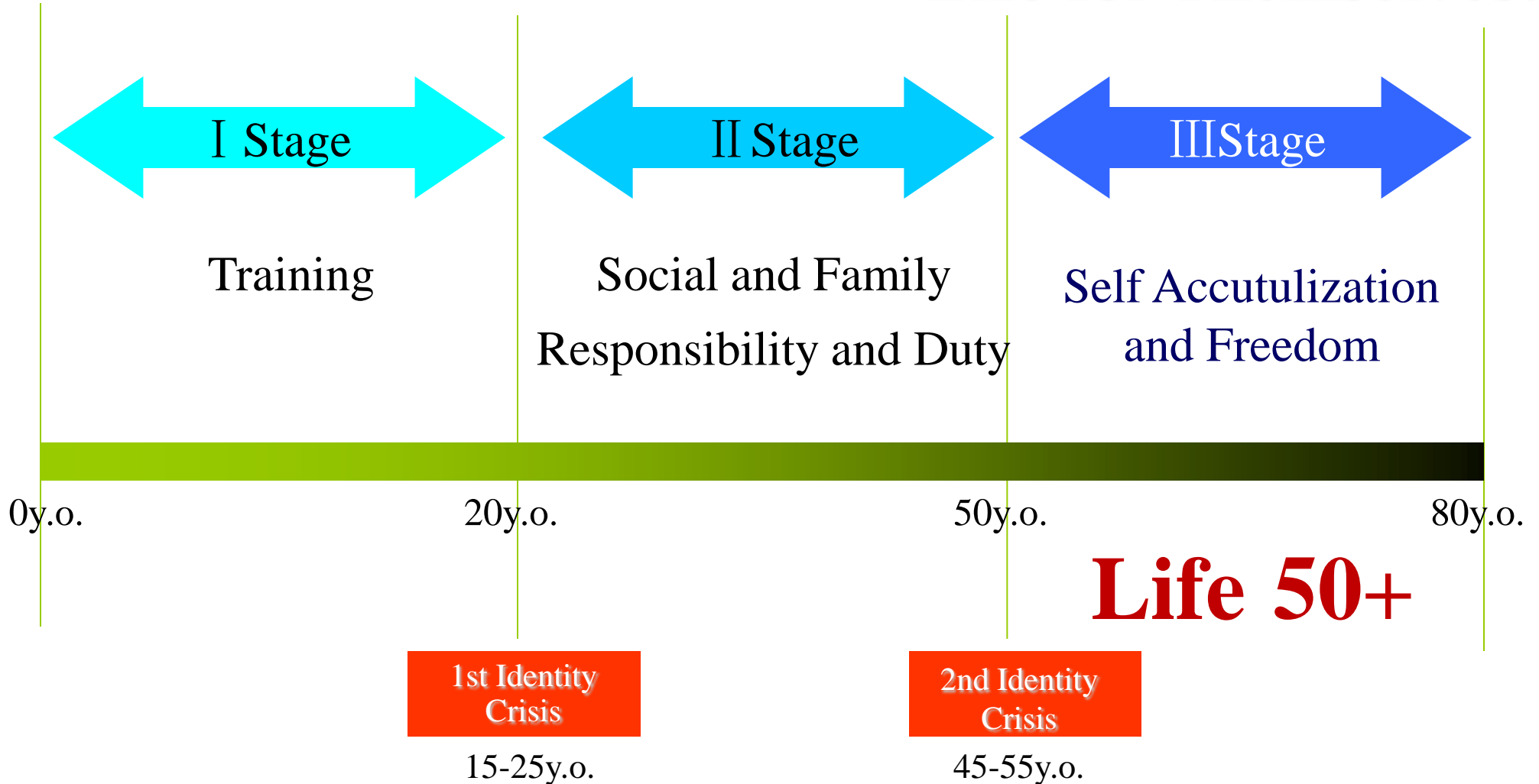
Impossible by Common Sense !

No Such a Society Exist

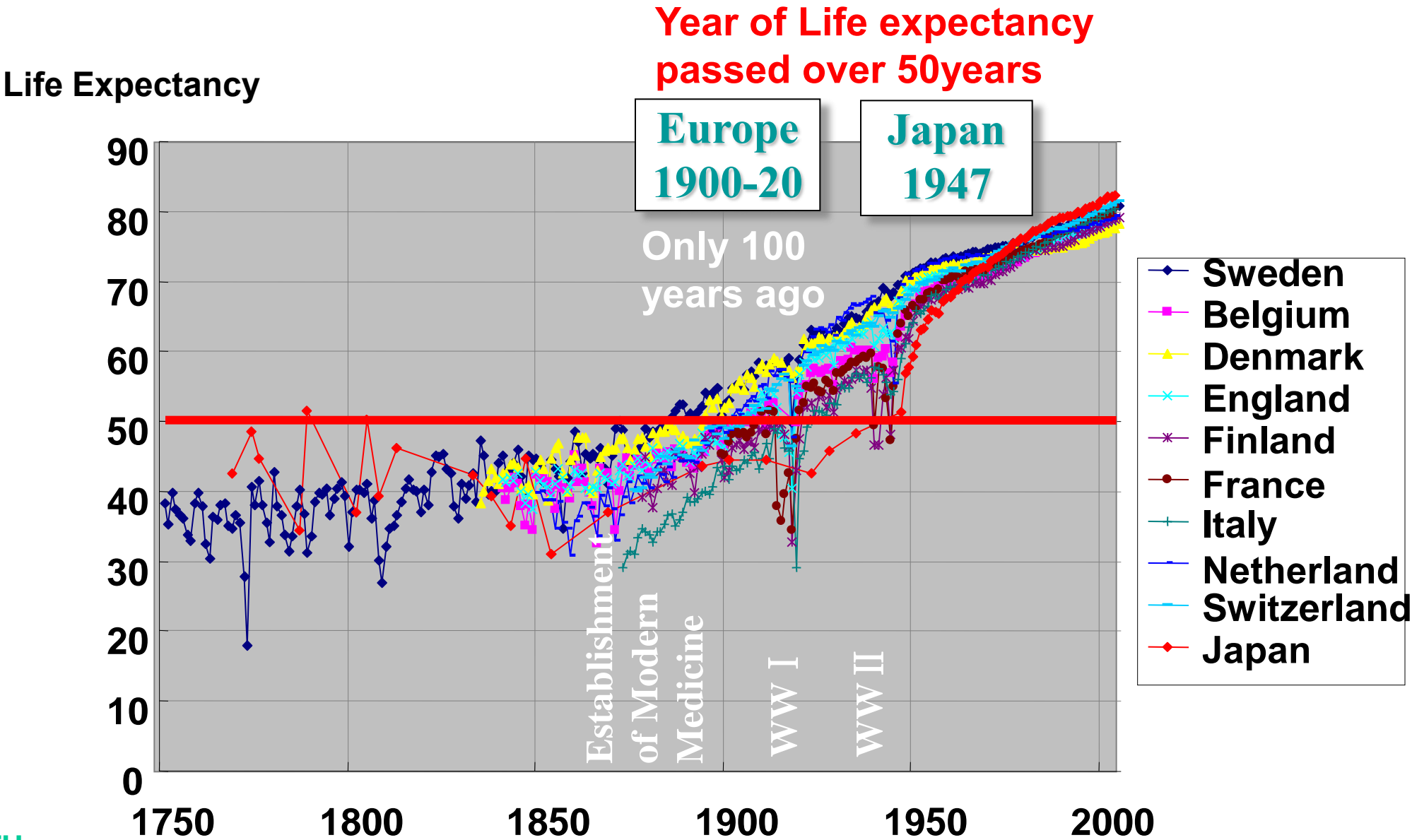
In Human History ! !

3 Stage of Life

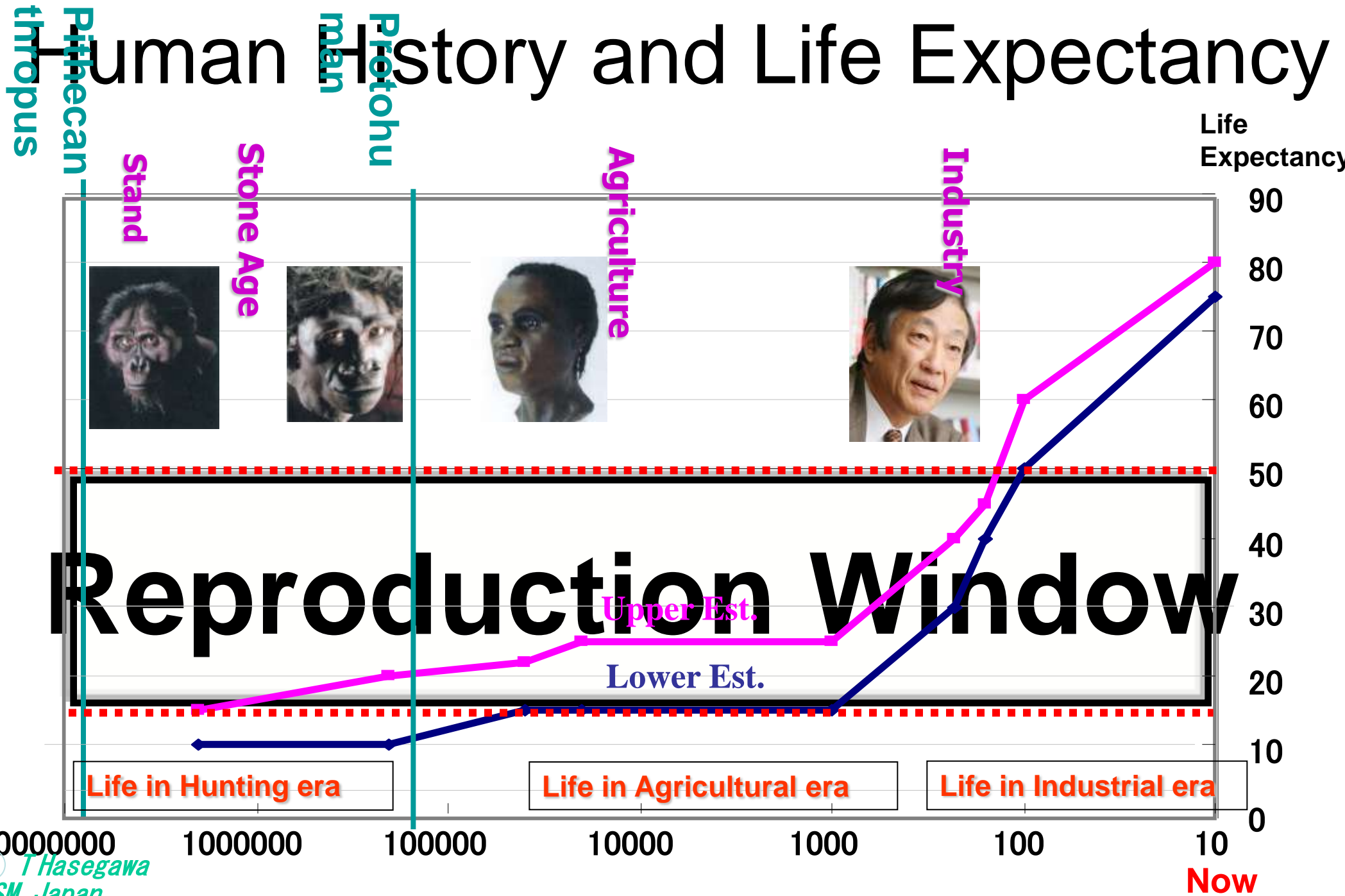
Life for Themselves!



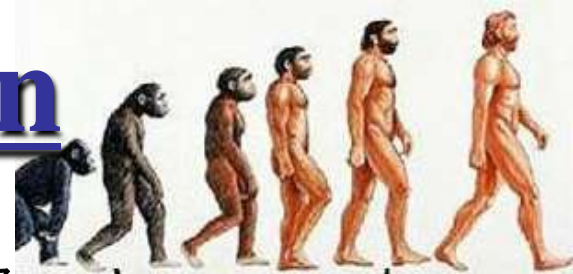
Life Expectancy of Developed Countries



Human History and Life Expectancy



History of Human Evolution



6500万年前
原哺乳類

2.5億年前
恐竜生息
ティラノサウルス



2100万年前
人類誕生

Climate Change

Disappearance



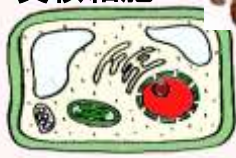
5億年前
多細胞生物
カンブリア紀
アノマロカリス



Massive
Distinction

Asian
Challenge!!!!

25億年前
真核細胞



Cambrian Explosion

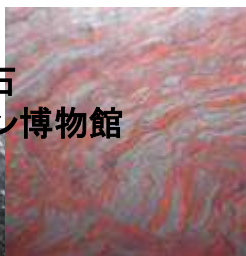
35億年前
原核細胞



38億年前 Birth of Life

38億年前
生命の痕跡
スミソニアン博物館

43億年前
最古の岩石
スミソニアン博物館



46億年前 Birth of Earth

37億年前 Big Bang

How can the Society
with more than half
Population > 50 yo?!
Unsustainable by
Common Sense!

Backcasting

1. Draw the Vision 2060



2. Think of actions in 2013 to achieve the Vision 2060



3. Move step by step towards the vision.



2010

2030

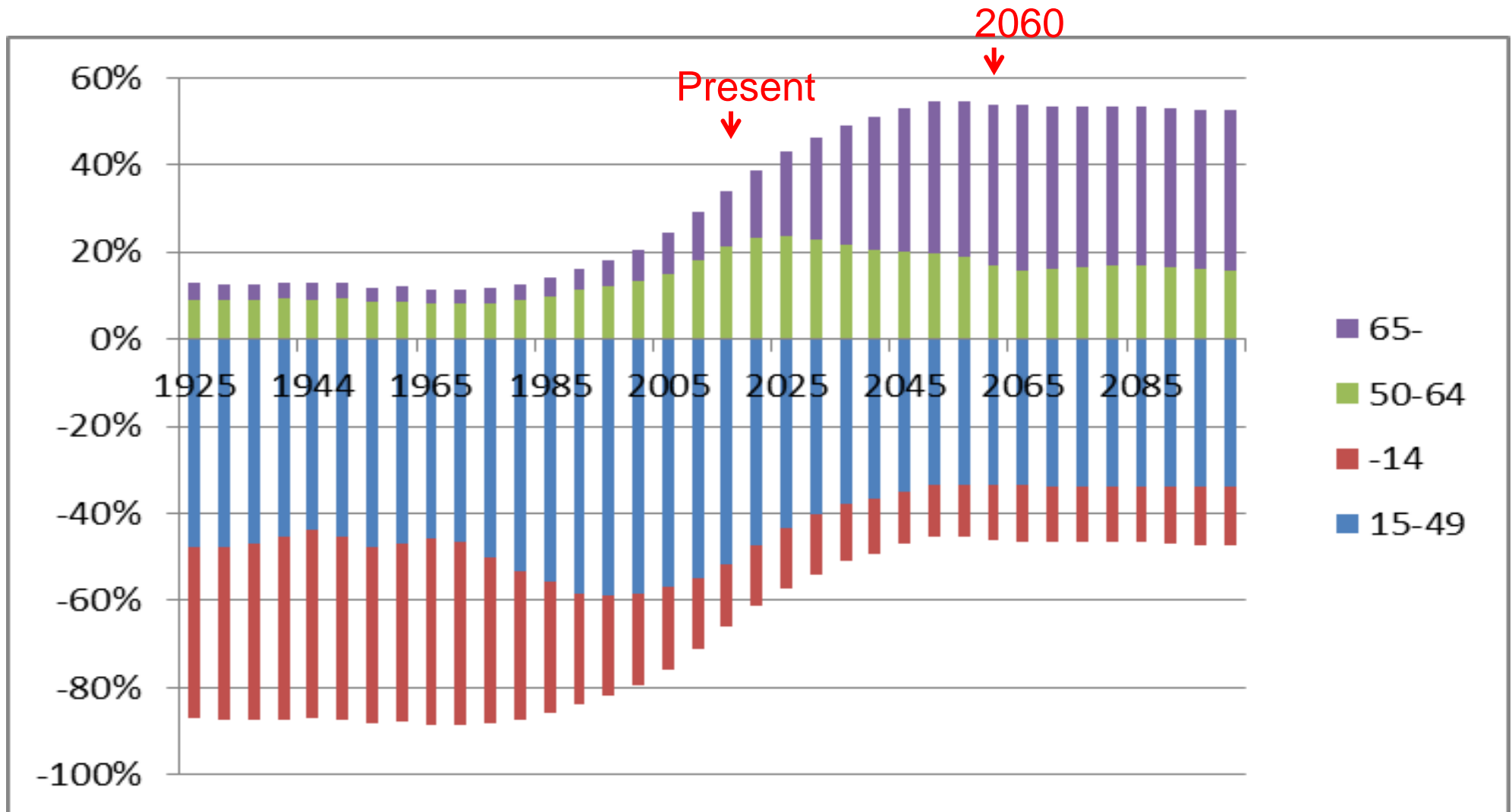
2060

Future is not Continuous!

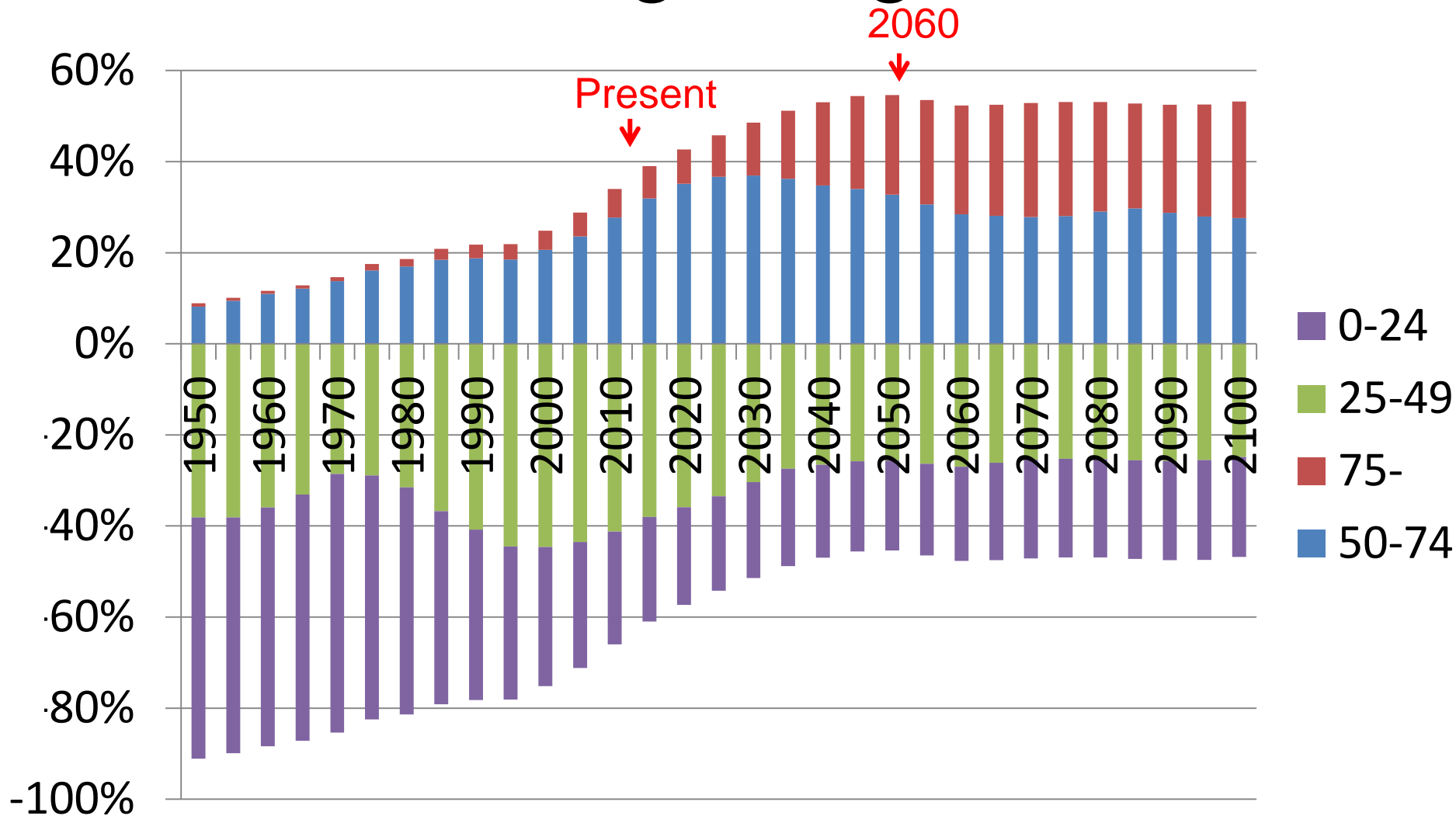
Forecasting Derived from the Past Experience is Risky !

Demographic Drift

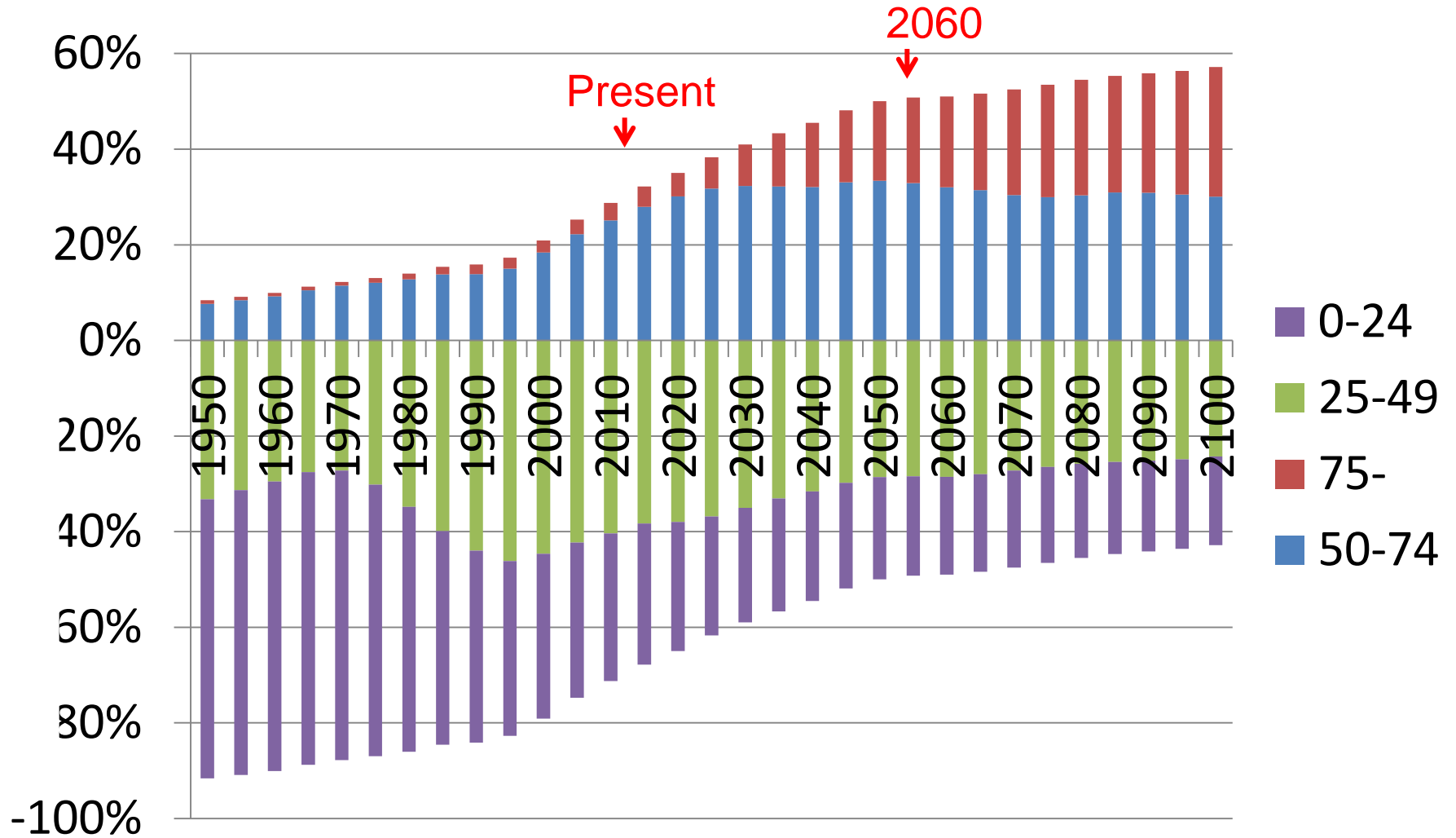
Korean Long Term 1925-2100



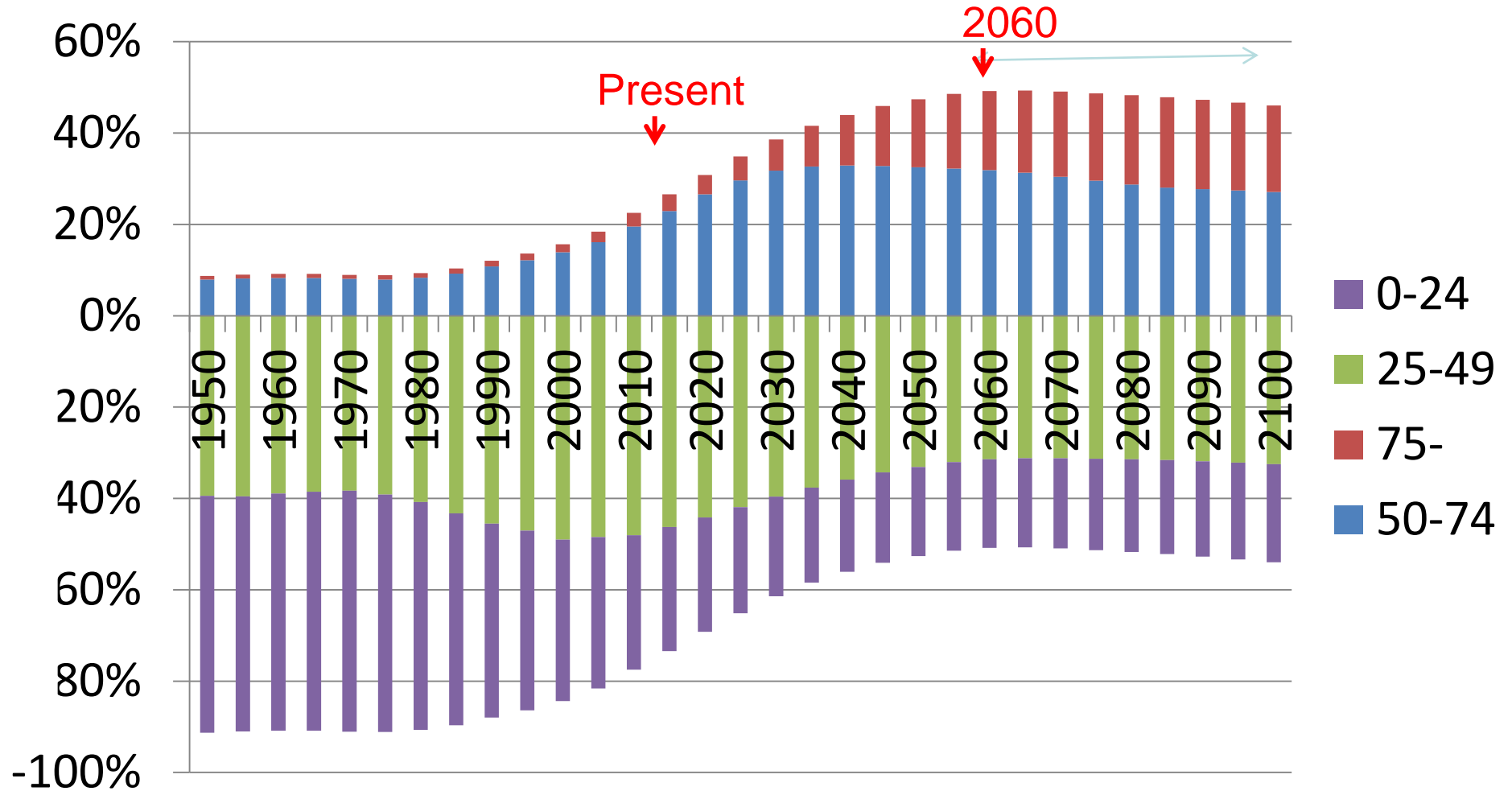
Hong Kong



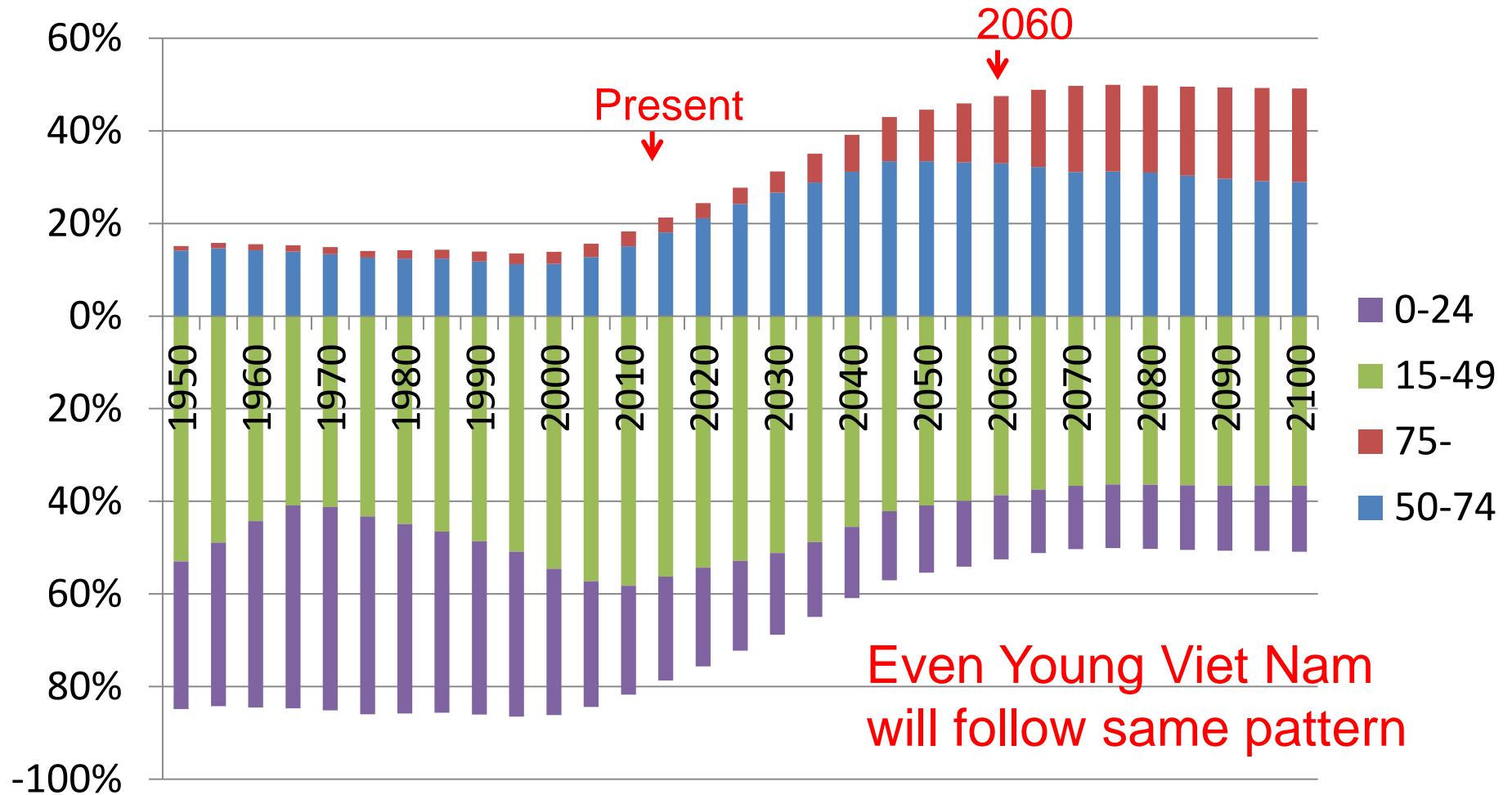
Singapore



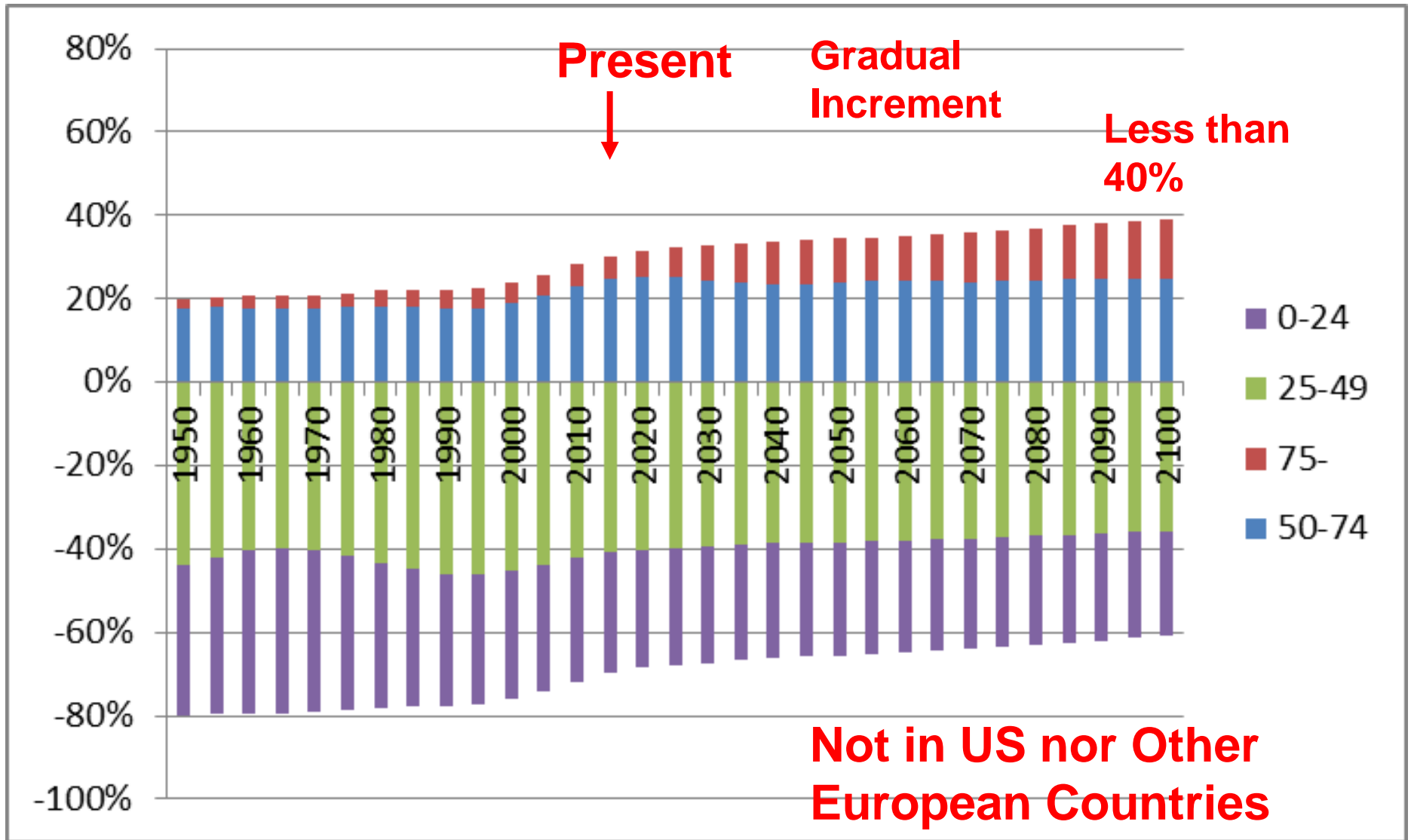
Thai



Viet Nam

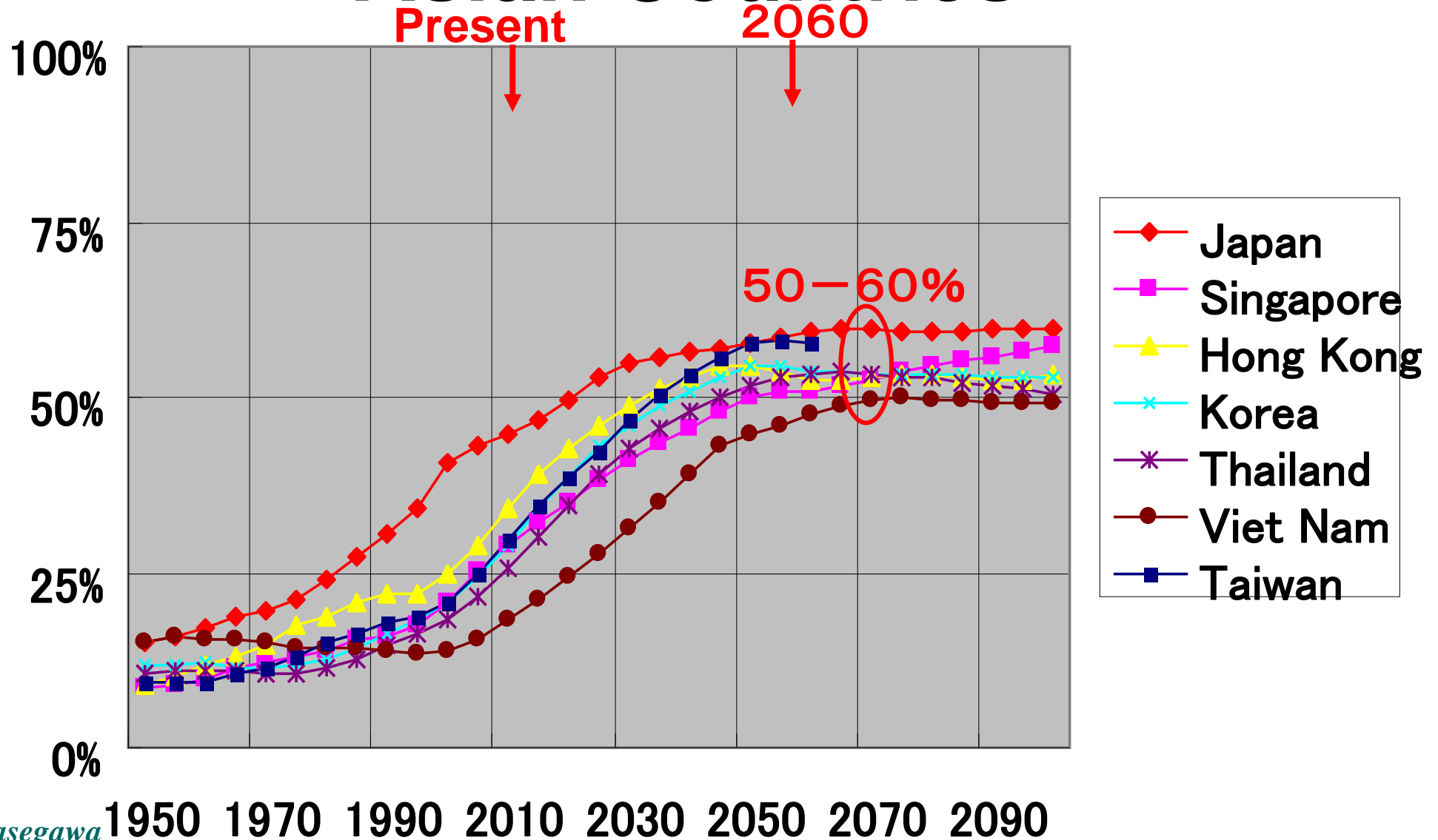


US 1950-2100

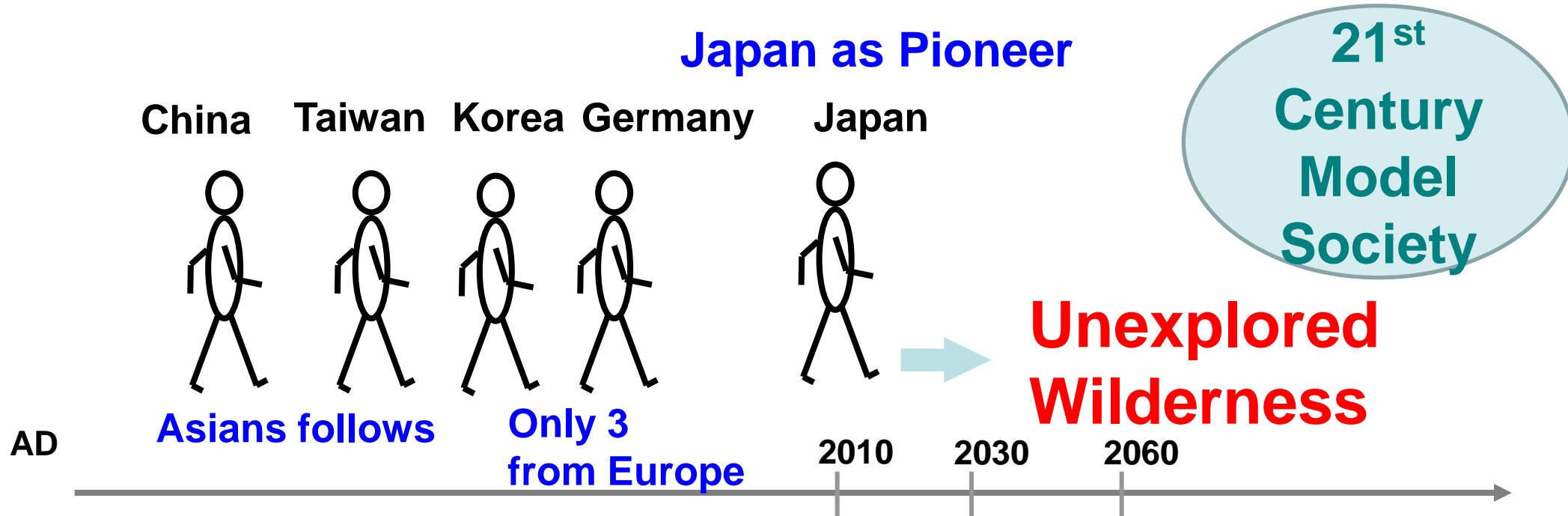


Ratio over age 50

Asian Countries



End of Modern-era toward the Next-era



Japan has been breaking the world record second by second
Japan has become **Experimental Nation!**

P
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Baby-
Boomers
Ageing

Baby-
Boomer Jrs
Ageing

2

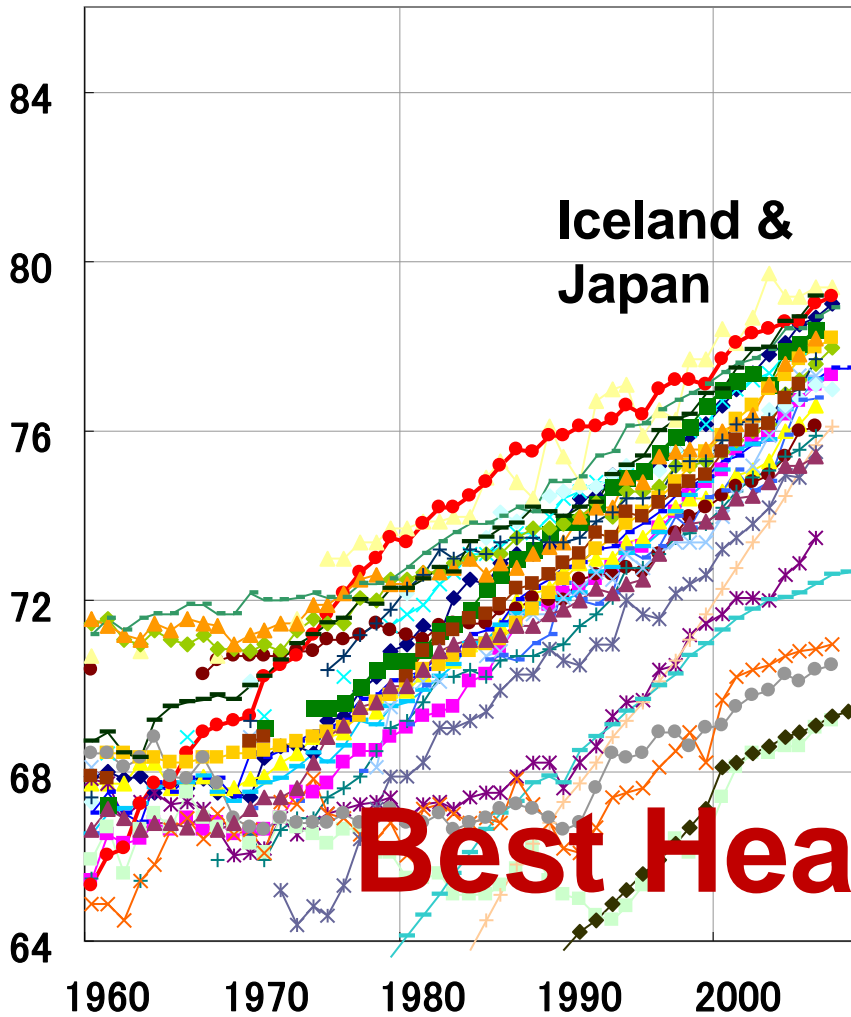
**Lessons from
the failure of
Japan.**

Outcome

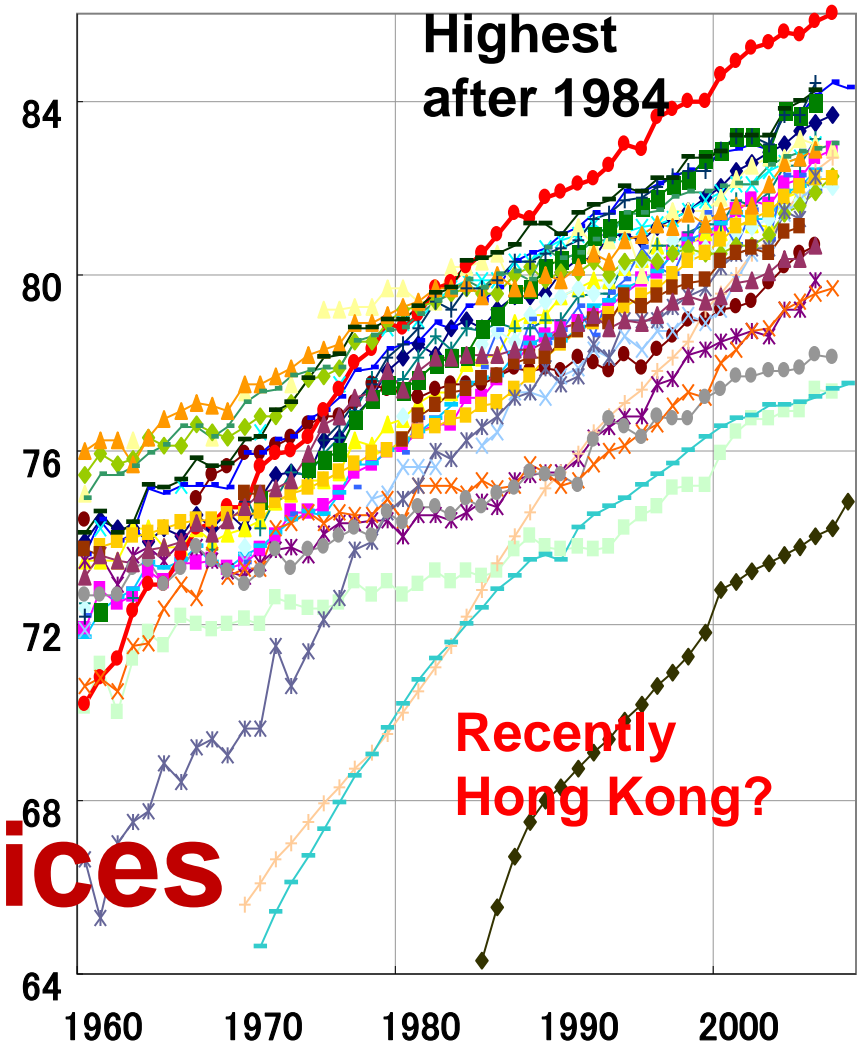
Life Expectancy at Birth

Male

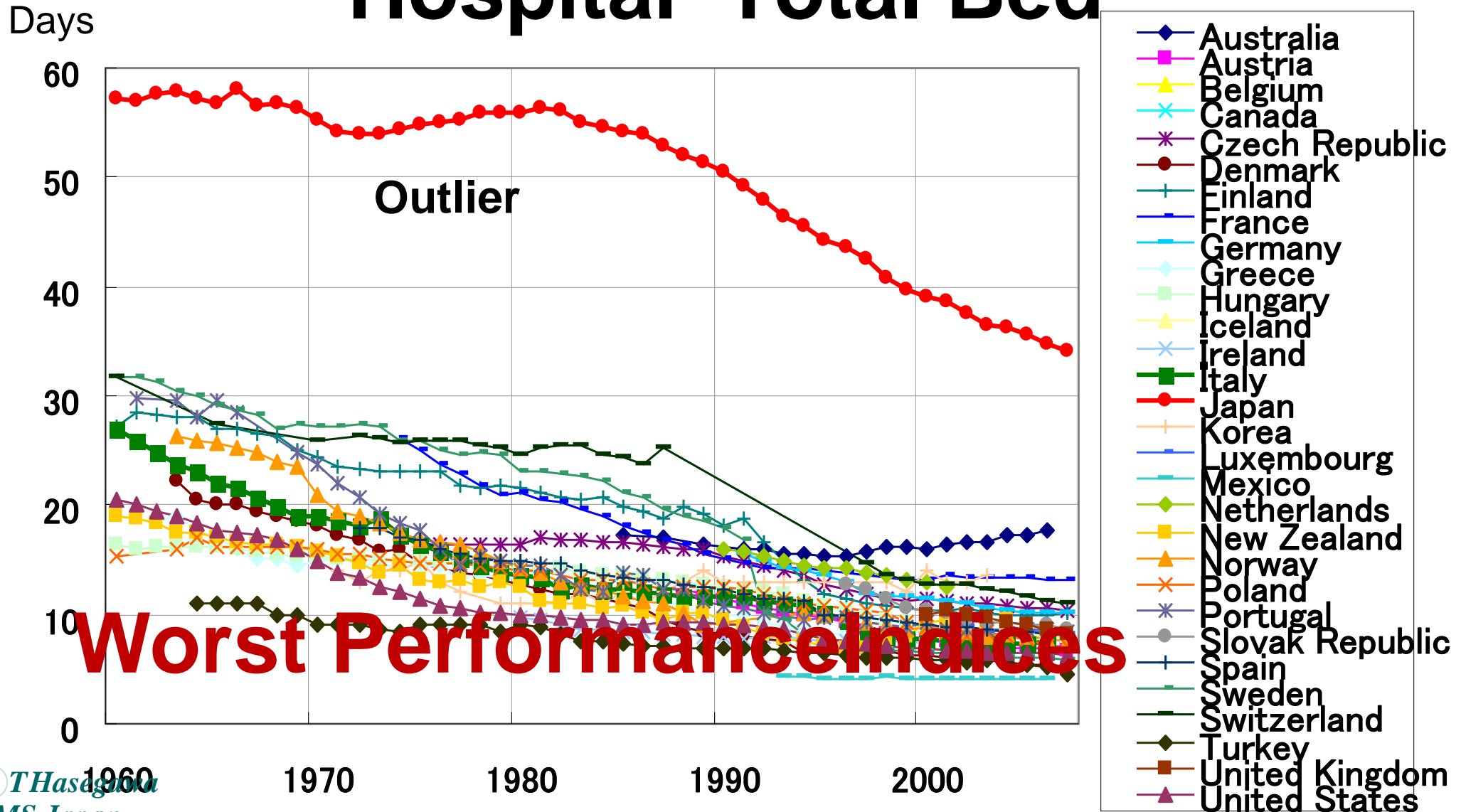
Female



- Australia
- Austria
- Belgium
- Canada
- Czech Republic
- Denmark
- Finland
- France
- Germany
- Greece
- Hungary
- Iceland
- Ireland
- Italy
- Japan
- Korea
- Luxembourg
- Mexico
- Netherlands
- New Zealand
- Norway
- Poland
- Portugal
- Slovak Republic
- Spain
- Sweden
- Switzerland
- Turkey
- United Kingdom
- United States

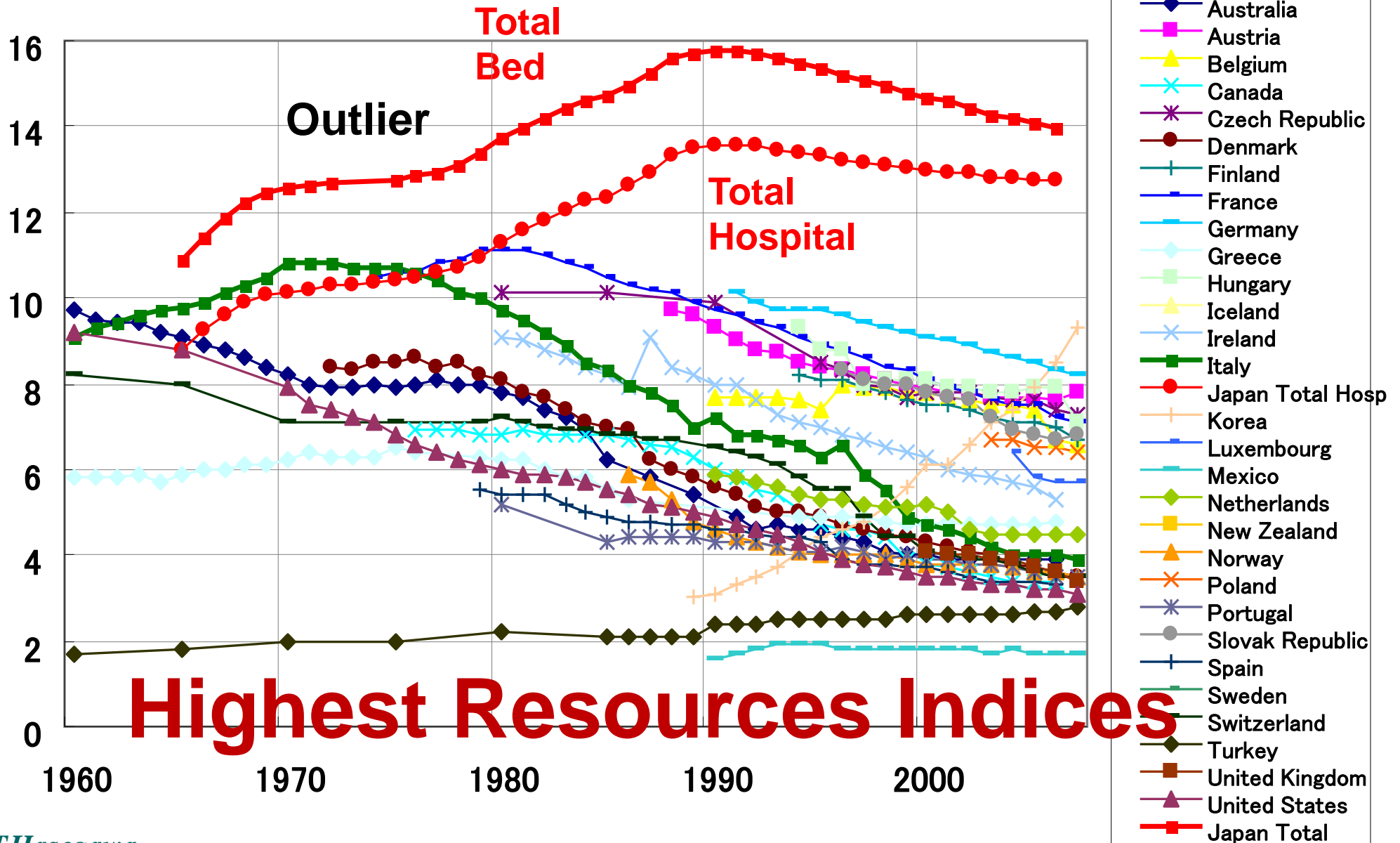


Average Length of Stay Hospital Total Bed

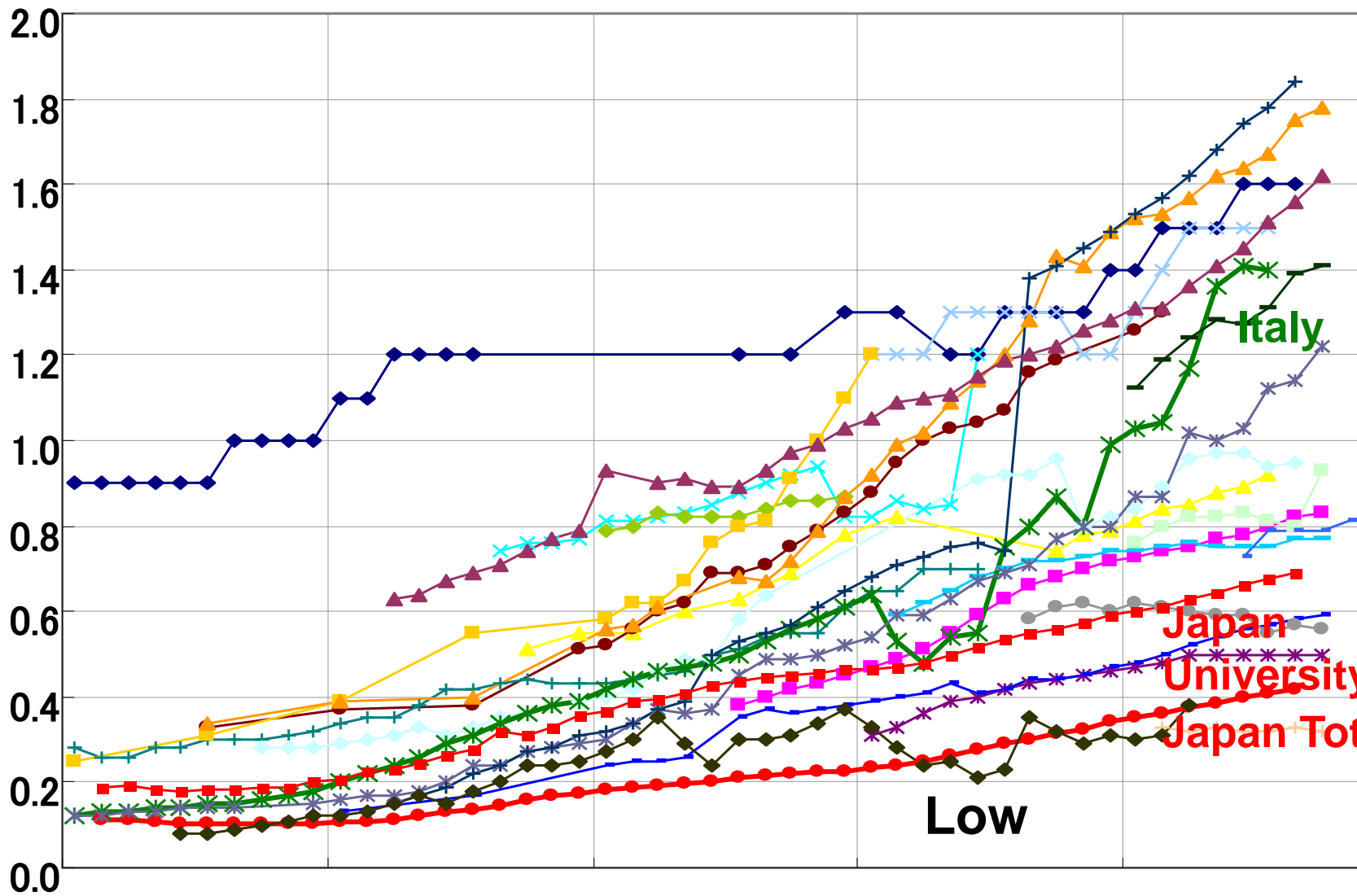


Structure

Total Bed Trend



Nurse per Bed



- ◆ Australia
- Austria
- ▲ Belgium
- ✕ Canada
- ✱ Czech Republic
- Denmark
- ✚ Finland
- France
- Germany
- ◇ Greece
- Hungary
- ▲ Iceland
- ✱ Ireland
- ✱ Italy
- Japan
- ✚ Korea
- Luxembourg
- Mexico
- Netherlands
- New Zealand
- ▲ Norway
- ✕ Poland
- ✱ Portugal
- Slovak Republic
- ✚ Spain
- Sweden
- Switzerland
- ◆ Turkey
- United Kingdom
- ▲ United States
- Japan UH

Italy

Japan

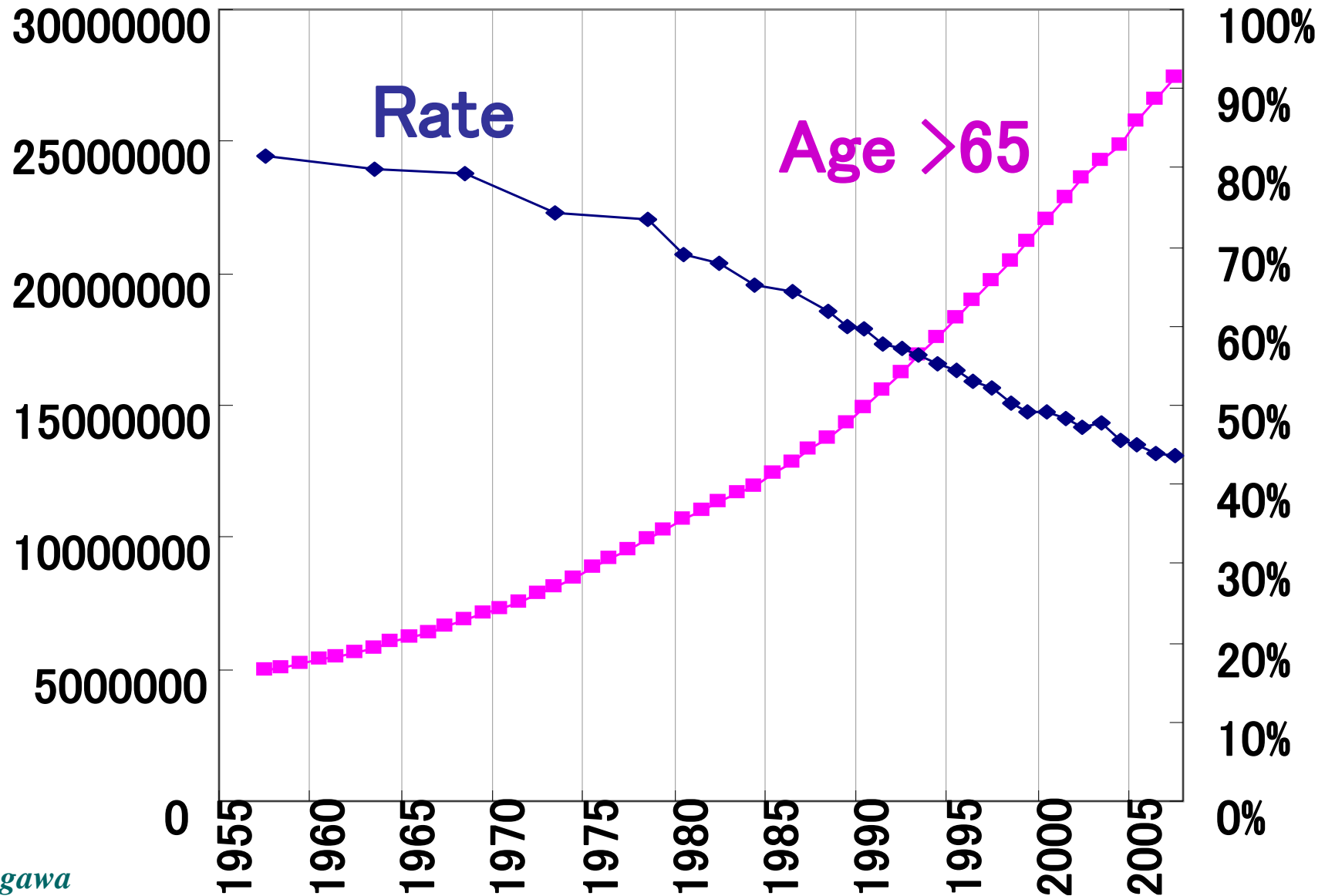
University

Japan Total

Low

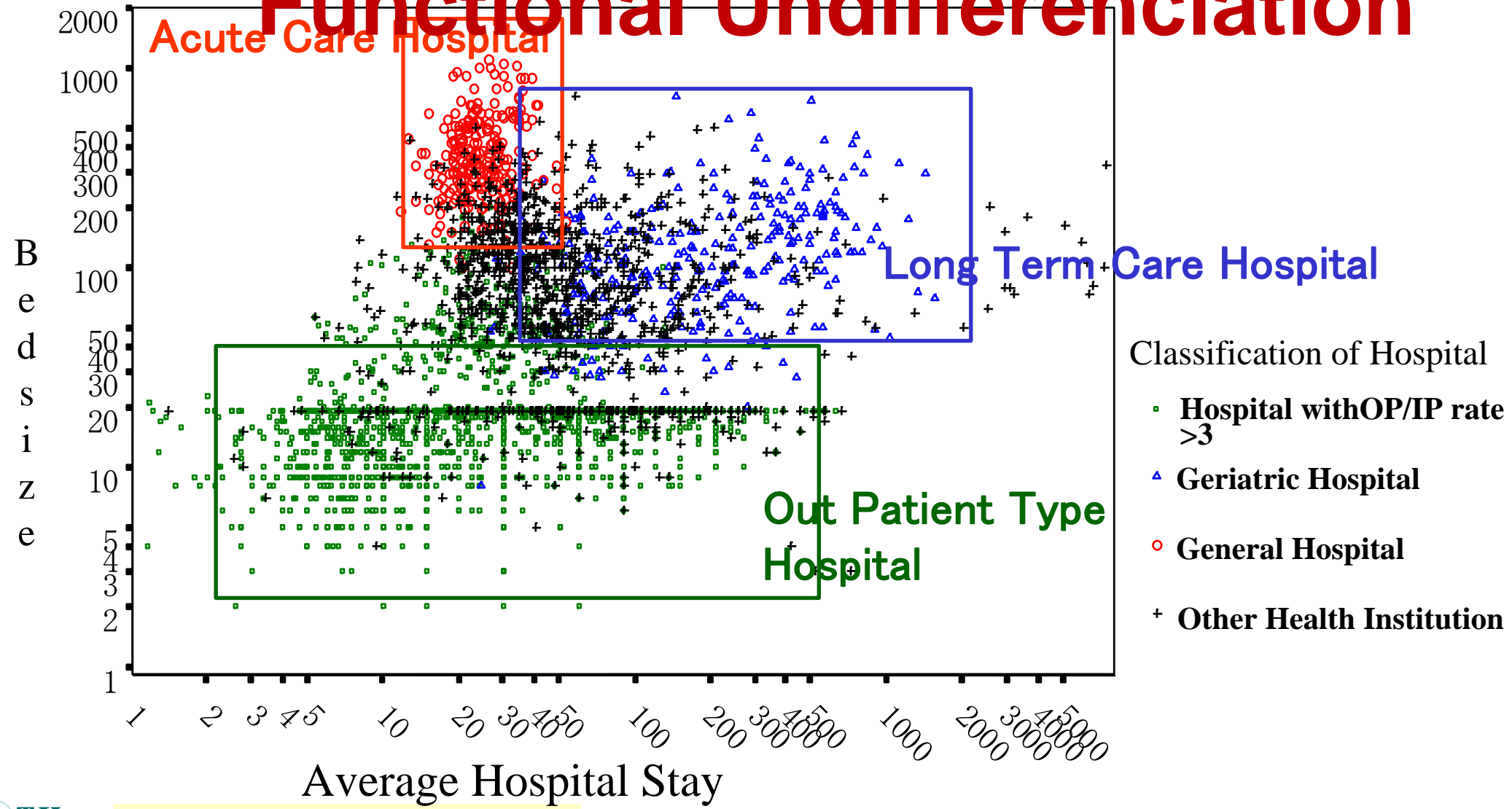
History

Trend of Elderly living with Children

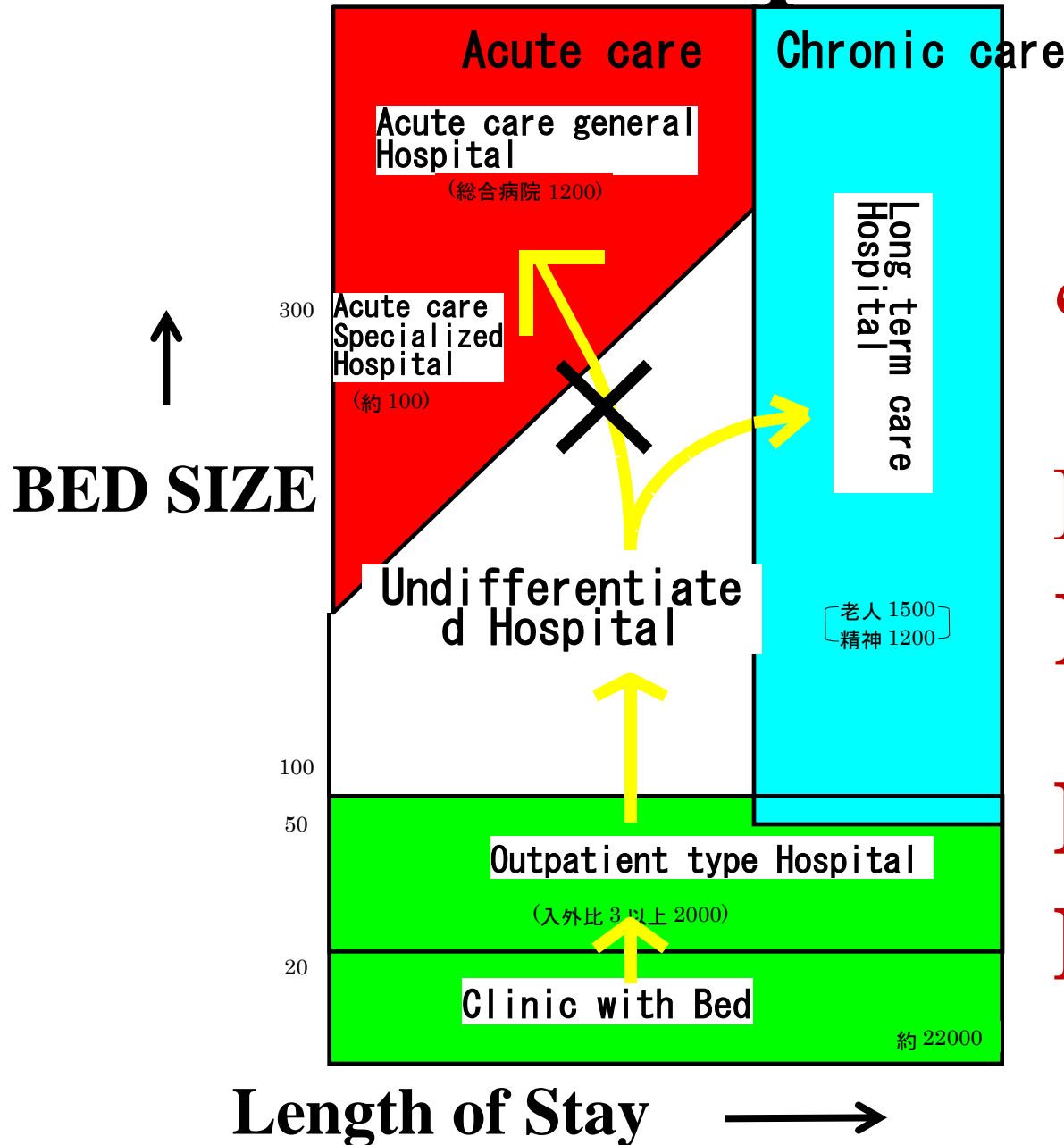


Analysis of Japanese Hospital Function

Functional Undifferentiation



Evolution of Japanese Hospital



“Message”

Don't be
Reactive!

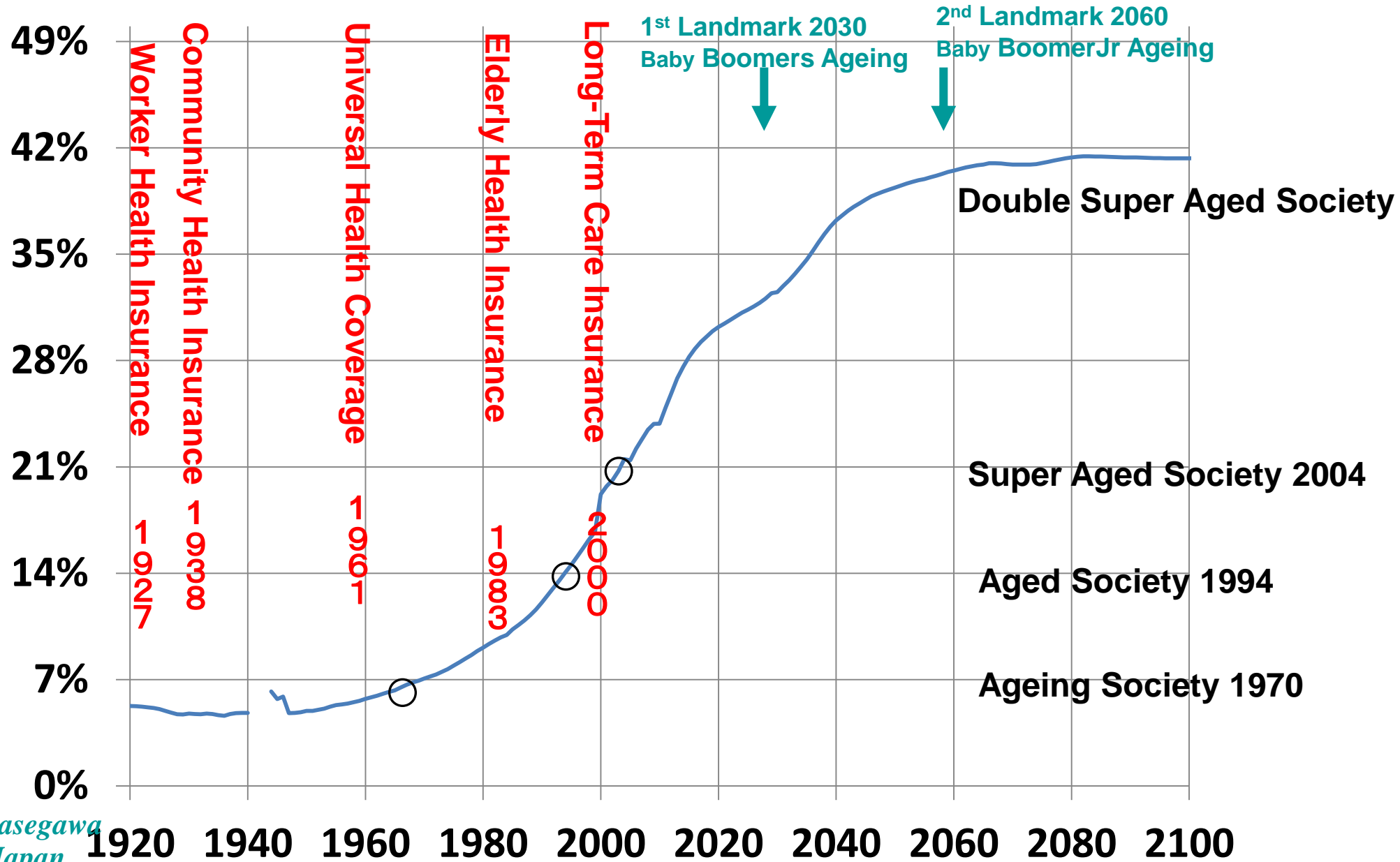
Being
Prepared!

3

Lessons from
the success of
Japan.

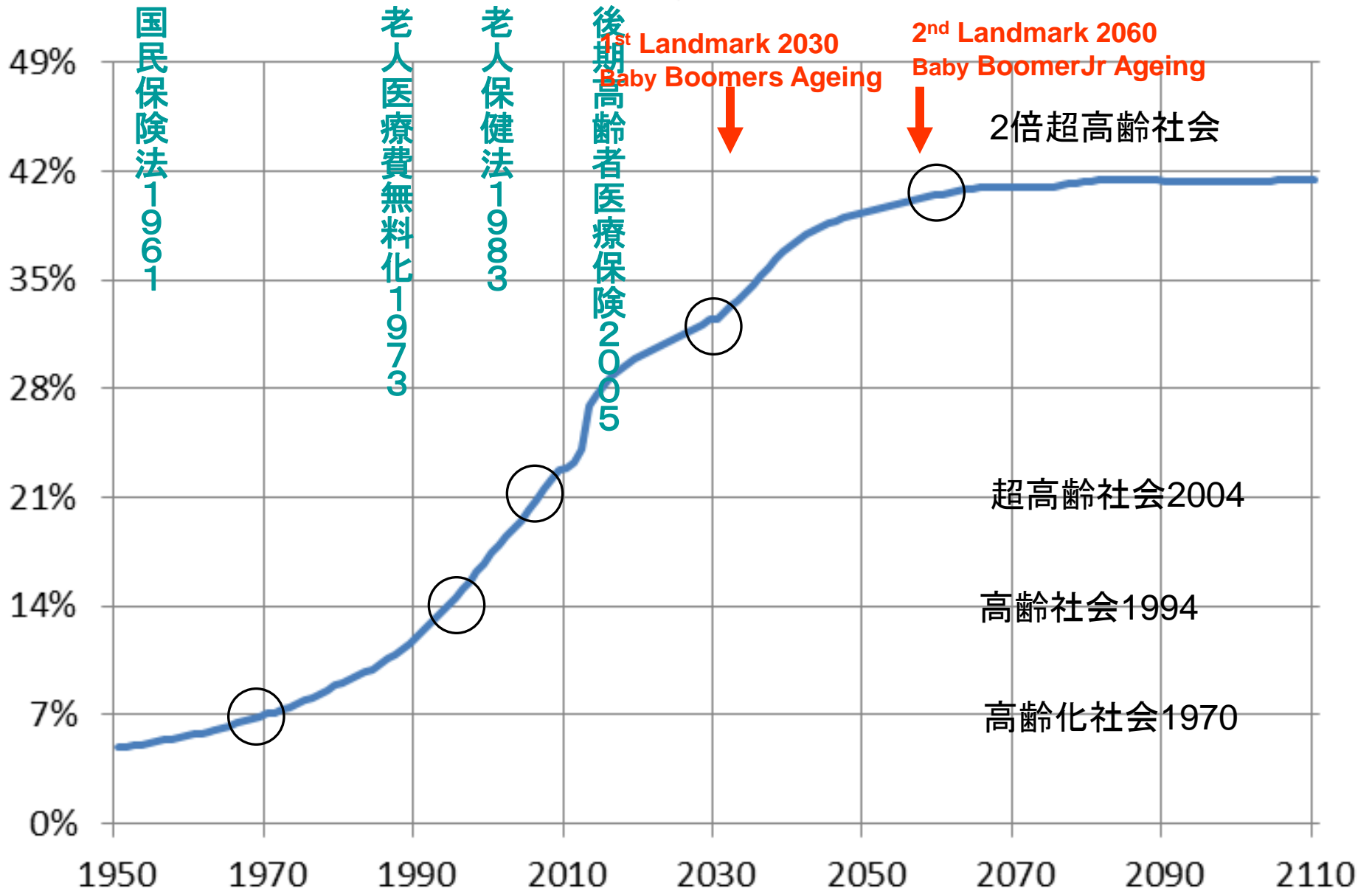
Ageing & Policy

Population %>65yo



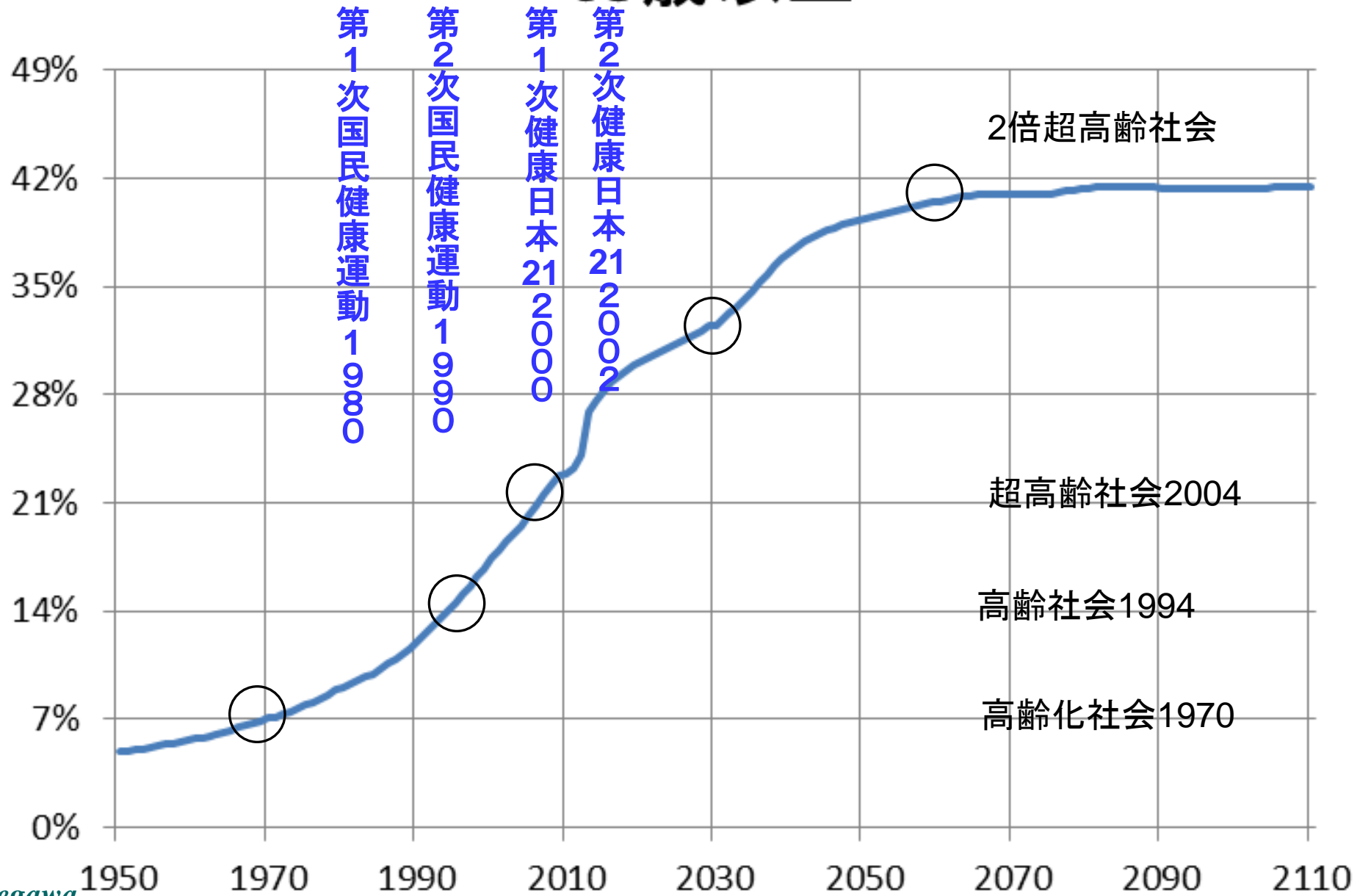
Health Policy

65歳以上%



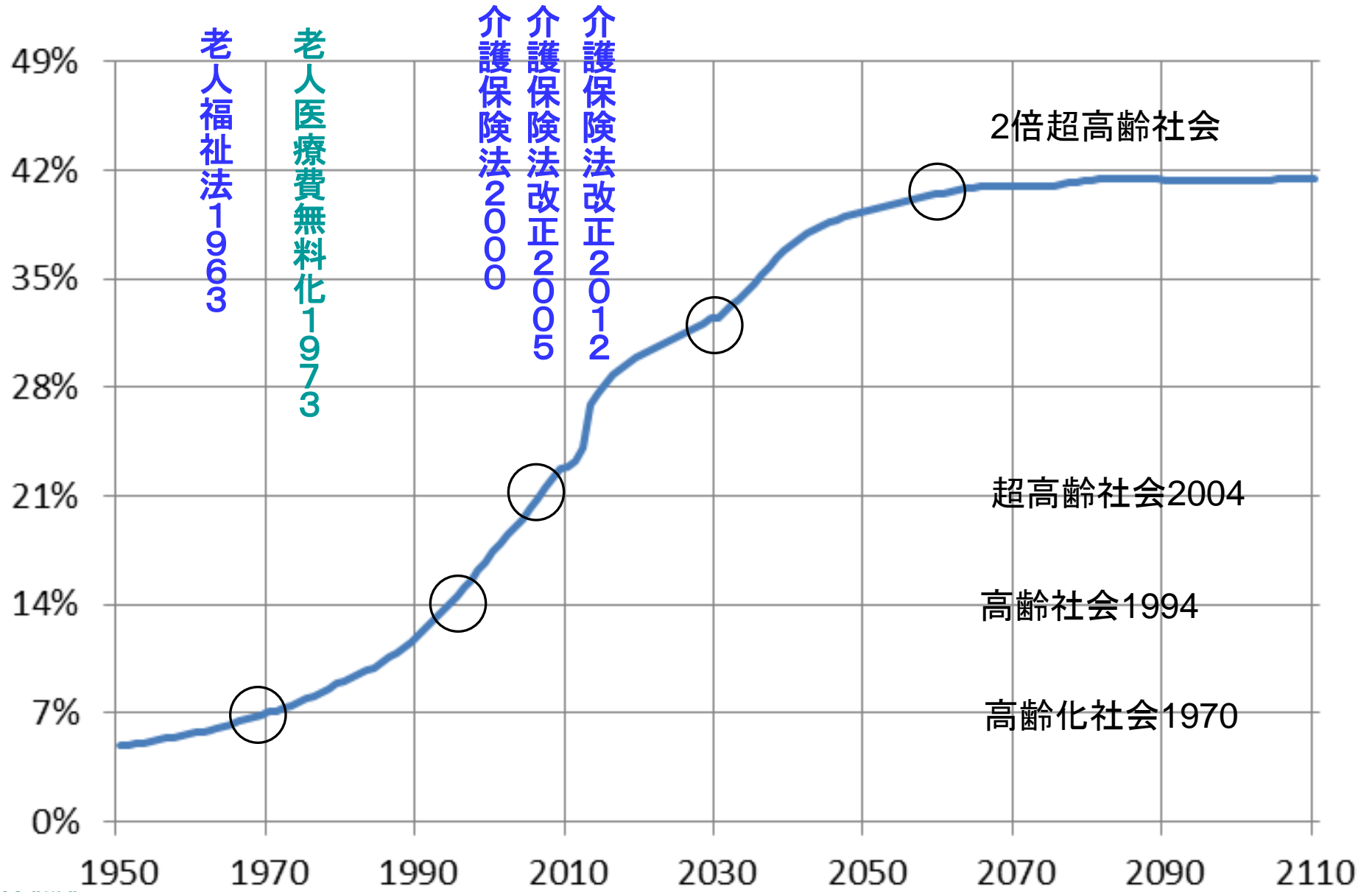
Prevention Policy

65歳以上%



Long Term Care Policy

65歳以上 %



4

**Integration of the
Health & Social
Policy among
Different Sector.**

Care Cycle Theory

Kind of Disease Transition

Age

0 years

50 years

75 years

Ageing



**External &
Reproductive
Diseases**

Injury

Maternal morbidity

Prematurity

Communicable

Nutritional



**Early
Degenerative
Diseases**

Cancer

Vascular diseases

Organ Failure

**Late
Degenerative
Diseases**

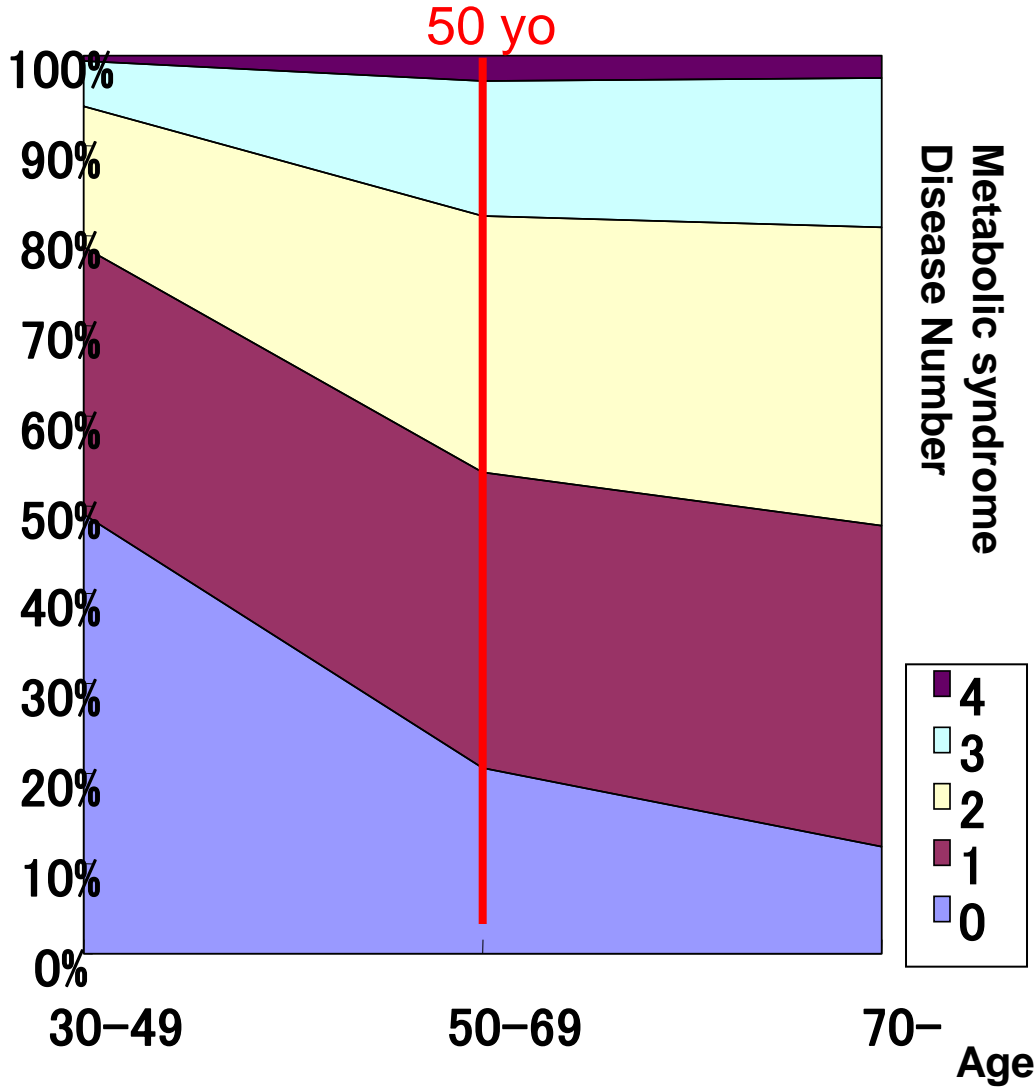
Dementia

Frail Elderly

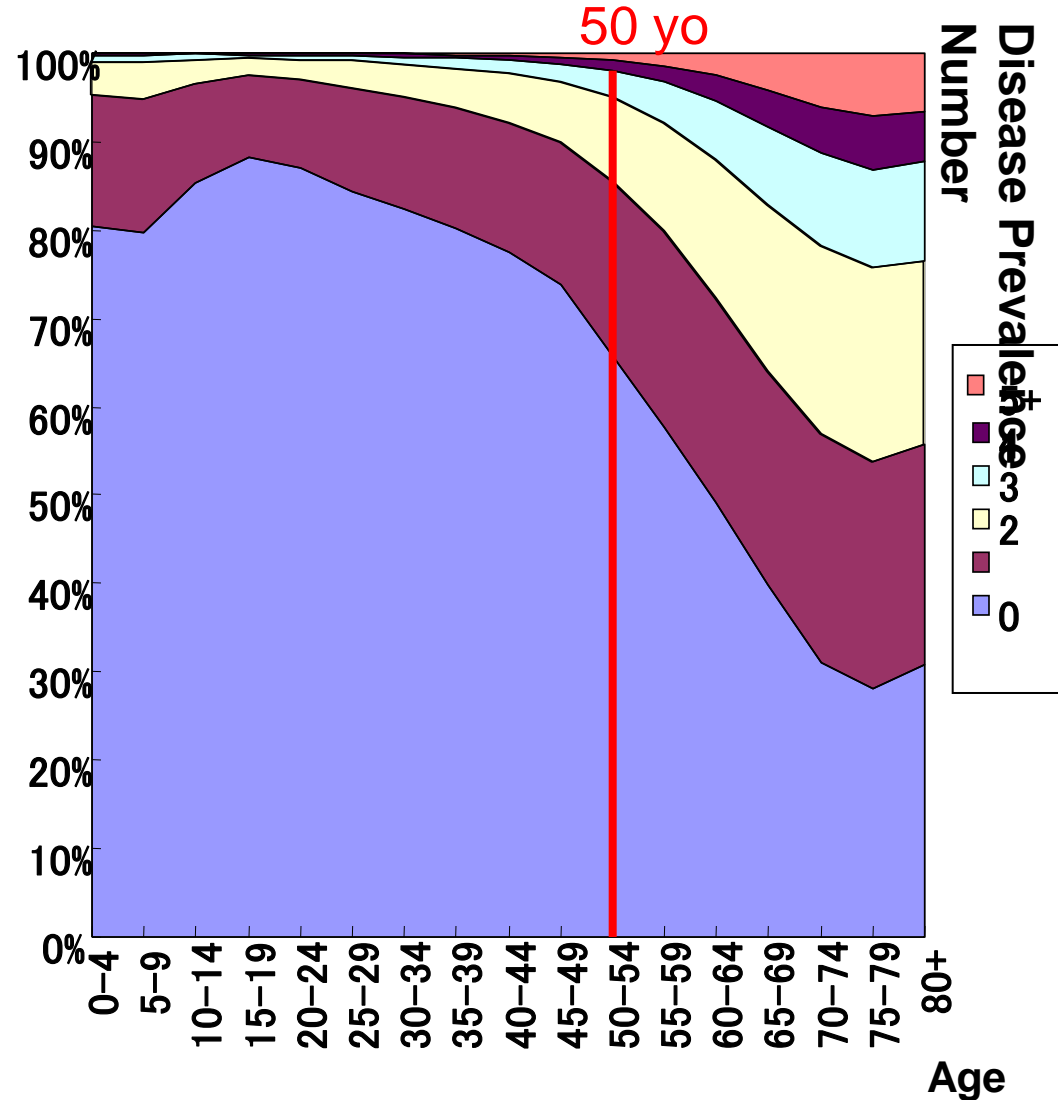


Number of Disease Transition

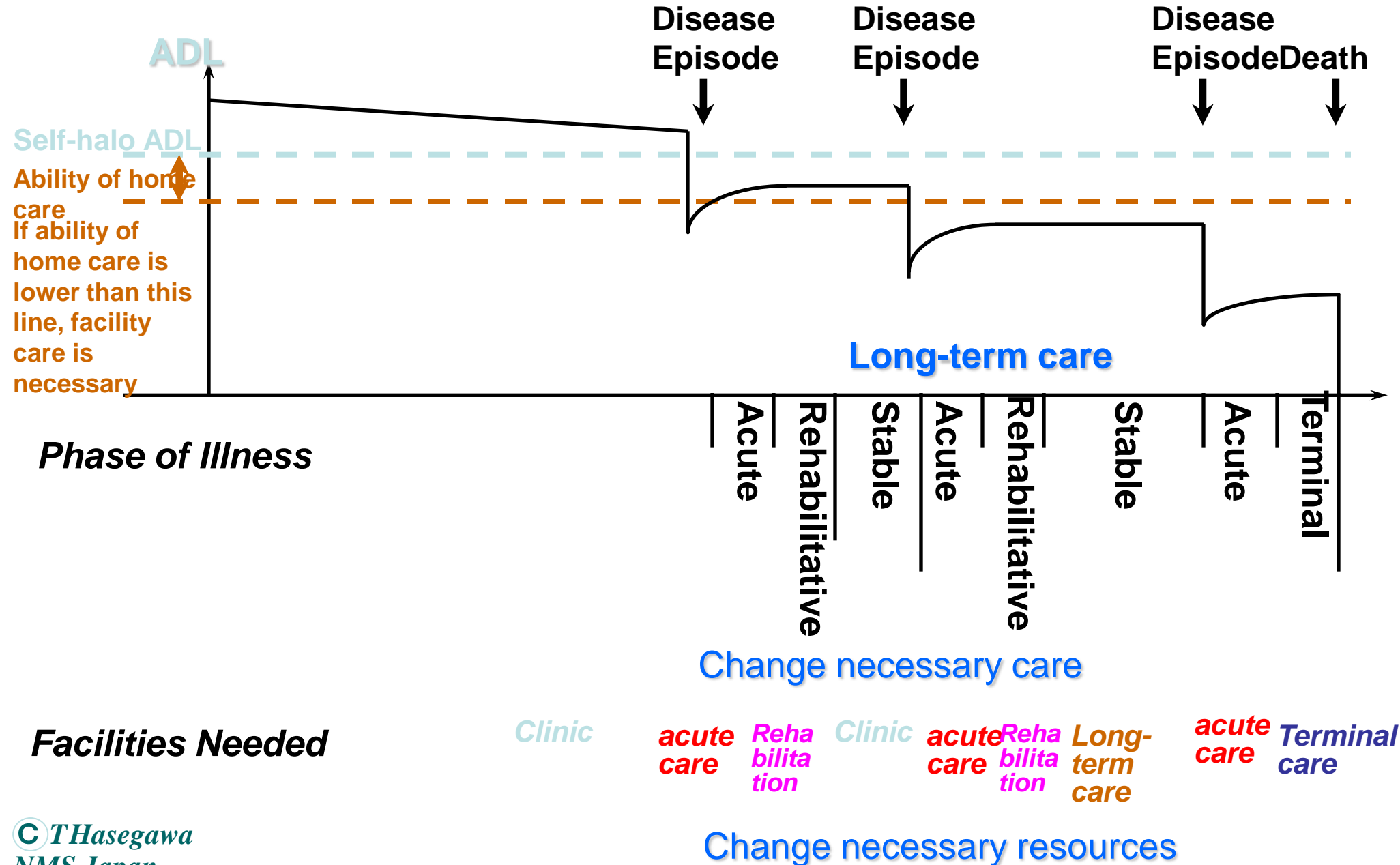
Metabolic Syndrome 2000



Patient Survey 2001



Natural Course of Disease Transition



Care Cycle(Spiral)

80-90%
Get in to
Care Cycle

ADL

ケア
サイクル

Acute Episodes

At-Home

Rehabilitative
Care

Acute
Care

1st Care Cycle

2nd Care Cycle

3rd Care Cycle

.....

Last Care Cycle

Ideal

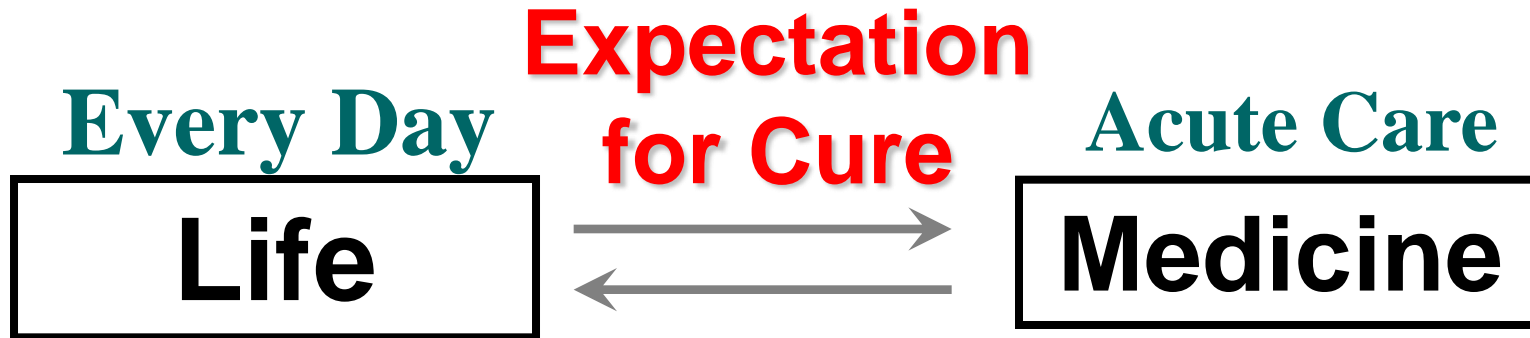
PPK(Sudden Death)

Death



3-8 years
before death
Circle
1 per year

Only One Care until 50 Years Ago

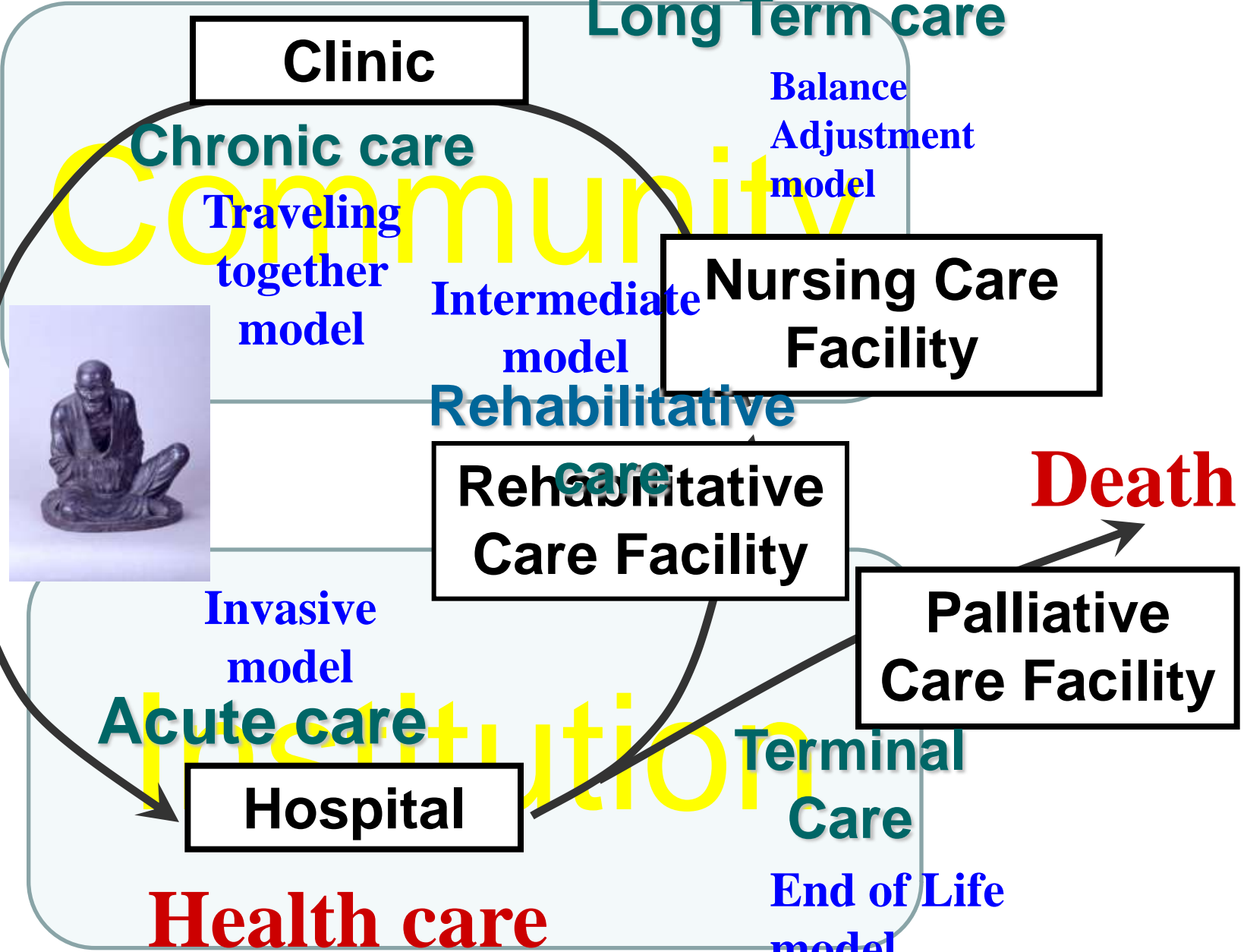


Going Home on Foot
Return to Normal

Care Cycle

21 C Model

Aging



Community

Chronic care

Traveling together model



Intermediate model

Rehabilitative care

Rehabilitative Care Facility

Invasive model

Acute care

Hospital

Terminal Care

End of Life model

Palliative Care Facility

Death

Health care

Dense Resource

A New Goal in Medical Field

Desired Function



Decrease the gap

From Cure to Care



Current Function

**Medical and Welfare Share
the Same Goal**

**Integration of medical and
welfare required!!**

Creating New One Package

19 century model

Disease Reside in Cell



I visited his tomb in last week

Rudolf Virchow, **Cellularpathologie**. 1858.

21 century model

Interaction with Environment



From East Asia

New Pathology

Most Elderly have Risk



Pool the Rare Risk



From East Asia

New Financing Method

二. 戦略市場創造プラン57
テーマ1: 国民の「健康寿命」の延伸59

(1) 2030年のあるべき姿

2030年には、予防サービスの充実等により、国民の医療・介護需要の増大をできる限り抑えつつ、より質の高い医療・介護を提供することにより、『国民の健康寿命が延伸する社会』を目指すべきである。

このため、「健康・医療戦略」(本年6月0日)も踏まえ、次の3つの社会像の実現を目指す。

- ① 効果的な予防サービスや健康管理の充実により、健やかに生活し、老いることができる社会
- ② 医療関連産業の活性化により、必要な世界最先端の医療等が受けられる社会
- ③ 病気やけがをしても、良質な医療・介護へのアクセスにより、早く社会に復帰できる社会

これにより、国民自身が疾病予防や健康維持に努めるとともに、必要な予防サービスを多様な選択肢の中で購入でき、必要な場合には、世

界最先端の医療やリハビリが受けられる、適正なケアサイクルが確立された社会を目指す。

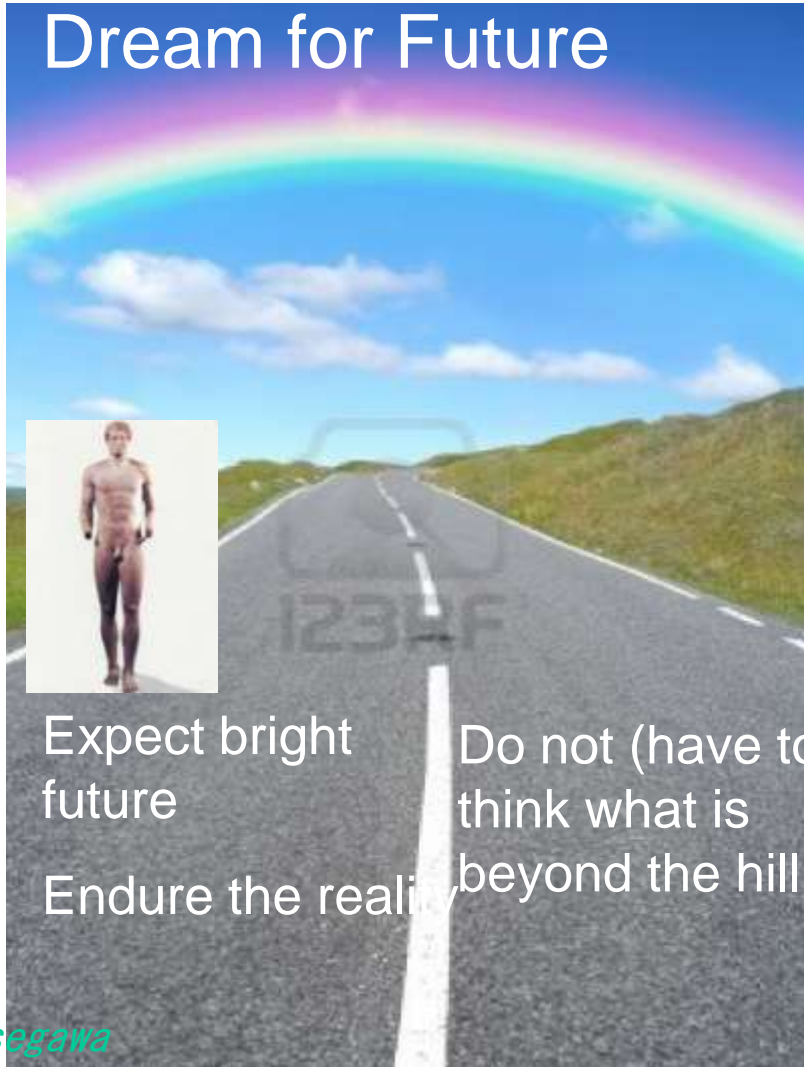
Care Cycle

Second Track Proposal


Tow Life

Claiming Mountain Descending Mountain

Dream for Future



Expect bright future
Do not (have to) think what is beyond the hill
Endure the reality



Death

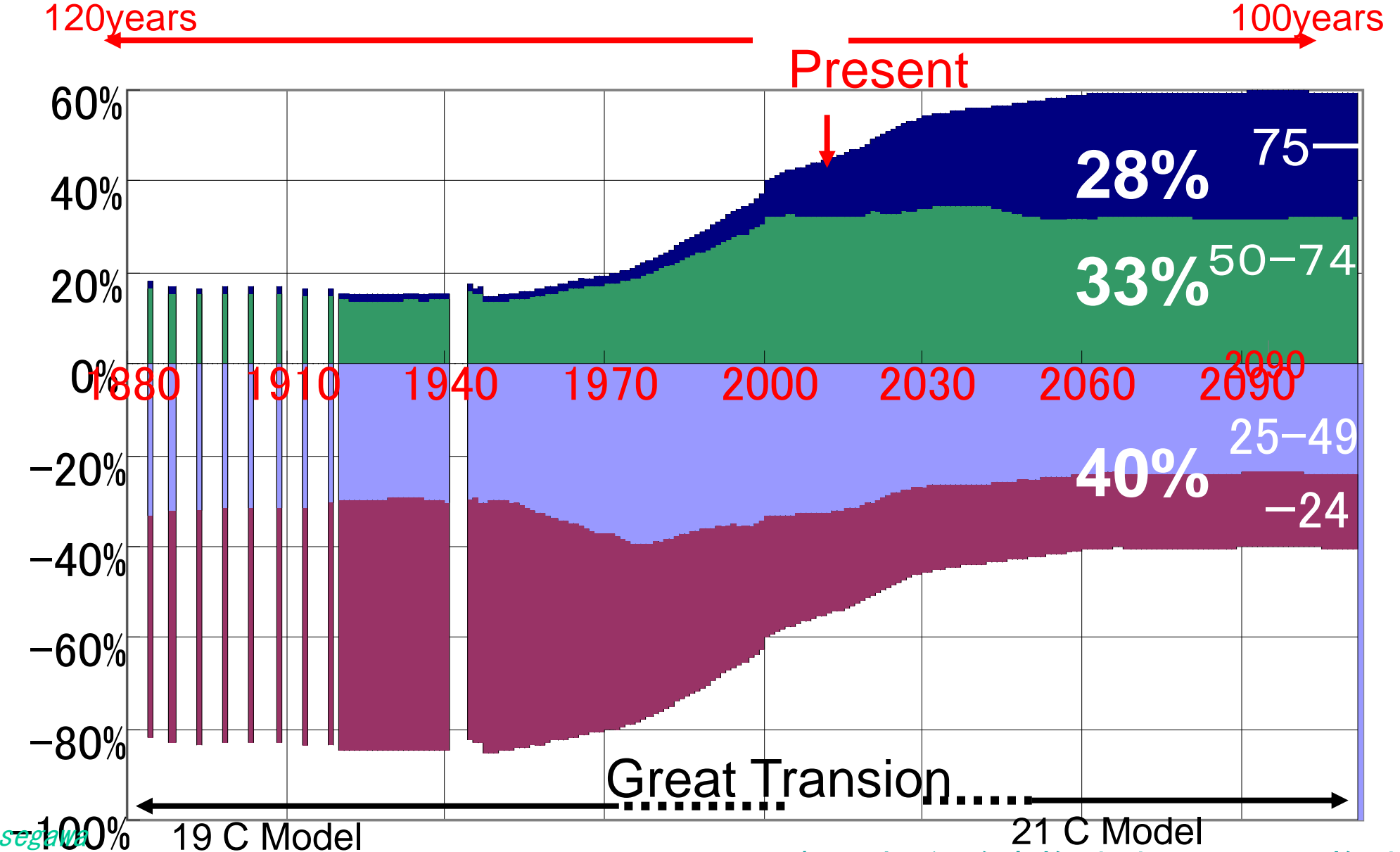
Care-Cycle



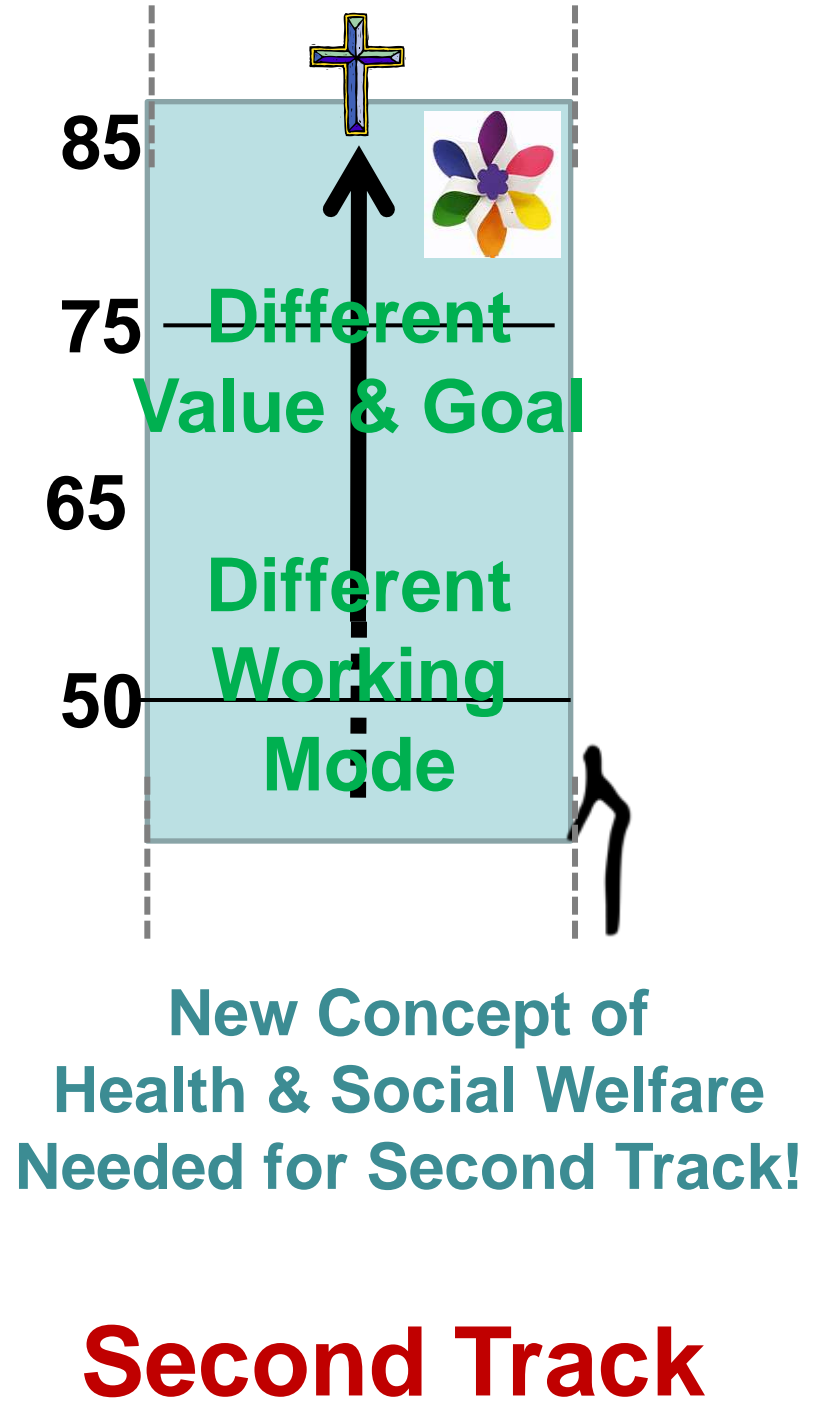
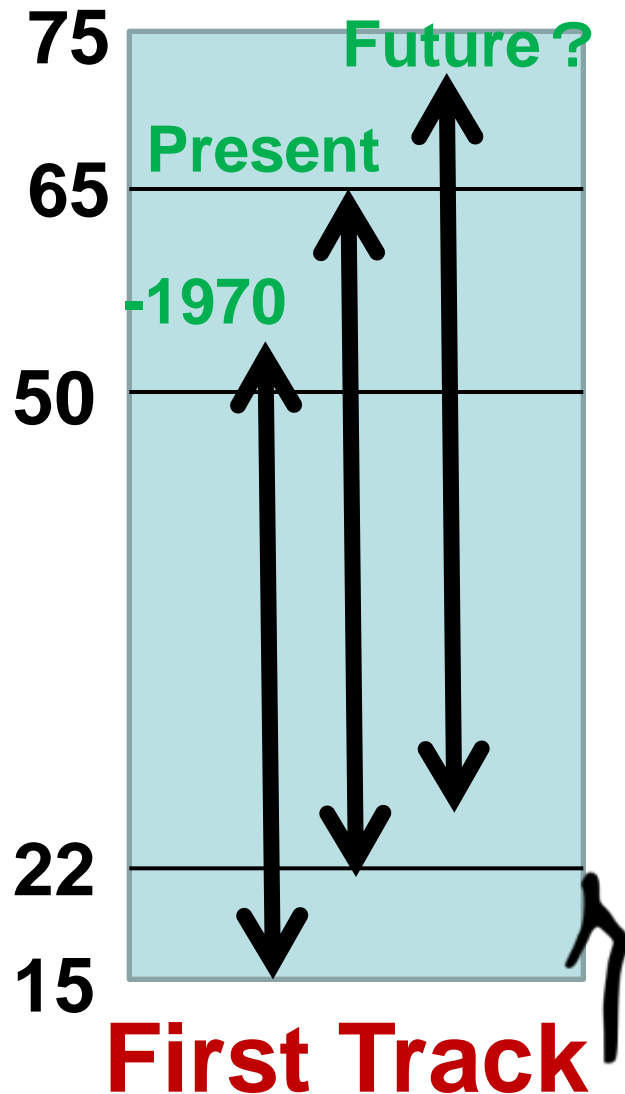
Do not want to look future, cling on the uphill



4 Age Segment



2 Tracks



Reverse Triangle of Self Fulfillment

Maslow's Hierarchy of needs 3D



19 C Model



Maslow's Hierarchy of needs 3D

21 C Model

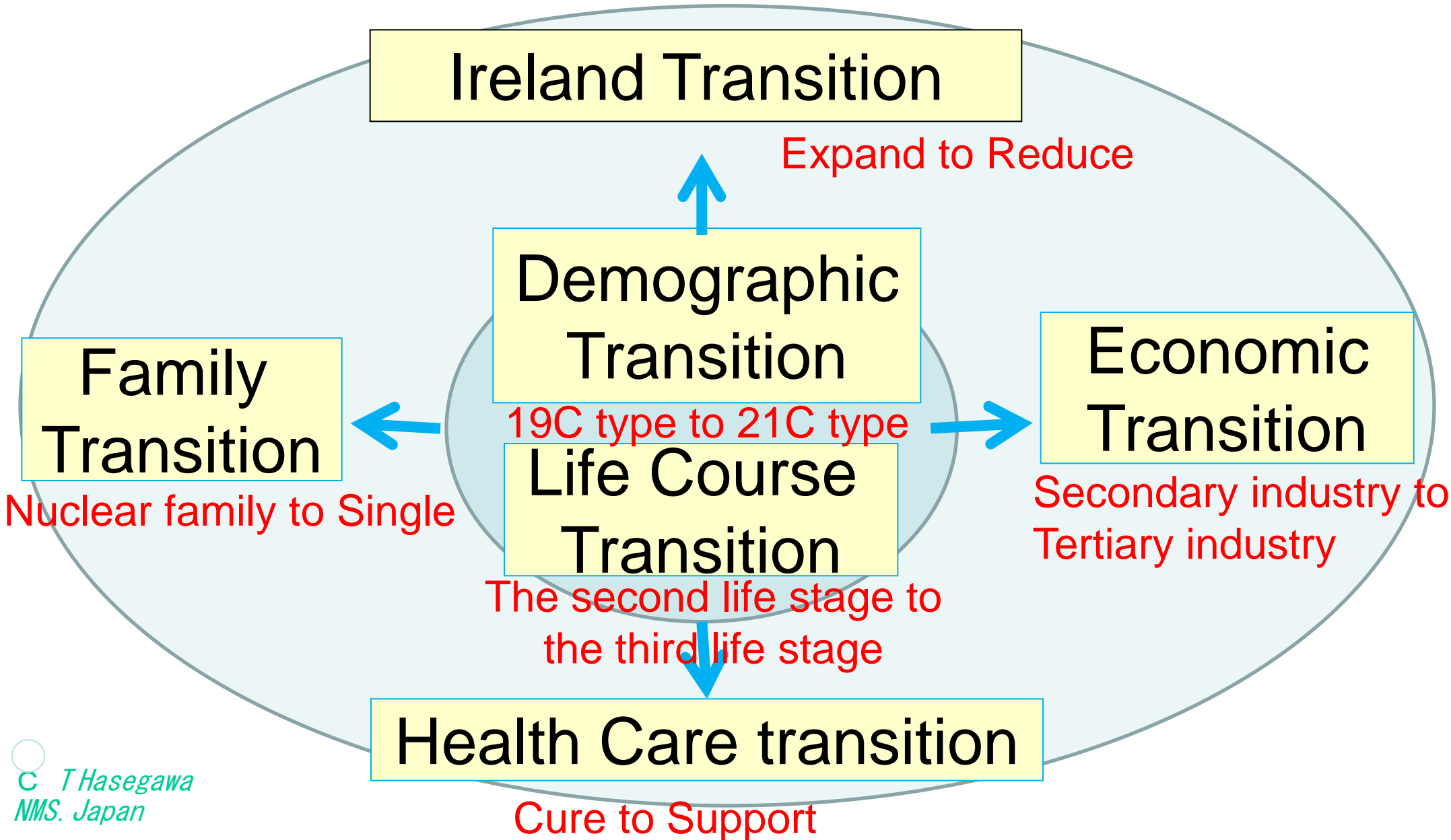
5

Summery

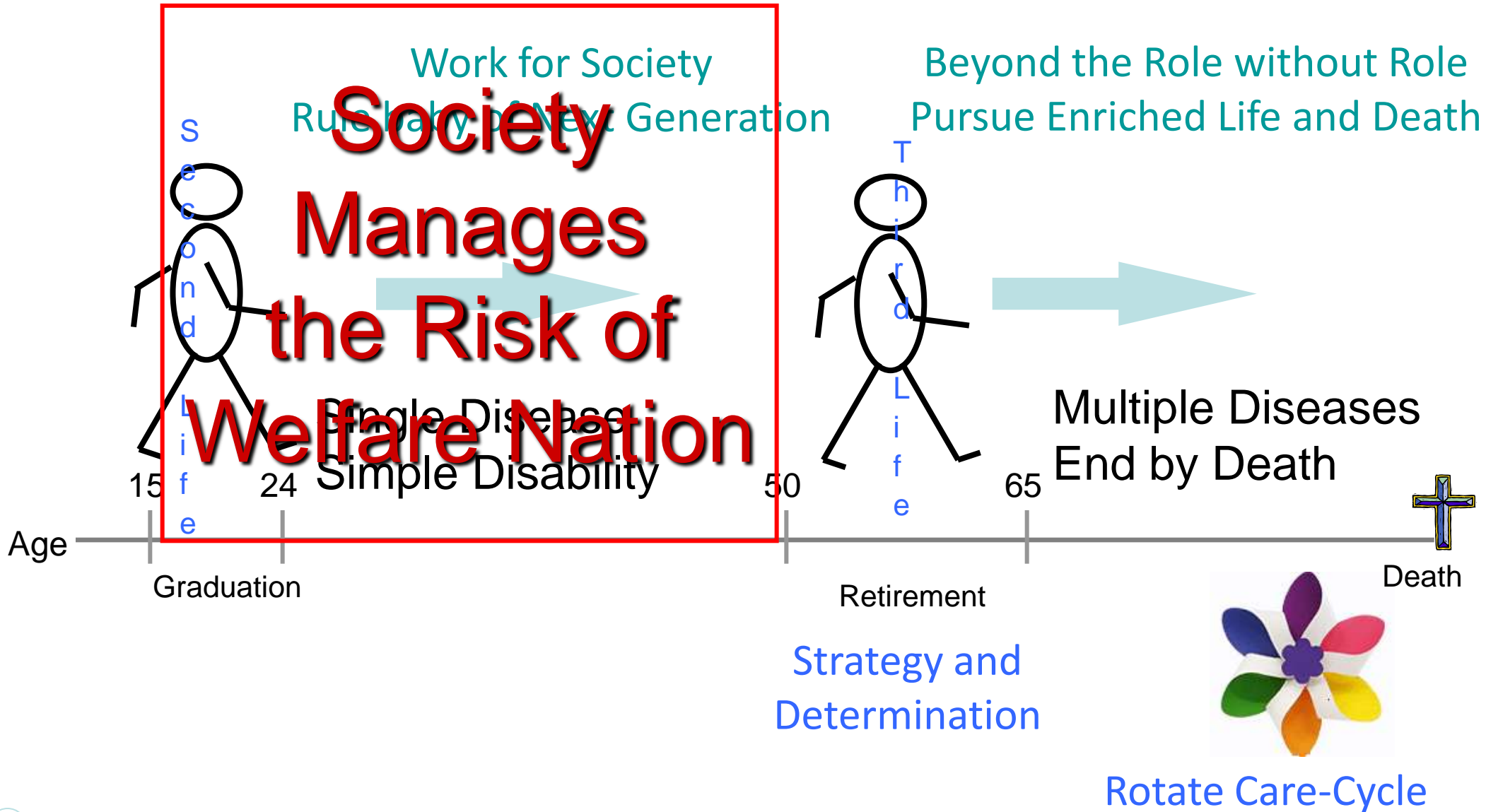
Role of

Singapore & Asia

6 Transitions & Challenges



Integration of 2 Life 2 System



Asian Network of Action Learning

Getting Old Together

東亞共老圈

Learning from Each Others

東亞共學圈

Learning Network 學習網

Creating Network 創造網

&

Supporting Network 支援網

Health Policy Researchers Network of Asia

Big & Growing Dragon

China

Old & Dying Dragon

Japan

4 Dragons

Hong Kong

Korea

Taiwan

Singapore

Thailand

Malaysia

Young & Baby Dragons

16th Anniversary

Dragon Net

Learning Network 學習網

Creating Network 創造網

Supporting Network 支援網

We have a little time for preparation.

Tsunani Big Wave of Aging Coming

In 50years

**We are gettig old together
to create “New Society”
And “New Health Care”**



2030

2060



Asian
Challenge

Are we all
Happy?!