

# Elderly Care System Development Forum

A Case Study of Yichang City and International Experience  
Exchange  
26–28 September 2022



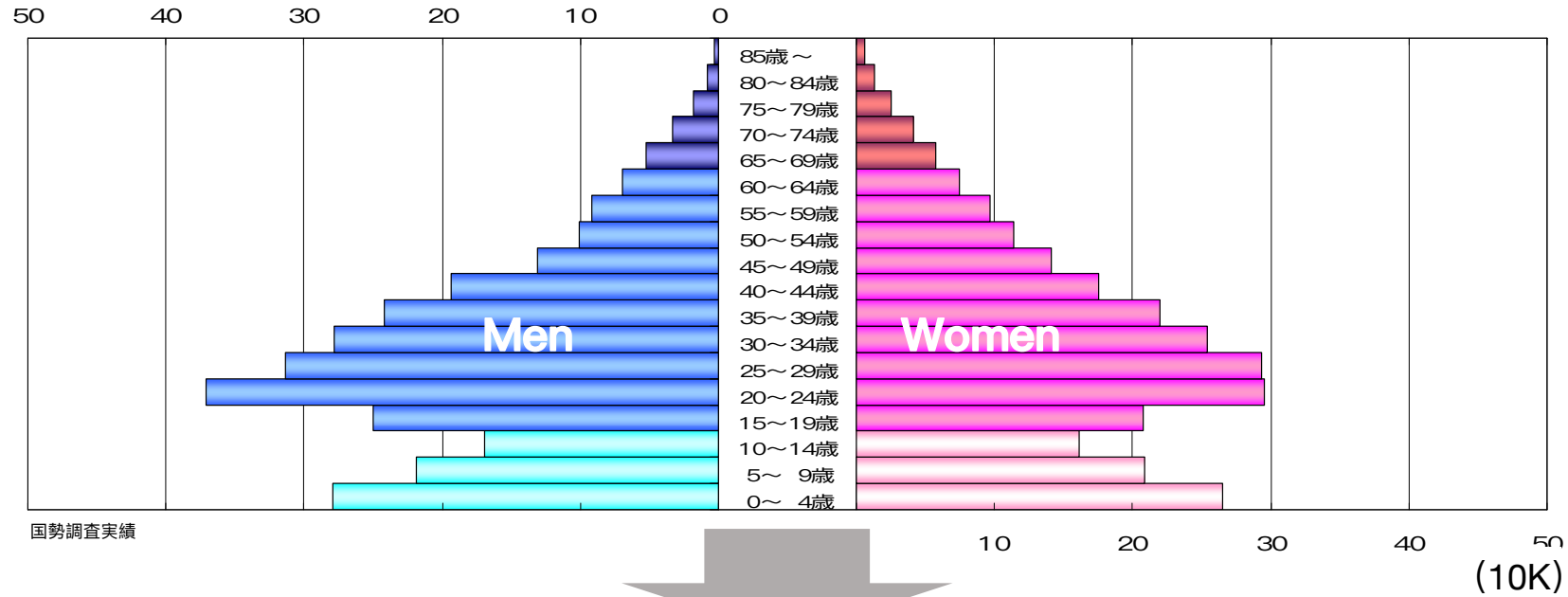
## Kanagawa’s “Healthcare New Frontier“ and municipalities efforts for overcoming the challenges of super-aged society

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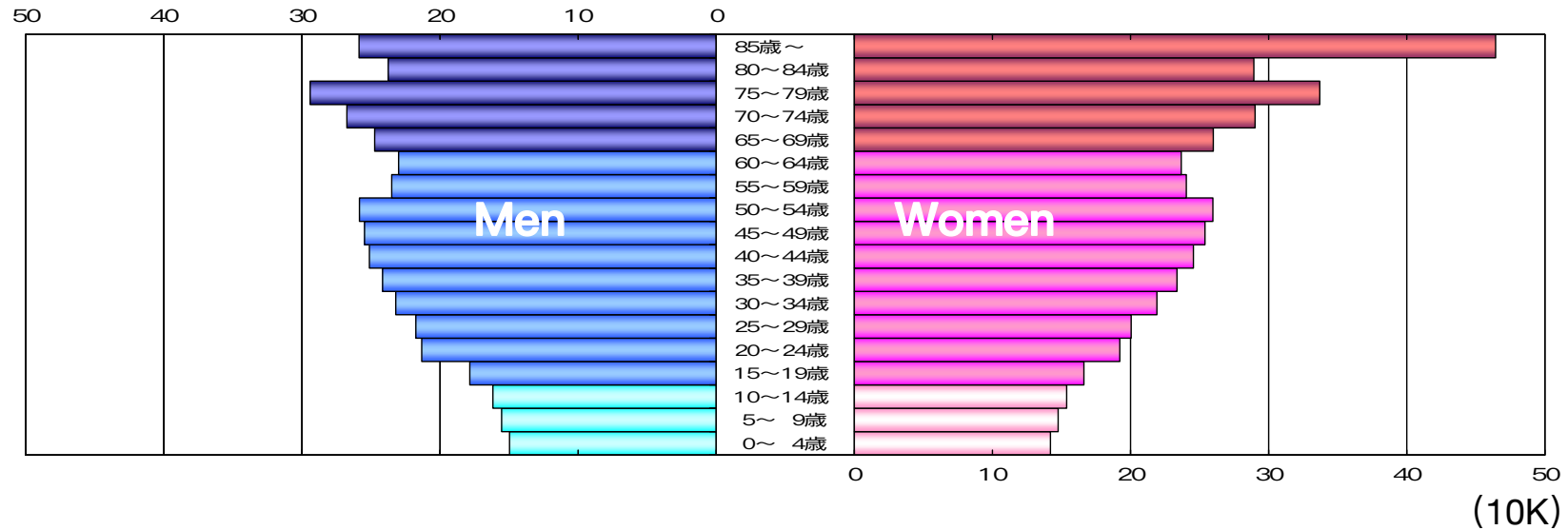


# Super-Aged Society in Kanagawa

1970



2050



# ME-BYO 未病

**Health**  
**y健康**

**Sick**  
**病氣**

# ME-BYO 未病

**Health**  
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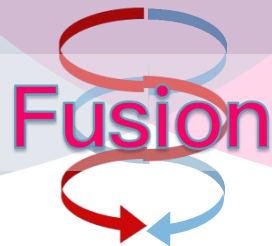
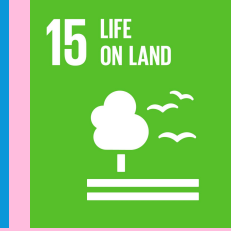
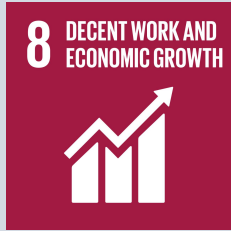
# Three factors for managing ME-BYO



# Healthcare New Frontier

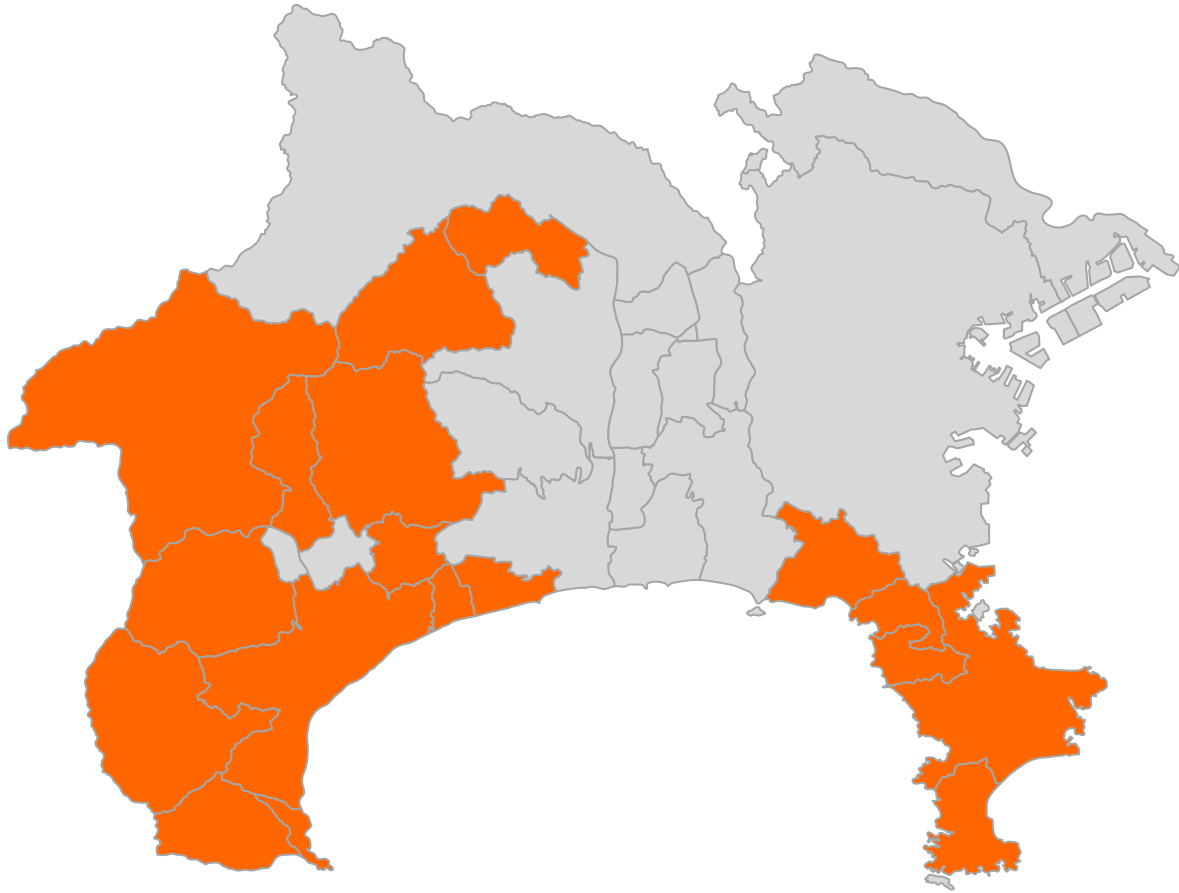
Advanced Medical Technologies

Managing ME-BYO



**Healthy Longevity      New Markets/Industries**

# Aging Population in Kanagawa



 = percentage aged 65 or older is over 30%

- Total population: 9.2 Million
- Municipalities: 33 Cities, Towns and Villages
- Percentage of aged 65 or older (in 2020):
  - Most aged municipality 43.6%
  - Kanagawa 25.6%
  - National 28.6%

# Global Network for Age-friendly Cities and Communities



WHO Global Network  
for Age-friendly Cities  
and Communities



- Over 1,300 cities and communities have joined this global network established by WHO in 2010
- Kanagawa joined the network as a “Network Affiliate”
- In Kanagawa, 22 municipalities have joined the network



# “ME-BYO Index” by Kanagawa Prefecture

Decade of Healthy Ageing  
Baseline Report  
By World Health Organization



## THE USE OF A CELLPHONE APPLICATION TO MONITOR “ME-BYO”

JAPAN

Kanagawa Prefecture, including 33 municipalities

### What data are collected

Kanagawa Prefecture has proposed “ME-BYO”<sup>61</sup> to develop its innovative policy towards self-care and optimizing health for a future era when people live to be 100 years old. ME-BYO is a concept that considers people’s physical and mental conditions on a dynamic continuum, rather than a sharp line between health and sickness. Based on this concept, the prefecture launched the “ME-BYO Index” in March 2020. It quantifies the current state of “ME-BYO” in four areas: lifestyle choices, cognitive capacities, daily living functions, and mental health, including stress.

Individual monitoring and management of “ME-BYO” is done through a free smartphone app “My ME-BYO Record” that includes voice recognition. The app allows people to calculate their own ME-BYO Index and monitor their scores through 15 items such as sex, age, height, weight, blood pressure, Mini-



ME-BYO is a concept that considers people's physical and mental



# “ME-BYO Index” by Kanagawa Prefecture

## Input

Areas	Measuring Tool (15 items)
Lifestyle Habit	Sex, Age, BMI, Blood pressure
Cognitive Function	“Mini-Cog”
Vital Function	“Locomo 5” Gait speed
Mental Health/ Stress	“MIMOSYS”



## Result



Overall score

# Wakabadaï Housing Complex, Yokohama City

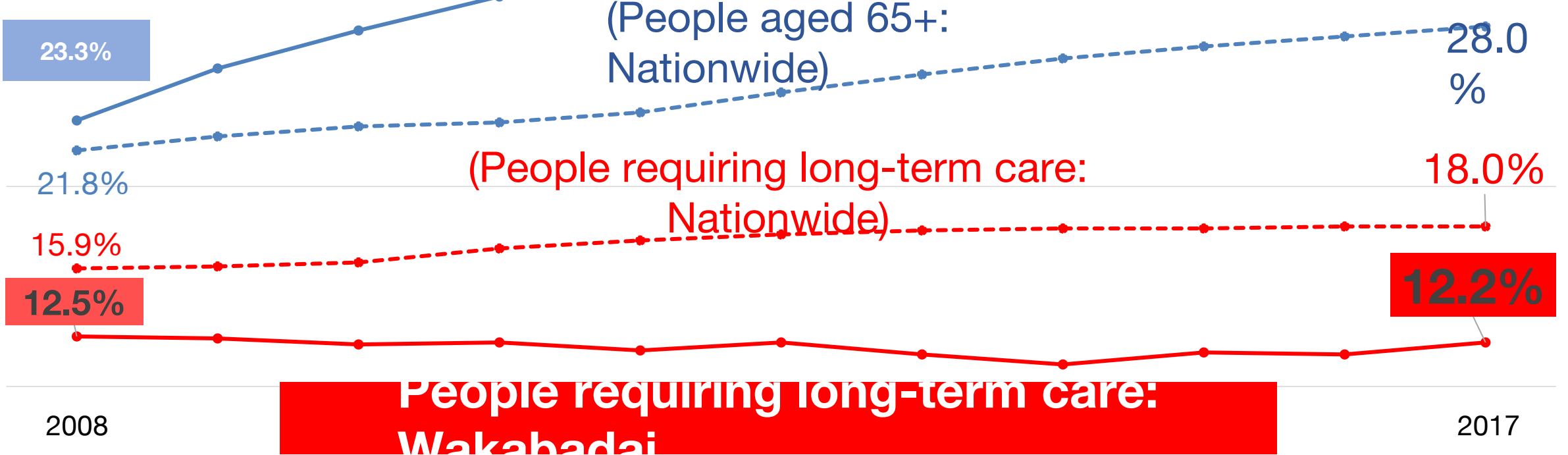


- Established in 1979, located in Yokohama City
- Total number of residents: 14,000 (as of March 2021)
- Managed by various organizations

# Wakabadaï Housing Complex, Yokohama City



**People aged 65+:  
Wakabadaï**



**People requiring long-term care:  
Wakabadaï**

# Wakabadaï Housing Complex, Yokohama City



- **Active residents association**
- **Multi generational community**
- **Various community events**

# Tochikubo Shopping Club, Hadano City



- Operated at Tochikubo area, Hadano City
- Percentage of aged 65 or older in Hadano City: 30.1%
- Collaboration of Hadano city, Tochikubo area's welfare cooperation and resident's association

# Tochikubo Shopping Club, Hadano City



- Extend shopping support to transportation support
- Proposed by the social welfare cooperation to the city

# Mobile Catering Vehicle, Matsuda Town



- Percentage of aged 65 or older in Matsuda Town: 33.9%
- The vehicle travels to about 30 locations
- Number of annual users: about 10,000 people
- Collaboration of the private sector and Matsuda Town



# Challenges

- **Generating evidence, monitoring and evaluation of activities**
  - Limited quantitative data and evidence
  - Data are scattered through organizations and difficult to integrate
  
- **Difficulty in cross-disciplinary efforts**
  - Knowledge is not shared across the department
  - Few opportunities to collaborate with other organizations



**Thank you for your attention!**

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