Population Ageing in East Asia Population dynamics and policies

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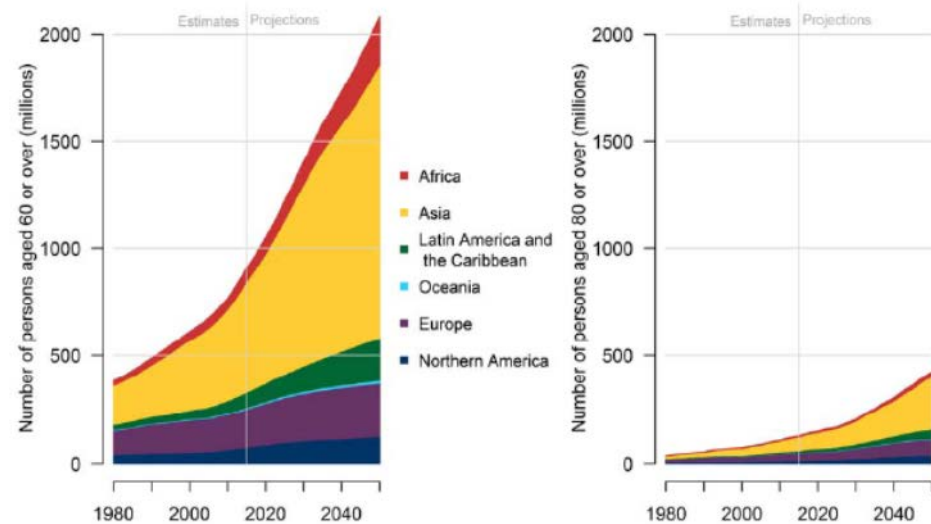*(Professor in Health Policy for Children and Families, Kyoto University)*

Rapid population ageing in Asia-Pacific

Asia-Pacific Region:

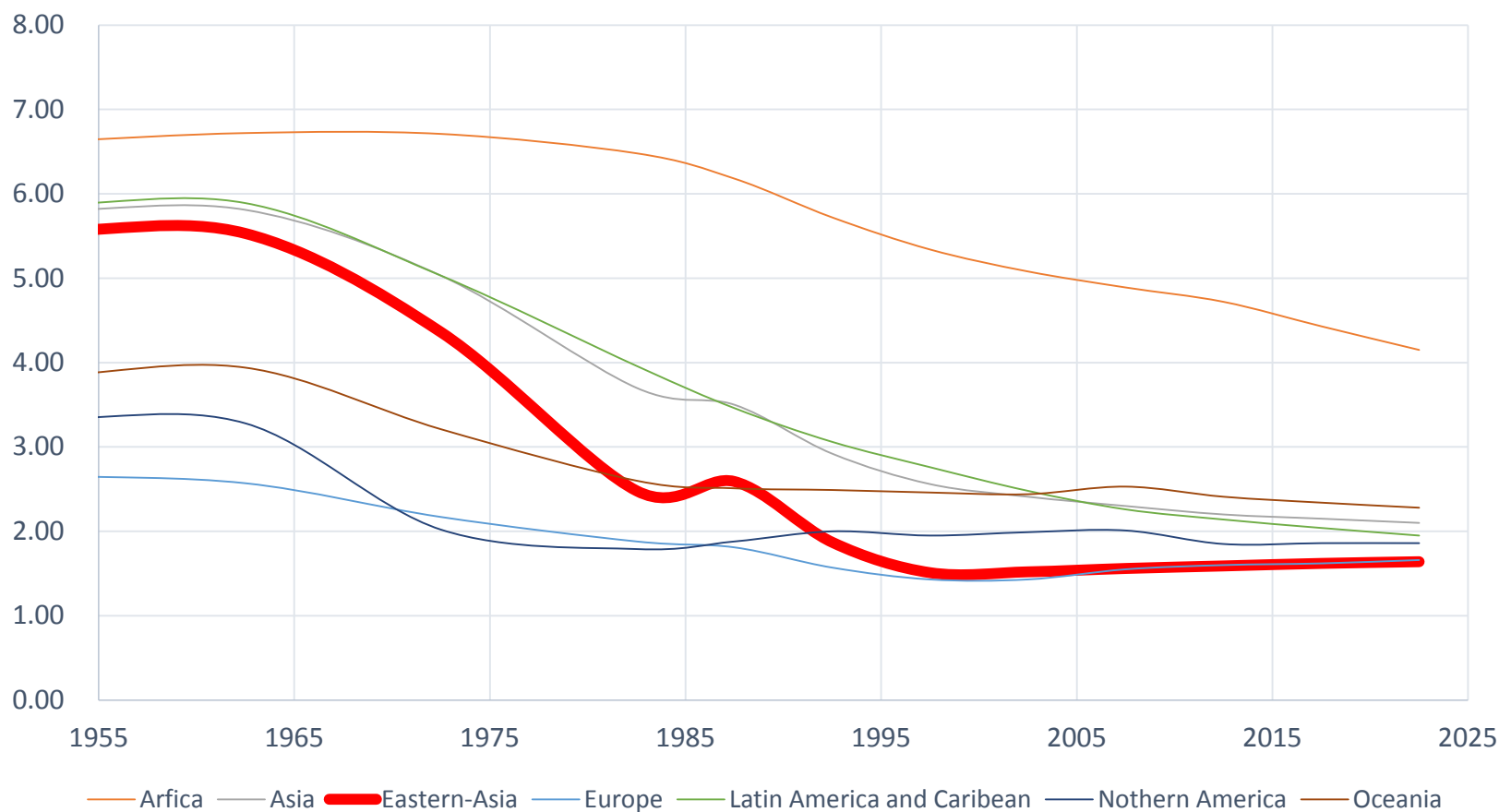547 million people aged 60 and older in 2017

1.3 billion by 2050 (1 in 4 – 60 years or older)

Figure II.2.
Number of persons aged 60 years or over and aged 80 years or over for regions, 1980-2050

Data source: United Nations (2017). *World Population Prospects: The 2017 Revision.*
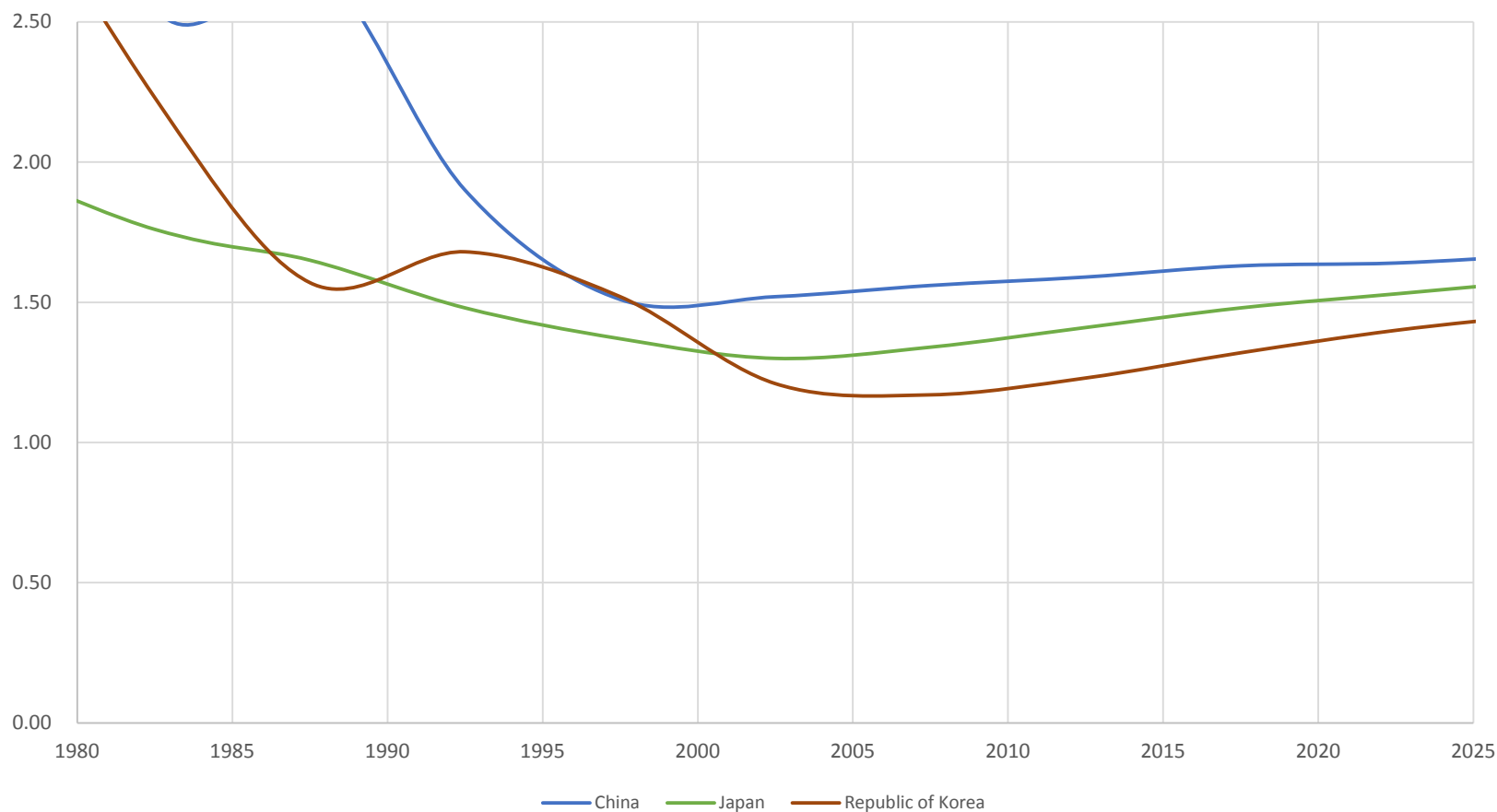
Total fertility (Livebirth per women, world, 1950-)

Total fertility (Livebirth per women, Eastern Asia, 1950-)

Produced from United Nations Department of Economic and Social Affairs/Population Division. World Population Prospects: The 2017 Revision
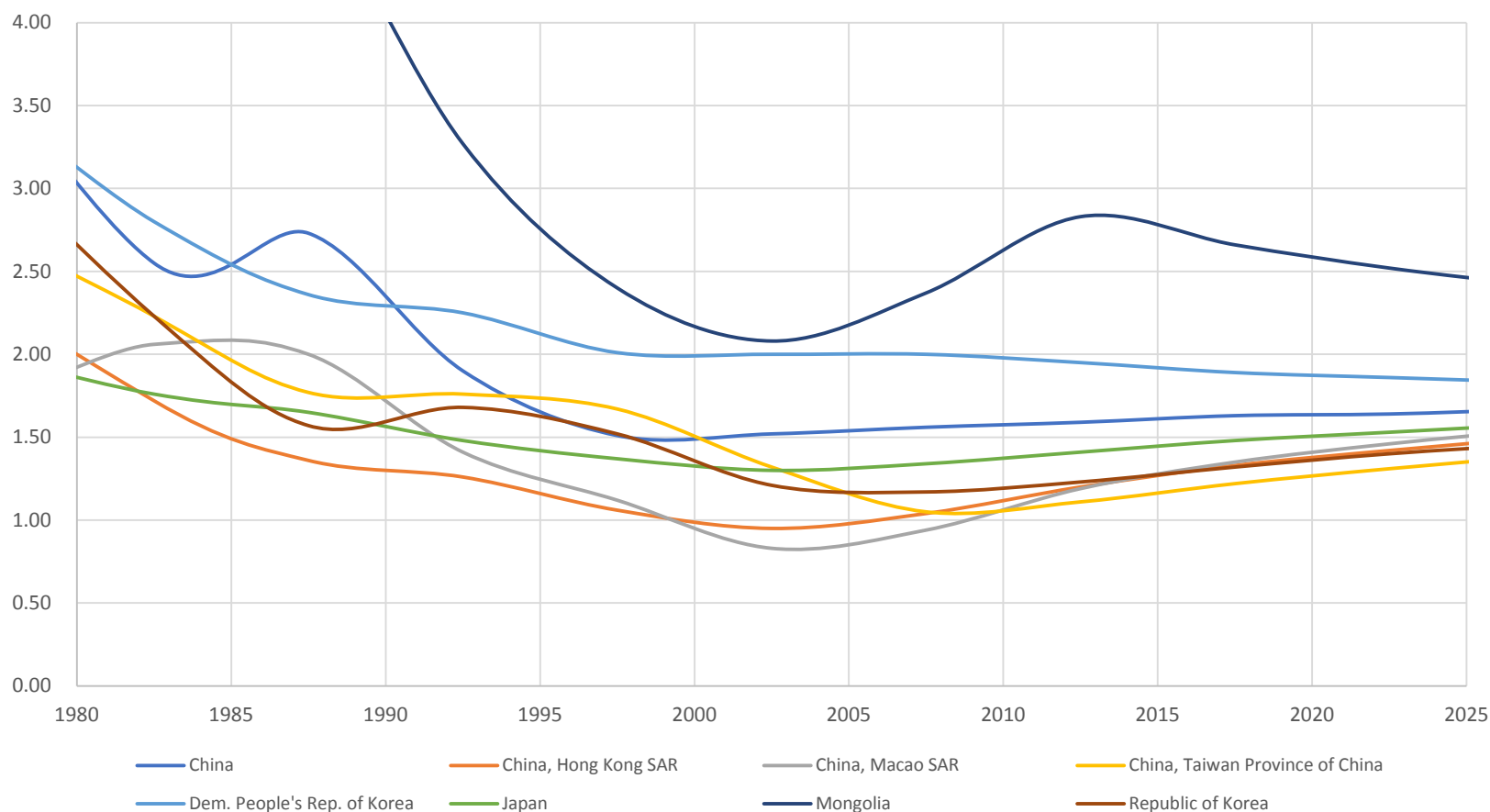
Total fertility (Livebirth per women, China, Japan, Republic of Korea, 1980-)

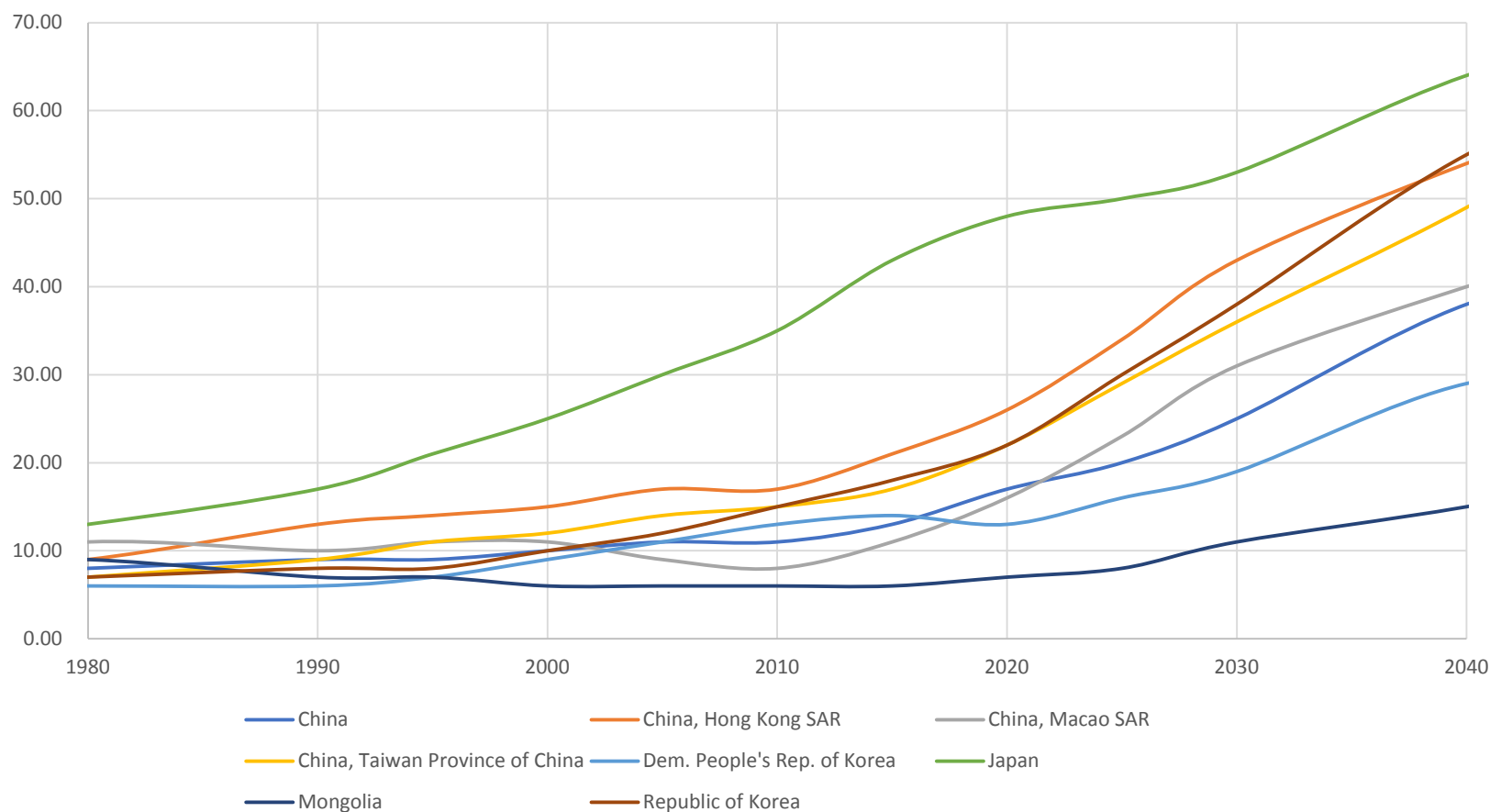# Old-age dependency ratio* (World, 1950-2050)
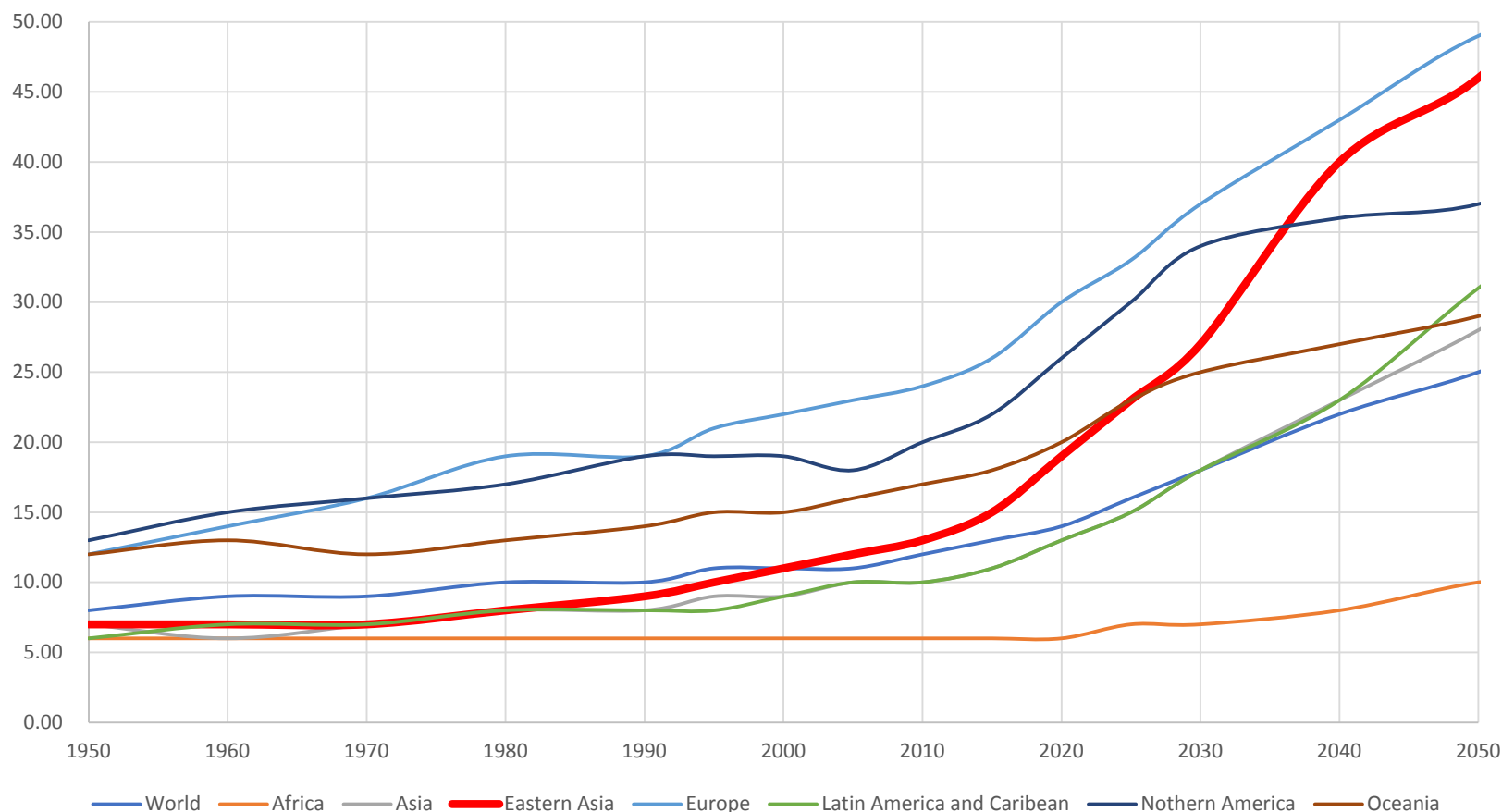
The ratio of the population aged 65 years or over to the population aged 15-64. They are presented as number of dependents per 100 persons of working age

Old-age dependency ratio (Eastern Asia, 1980-2040)

Old-age dependency ratio (China, Japan, Republic of Korea, 1980-2040)
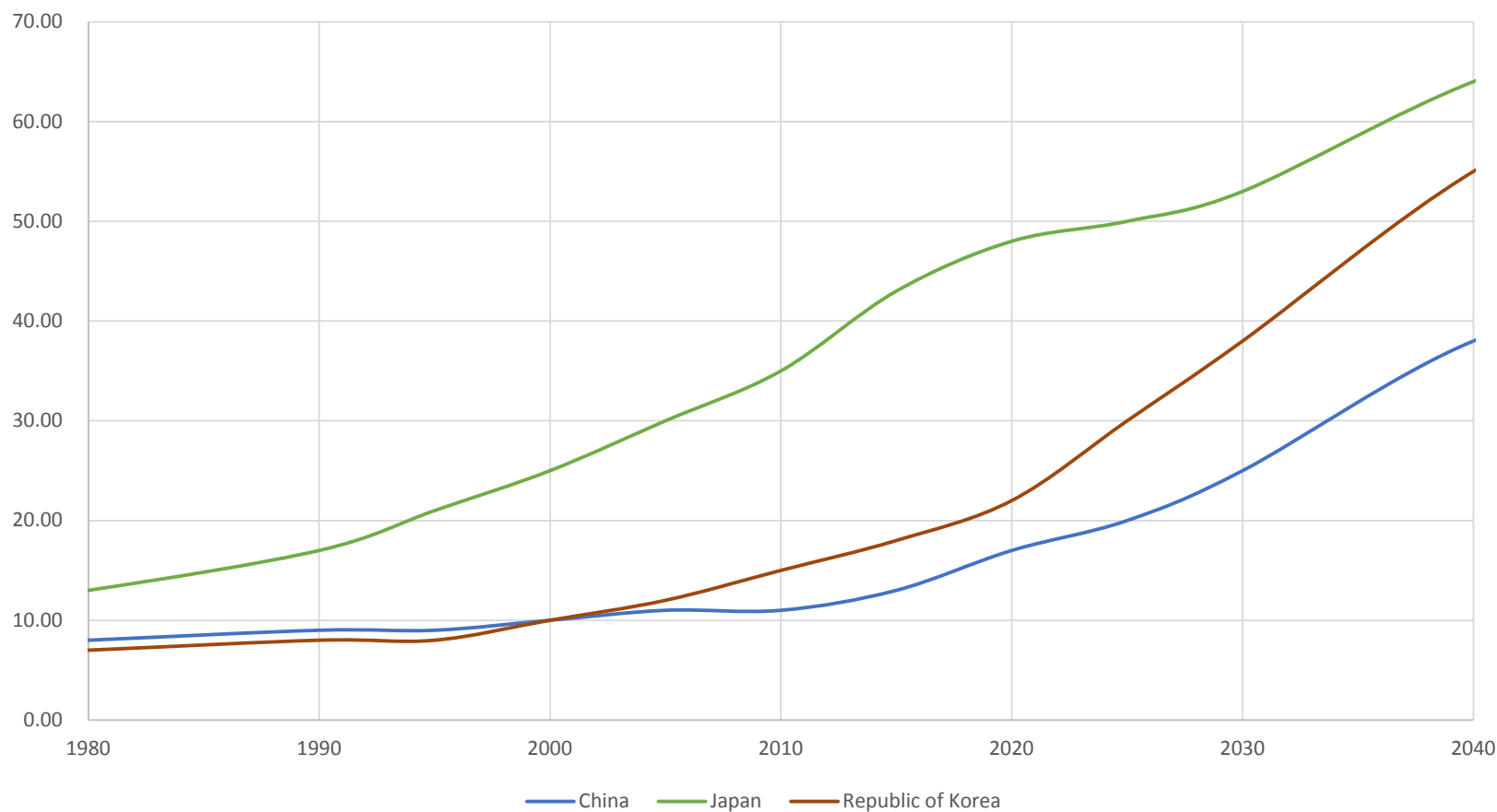
Rapid population ageing (China, Japan, Republic of Korea)

Pace of ageing by country (1950-2050): growth in the proportion of the elderly population (65 & over) in total population

Policy in ageing in Japan

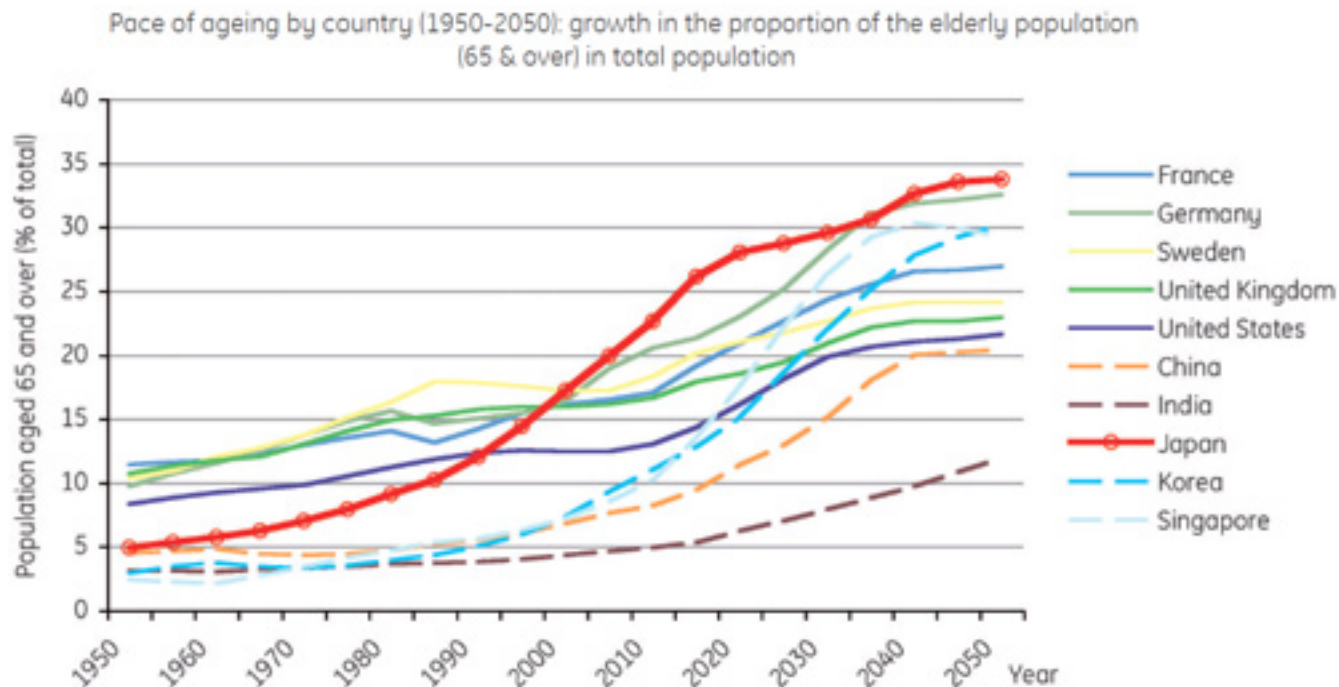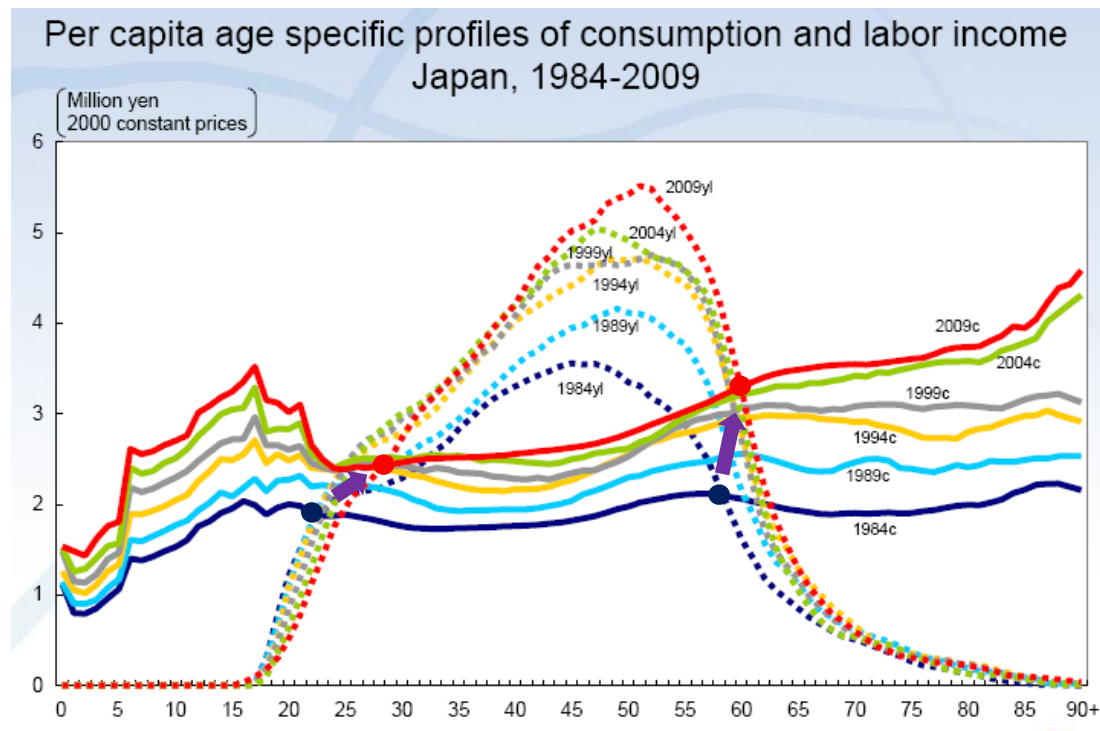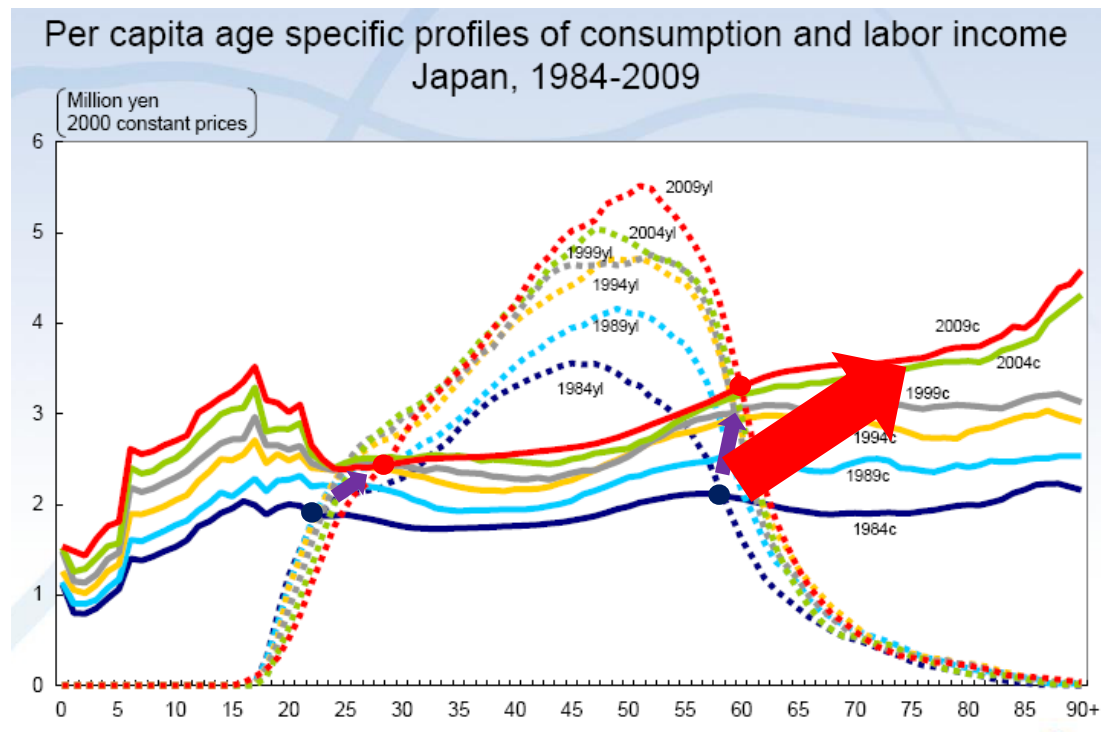| Year	Policy and laws	Healthcare	Welfare			
			Institutions	Home care	Community	Well-being
1948	Community health workers law				■	
1951	Social welfare law				■	
1958	National health insurance law	■				
1963	Older persons' welfare law		■	■		■
1971	Adult employment special law					■
1983	Older person's health law	■				
1986	National strategy for longevity				■	■
1989	10 years' strategy (Gold Plan)		■	■	■	■
1994	Revised 10 years' strategy (New Gold Plan)	■	■	■	■	■
1995	National strategy for aged society				■	■
1999	New 5 years' strategy (Gold Plan 21)			■	■	■
2000	Long-term care insurance		■	■		

Currently Ageing department is directly under the cabinet office
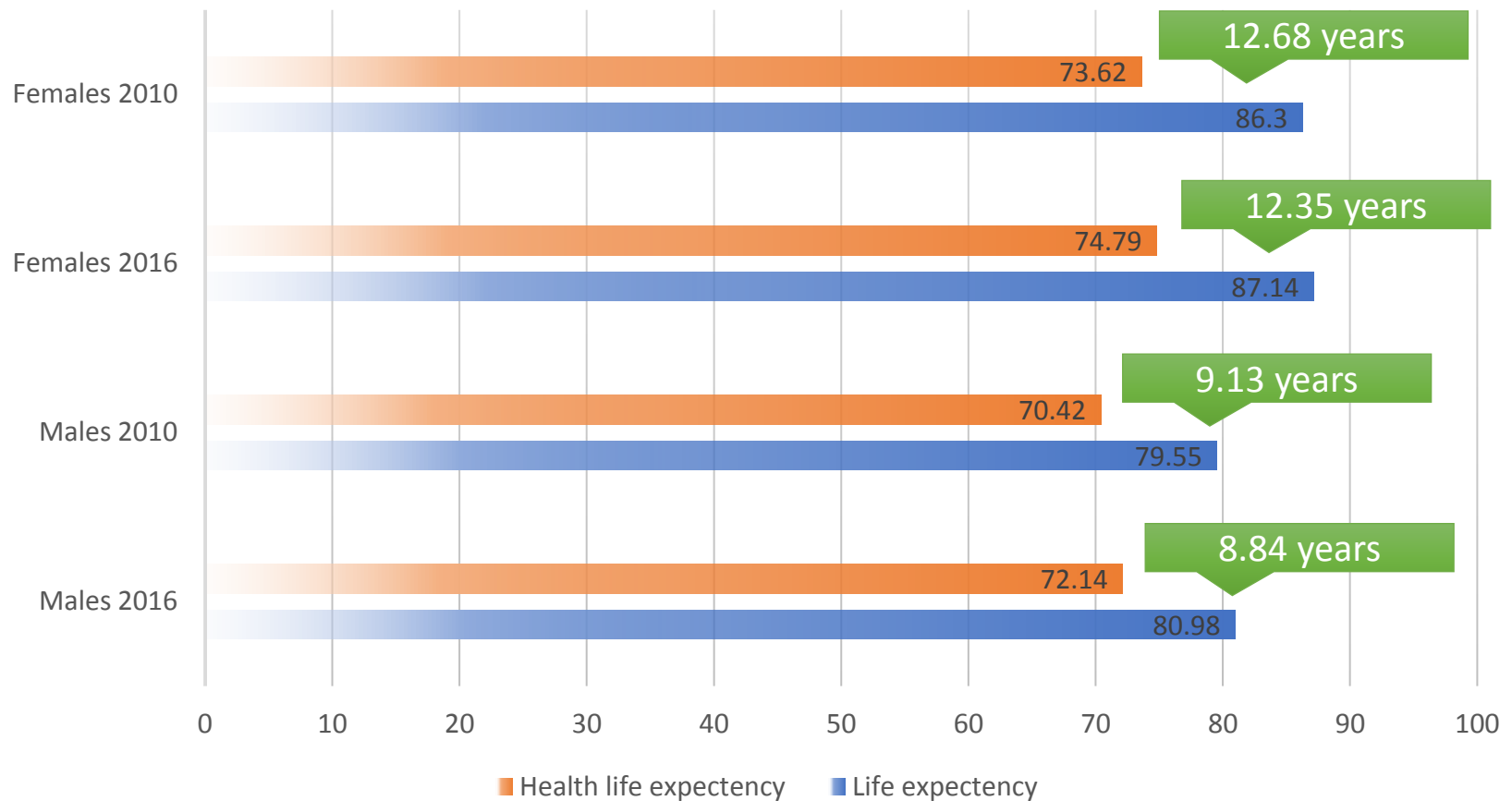
Age specific profiles of consumption and labour income (Japan)

Per capita age specific profiles of consumption and labor income Japan, 1984-2009

Matsukura 2015

Age specific profiles of consumption and labour income (Japan)

Per capita age specific profiles of consumption and labor income
Japan, 1984-2009

Matsukura 2015

Life expectancy and heathy life expectancy defined by full ADL (Japan)

Females 2010 — Health life expectency: 73.62, Life expectency: 86.3 — 12.68 years
Females 2016 — Health life expectency: 74.79, Life expectency: 87.14 — 12.35 years
Males 2010 — Health life expectency: 70.42, Life expectency: 79.55 — 9.13 years
Males 2016 — Health life expectency: 72.14, Life expectency: 80.98 — 8.84 years

Health life expectency   Life expectency

Izumi 2018

Determinants for Health Ageing (Systematic Review)

Categories	Negatives	Positives
Demographic	Age	
Biological	High BMI, Low ABI, Abnormal BP, ADL/IADLs Limitation, Weight changes, Subclinical vascular markers, Diabetes, Comorbidity, Respiratory diseases, Heart conditions, Hearing impairment, Cancer, Bone conditions, History of medication	Better grip strength, High self-rated health, General health status
Behavioral	Smoking	Physical activity, Healthy diet
Psychological	Depression, Negative life events	Better cognitive status, Psychological resources, Life satisfaction, Good general mental health status
Social		Education level, Income and economic status, Higher household SES

Healthy behaviours lead to health ageing

(reproduced from
ATHLOS consortium 2018)

Overview review of impact of low birth weight on life style diseases in adulthood

Diseases	Methods	N	Results	References
Type II Diabetes	Meta-analysis	14	<2500g: OR 1.32 [1.06, 1.64] >4000g: OR 1.27 [1.01, 1.59]	Am J Epidemiological 2007;165:849
		30	OR 0.80 per 1kg [0.72, 0.89]	JAMA 2008;300:2886
Metabolic Syndrome	Meta-analysis	11	LBW: OR 2.53 [1.57, 4.08]	Rev Saude Publica 2008;42:1
Obesity	Meta-analysis	20	>4000g: OR 2.07 [1.91, 2.24] <2500g: OR 0.61 [0.46, 0.80]*	Obesity reviews 2011;12:525
Childhood obesity	Structured Review	20	Low birth weight and high BMI up to 11 years – highest risk for IHD	Cad Saude Reblica 2006;22:2281

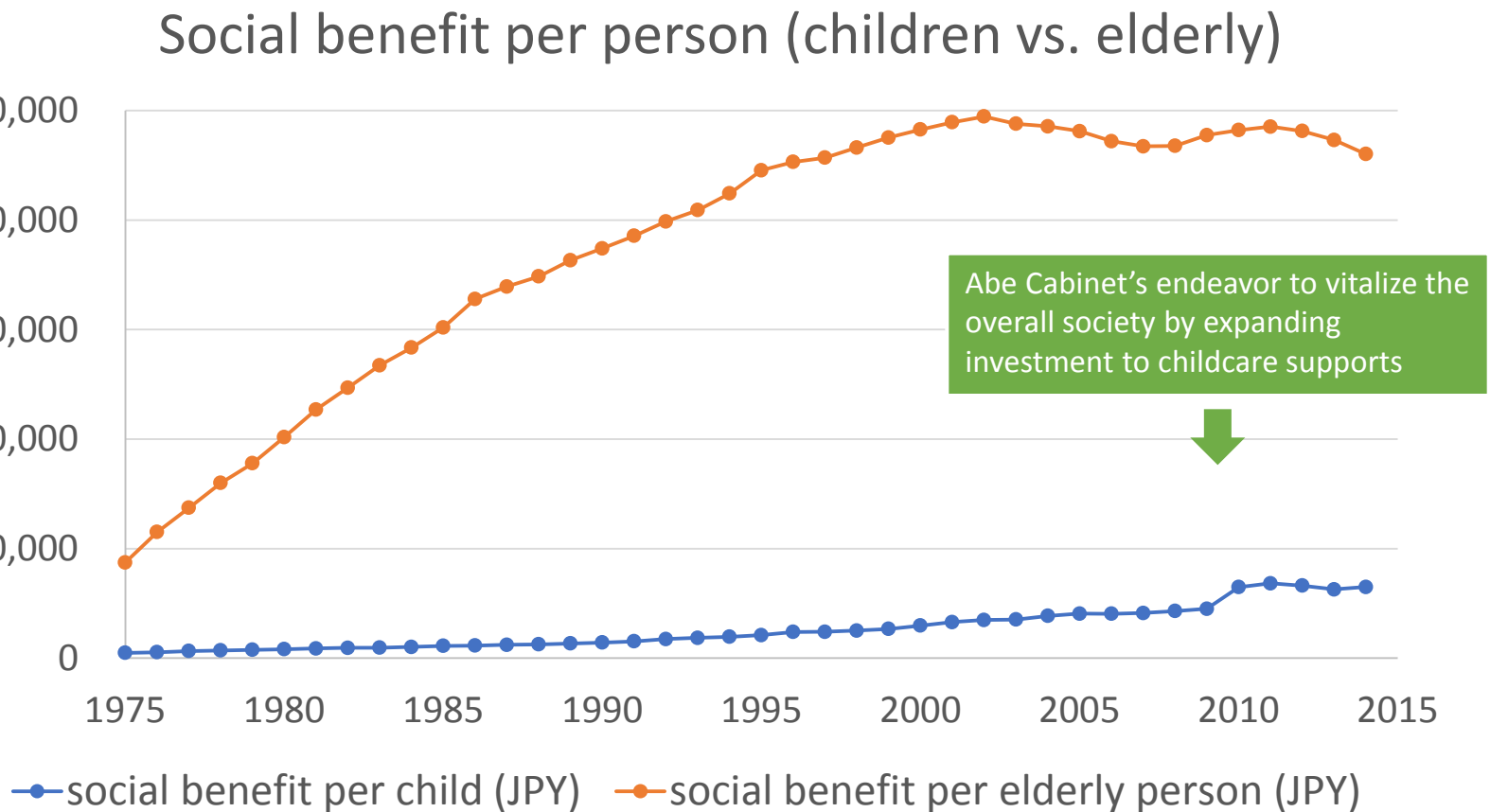Biological association between perinatal health and NCDs

(Mori 2013)

Fertility rate in Japan (1947-2015)

Total fertility rate in Japan

Total fertility rate

Desirable birth rate

Number of childbirths
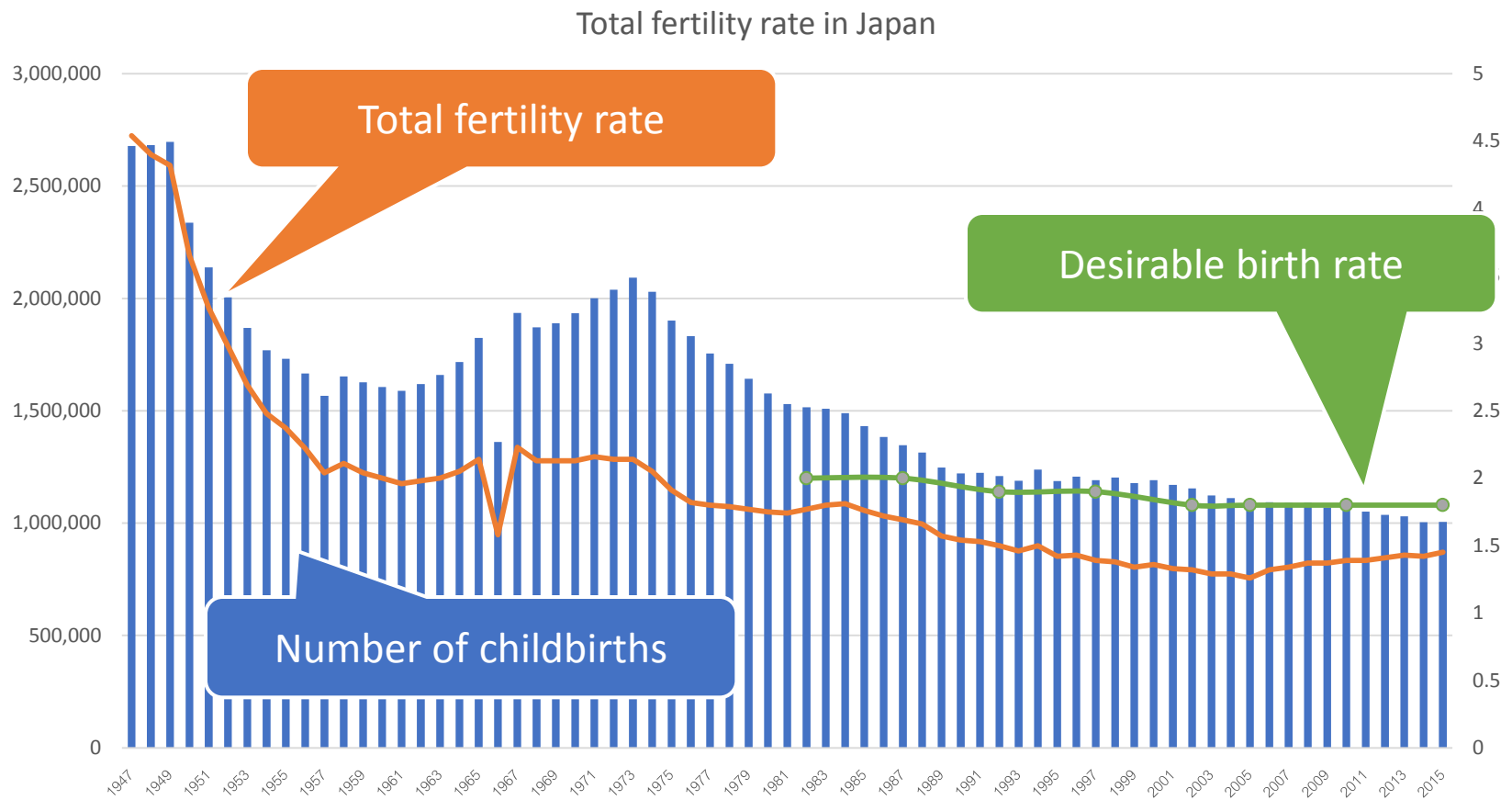
(Data from Statistics Japan 2016 and MHLW 2016)

Policies targeting ageing should includes support for women and children – our past negative experience

Social benefit per person (children vs. elderly)

Abe Cabinet's endeavor to vitalize the overall society by expanding investment to childcare supports

— social benefit per child (JPY)   — social benefit per elderly person (JPY)

(Japanese Social Security Statistics 2014)

Policies targeting older people and ageing, where the policy measures are specific to older people
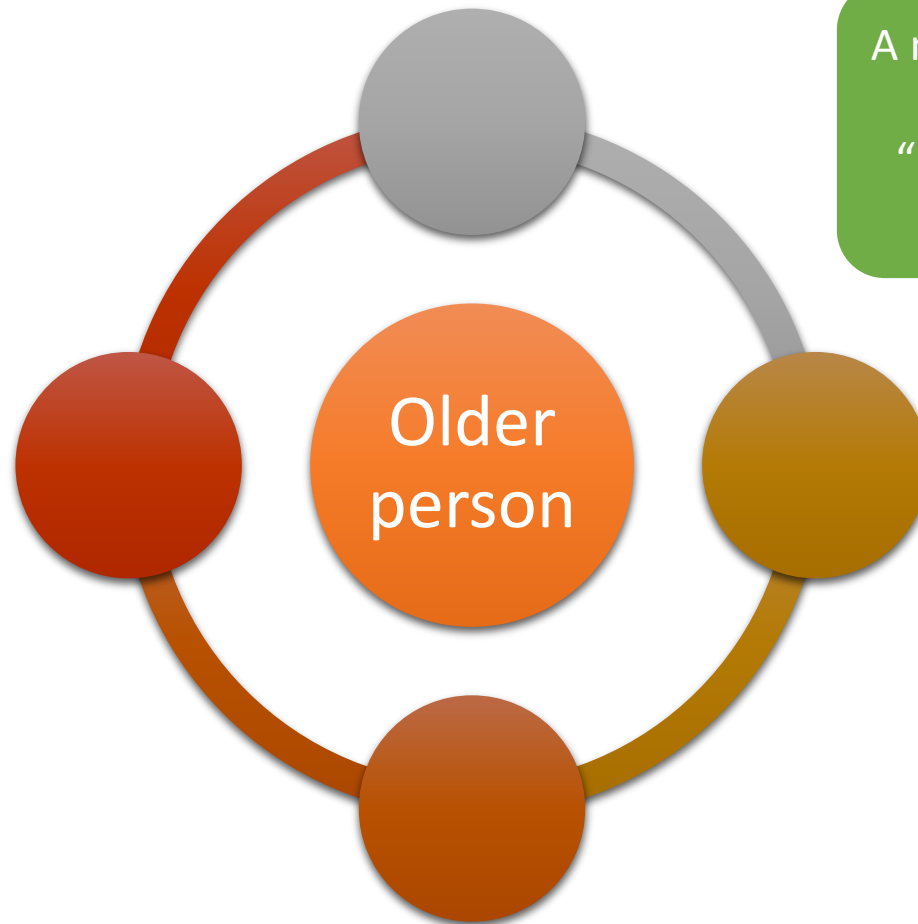
Golden windows for behavioural changes