

\* Japan's response to  
NCDs and Tobacco  
Control.

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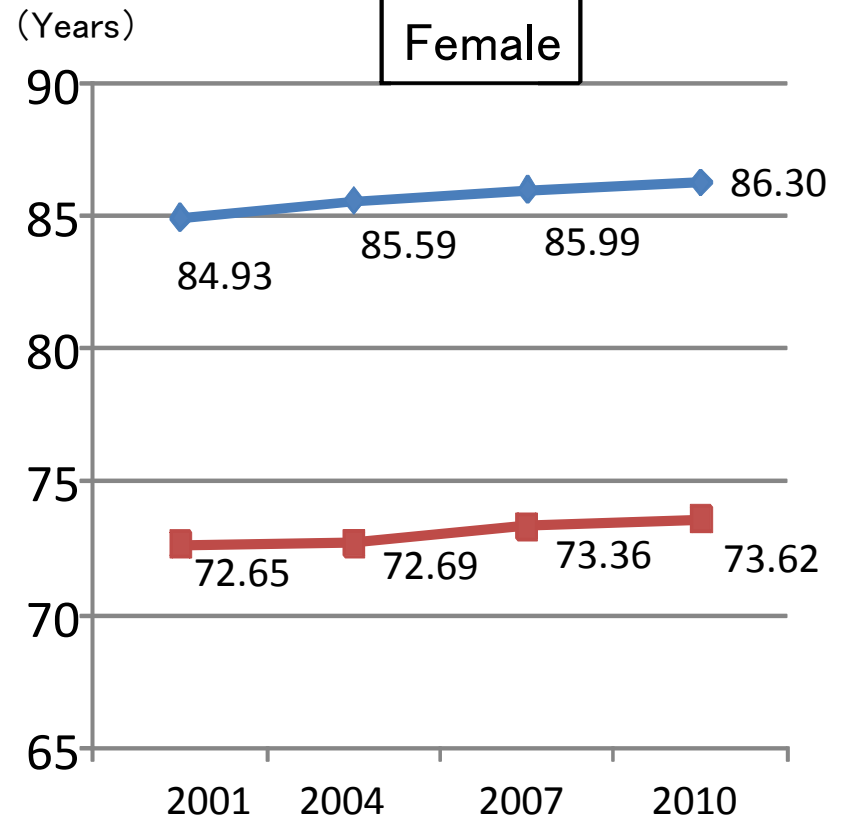
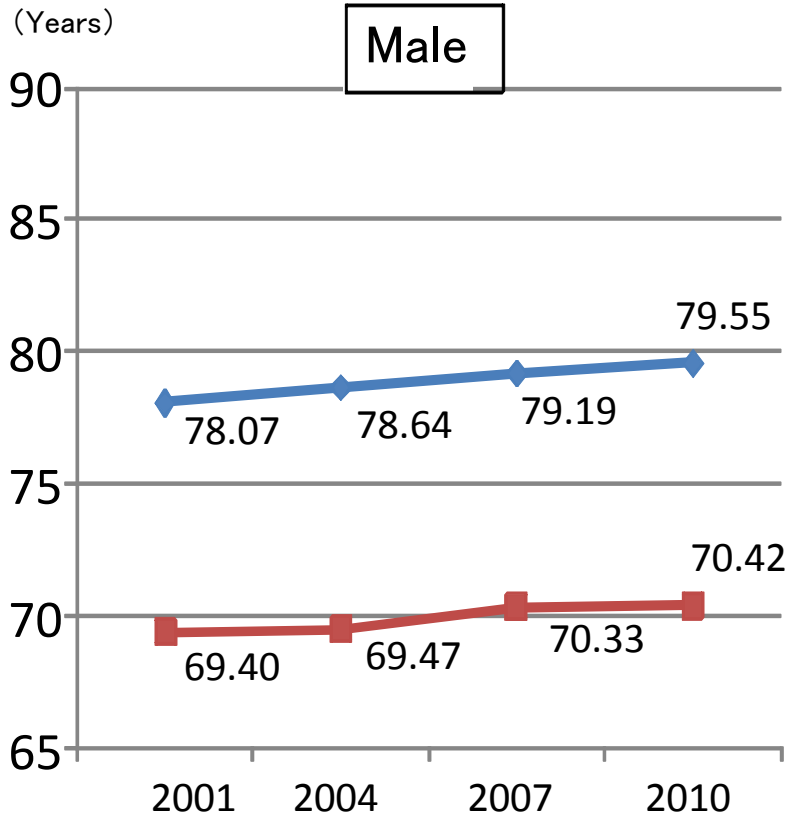
# Trends in Healthy Life Expectancy in Japan



Life Expectancy

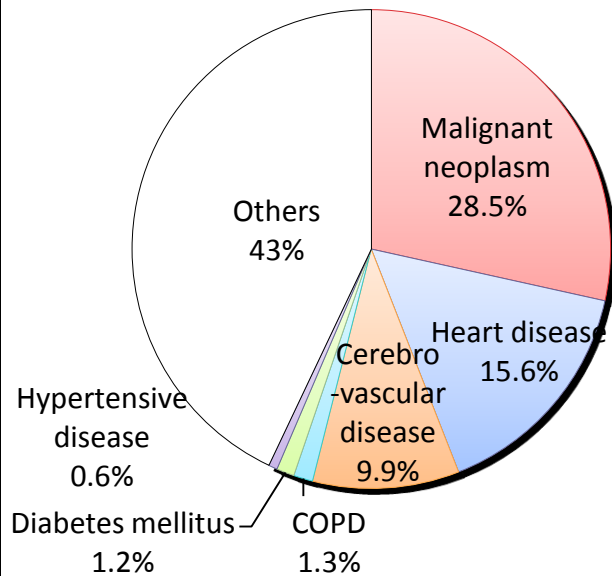


Healthy Life Expectancy

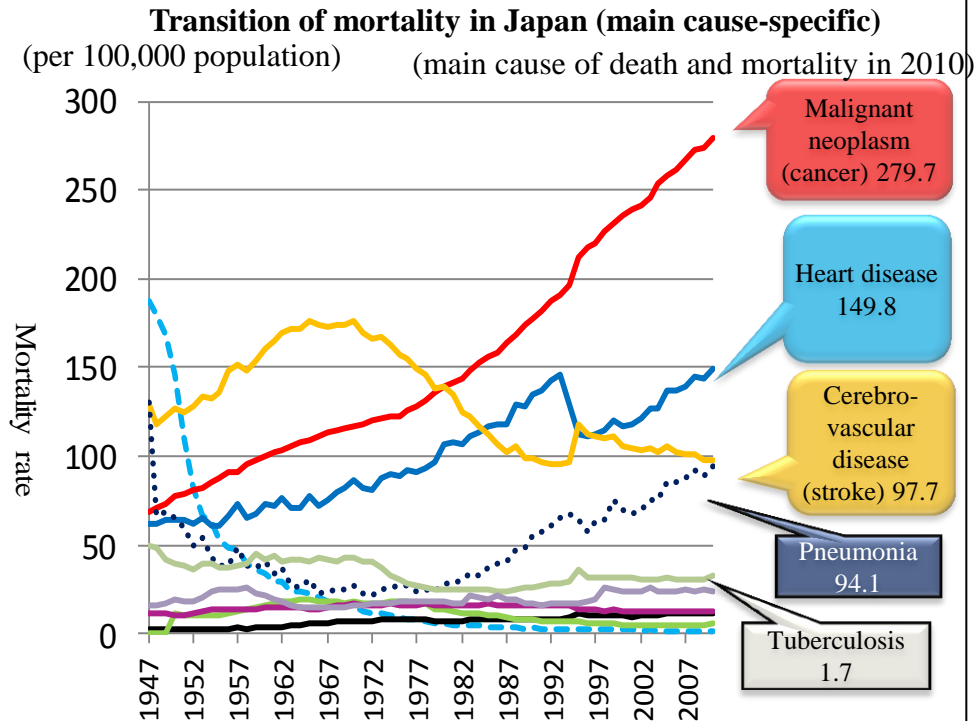


# Prevention of Lifestyle-Related Diseases

Lifestyle-related diseases account for approximately 57% of deaths.



Disease structure in Japan has shifted from infectious diseases to lifestyle-related diseases.



\* Medical care fees related to lifestyle-related diseases account for approximately 30% (8.8 trillion yen) of general medical treatment fees (27.2 trillion yen) (FY2010).



## Urgent need to implement comprehensive prevention of lifestyle-related diseases

→ Short-term effect is not necessarily great, but in the medium to long term, it will be an important key to extending healthy life expectancy and reducing medical expenditures.

# Plans to develop/strengthen national multisectoral plan for NCDs

Health Japan 21 (2<sup>nd</sup> edition) (2013~2022)

## ① Extend healthy life expectancy, reduce health inequity

- Eventual goal through the improvement of lifestyles and social environments
- Government to promote comprehensive measures for NCDs and promote support in several fields such as health and care.

## ② Reducing the incidence of NCDs and preventing NCD progression

- To promote measures that focus on primary prevention and prevention of disease progression to deal with cancer, CVD, DM, and COPD
- Government to promote behavior change or arrangement of social environments that are beneficial to health such as healthy diet, physical activity, and smoking cessation. Also, take measures to promote health check-ups and health guidance.

## ③ Maintain and improve the necessary functions that help people engage in social activities

- To aim at living self-reliant lives and to promote “mental health,” “health for the next generation,” and “health for the aged” based on life stages
- Government to promote the improvement of mental health, promotion of maternal health, and care prevention.

## ④ Arrange the environment to support and protect health

- Arrange environments that protect health based on mutual support, including people who having difficulty living long and mentally affluent lives.
- Government to share information about activities done by the private sectors for health promotion, and to promote the evaluation of these activities.

## ⑤ Improve the social environment and lifestyles that are related to diet, physical activity, recreation, smoking, drinking, and oral health

- To attain these goals, the government will promote the improvement of lifestyles and analyze the characteristics of each target population and their health challenges

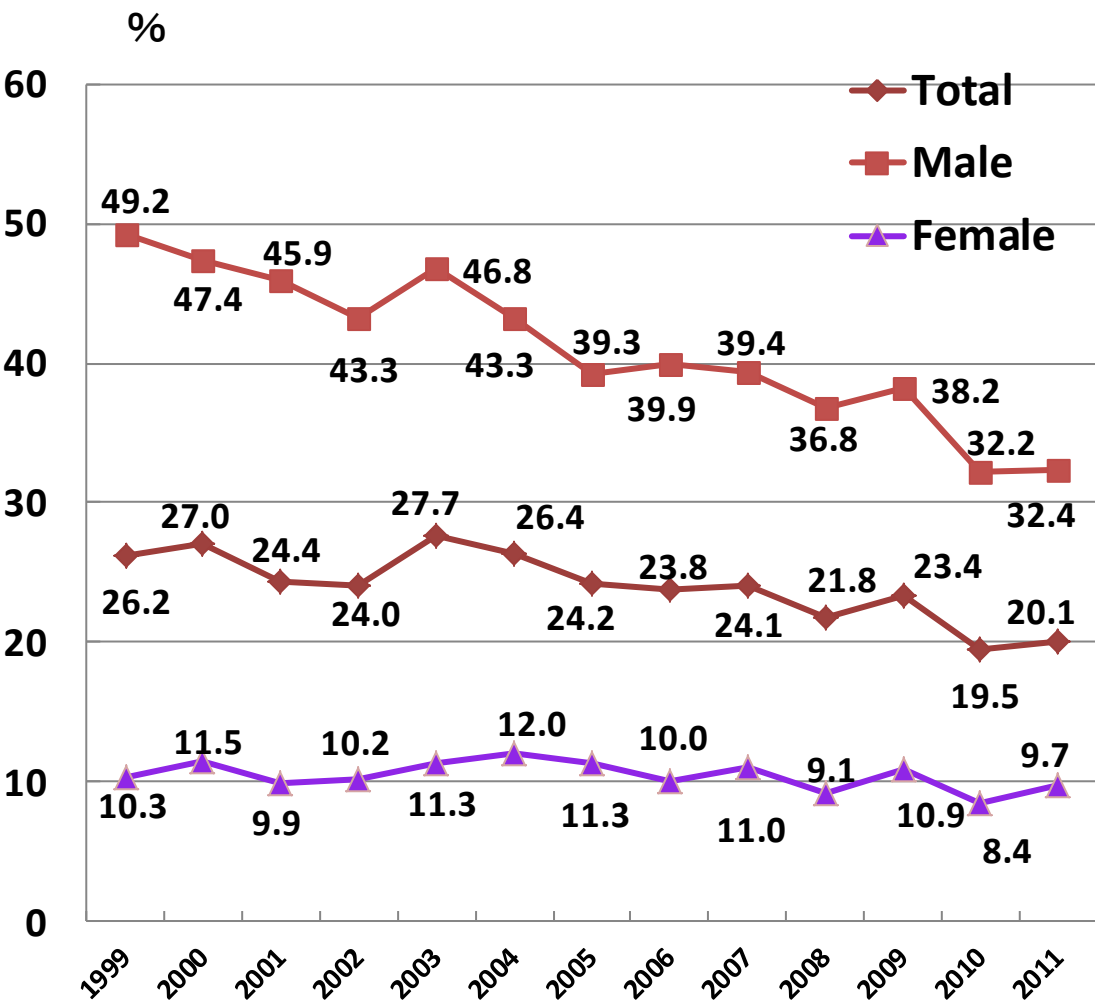
# Targets and indicators considered in the national multisectoral NCD plan

Example of specific targets in Health Japan 21 (the 2<sup>nd</sup> term)

item	current	target
Mean duration in which people can live with no limitation on daily life	M 70.42 yo F 73.62 yo	Longer than that of life expectancy
Reduce age-standardized mortality rate due to cancer under 75 years (per 100,000 persons )	84.3	73.9
Mean systolic blood pressure	M 138mmHg F 133mmHg	M 134mmHg F 129mmHg
Number of newly introduced dialysis patient due to diabetes	16,247 people	15,000 people
Proportion of obesity (BMI $\geq$ 25) among males aged 20s to 60s	31.2%	28%
Total amount of salt intake (g/day)	10.6g	8g
number of steps in daily life among people aged 20 to 64	M 7,841 steps F 6,883 steps	M 9,000 steps F 8,500 steps
Reduce the proportion of people drinking alcohol at levels high enough to increase their risk of lifestyle-related diseases*	M 15.3% F 7.5%	M 13% F 6.4%
Adult smoking rate	19.5%	12%
Number of people over 80 who have more than 20 of their own teeth.	25.0%	50%

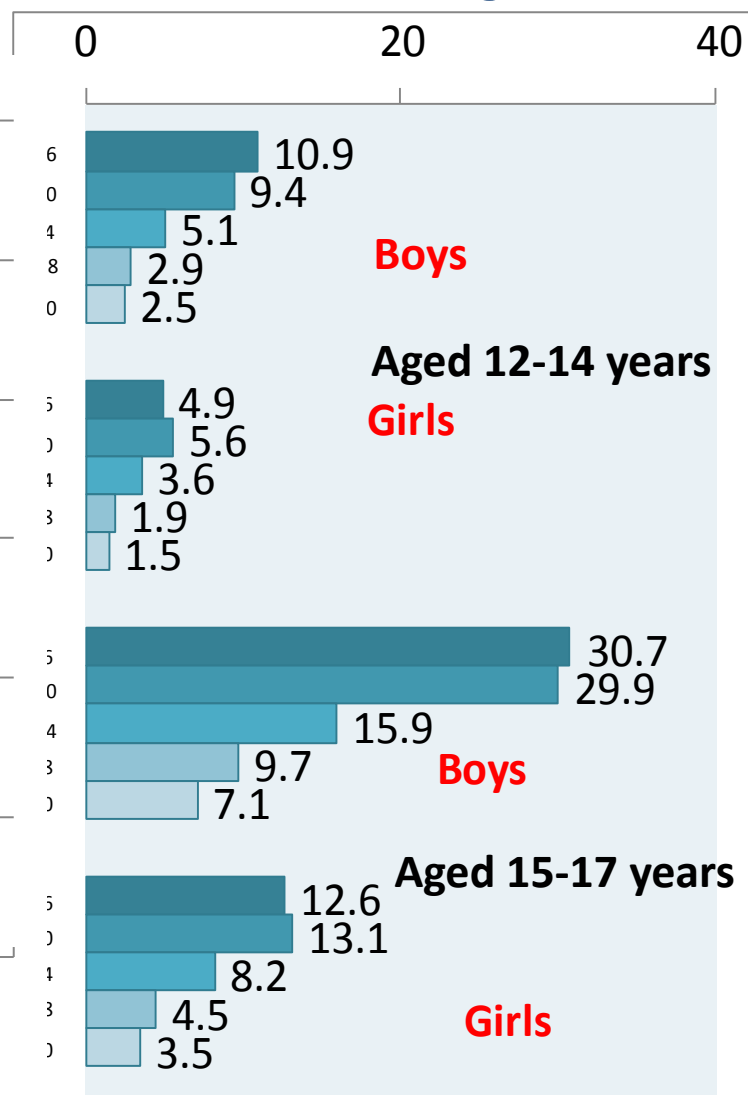
\* pure alcohol consumption per day : Male 40g or more, Female 20g or more

## Adult Smoking Rate



Reference: National Nutrition Survey (until 2002)  
 National Health and Nutrition Survey (from 2003)  
 Definitions of smoking rates are different between these two surveys.

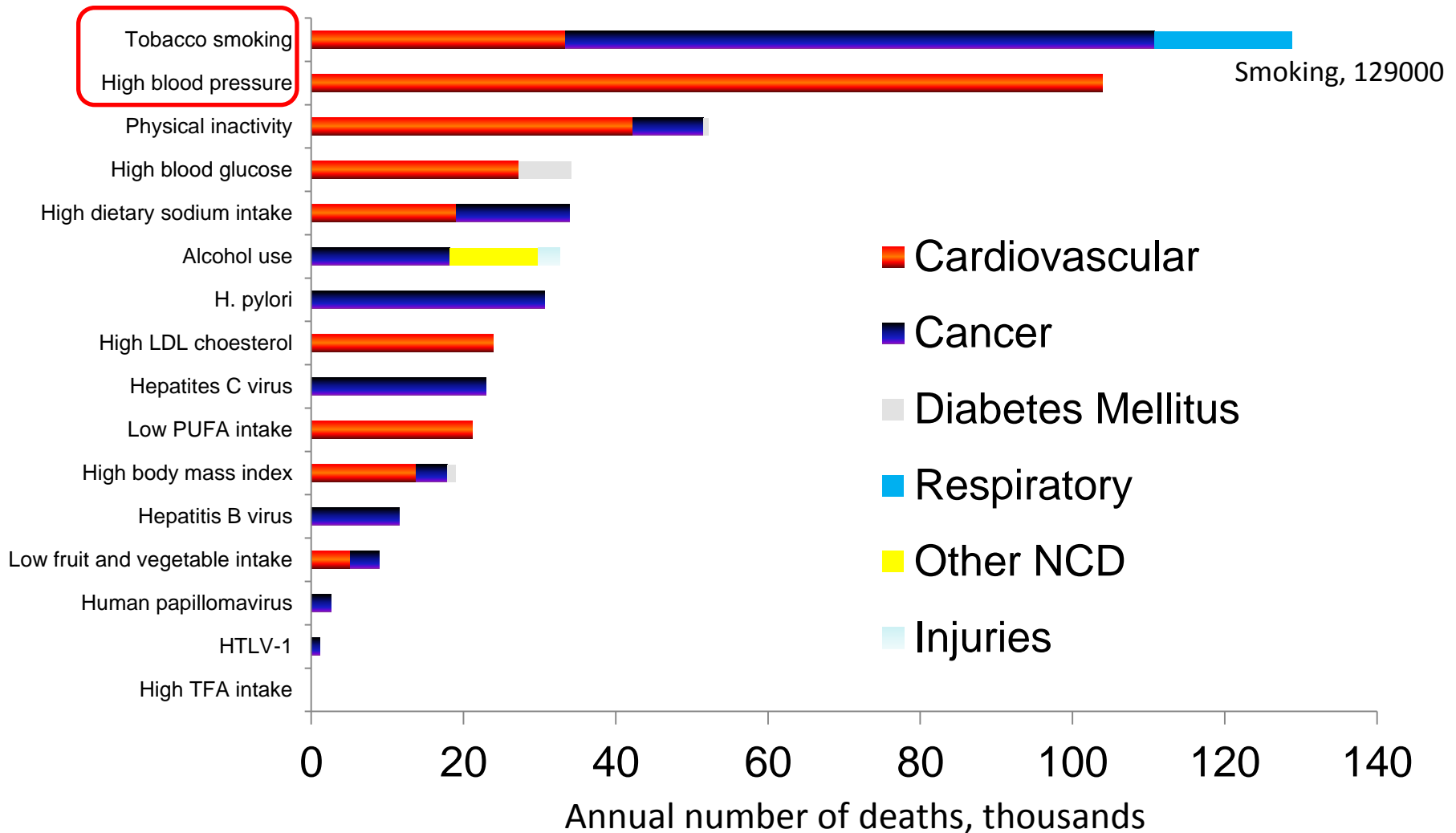
## Minor Smoking Rate (%)



Reference: Uehata (1996,2000), Hayashi (2004)  
 Ooida (2008,2010)


## Two major causes of death from NCDs are Smoking and Hypertension

**Figure : the number of deaths from risk factors related to NCDs and injuries in Japan, 2007**



Smoking, 129000

# National target for tobacco smoking

Measures	Current data		Goal
① Decrease in adult smoking rate	19.5% (H22)		<u>12%</u> (2022)
② Eradication of smoking among minors	First year of junior high school Boys 1.6% Girls 0.9% Third year of high school } (H22) Boys 8.6% Girls 3.8%		0% (2022)
③ Eradication of smoking among pregnant women	5.0% (H22)		0% (2014)
④ Decrease in percentage of facilities with exposure to secondhand smoke  	Governmental institutions	16.9% (H20)	0% (2022)
	Medical institutions	13.3% (H20)	0% (2022)
	Worksites	64% (H23)	Worksites—no secondhand smoke (2020)
	Households	10.7% (H22)	3% (2022)
	Restaurants	50.1% (H22)	15% (2022)



# Recent Tobacco control measures in Japan

## ① Health Japan 21(The second term)

On April 1st, 2013, the government started Health Japan (the 2<sup>nd</sup> term). It set a 12% adult smoking rate by 2022 as the national target.

## ② Standard Health Checkup and Healthcare

“Standard Health Checkup and Healthcare Guidance Programs (The revised edition)” and “Manual for Smoking Cessation (the 2<sup>nd</sup> edition)” were published to promote smoking cessation support in health checkups and health guidance as a national system for NCDs prevention and control.

## ③ Tobacco Quitline

“Tobacco Quitline” was established in designated cancer hospitals to establish tobacco counselors who provide tobacco cessation support, conduct public awareness campaigns, and coordinate human resources and infrastructure among communities, workplaces, and medical institutes.