

Panel 2 Innovation in design: better environment for health

Ageing in the neighborhood: social participation

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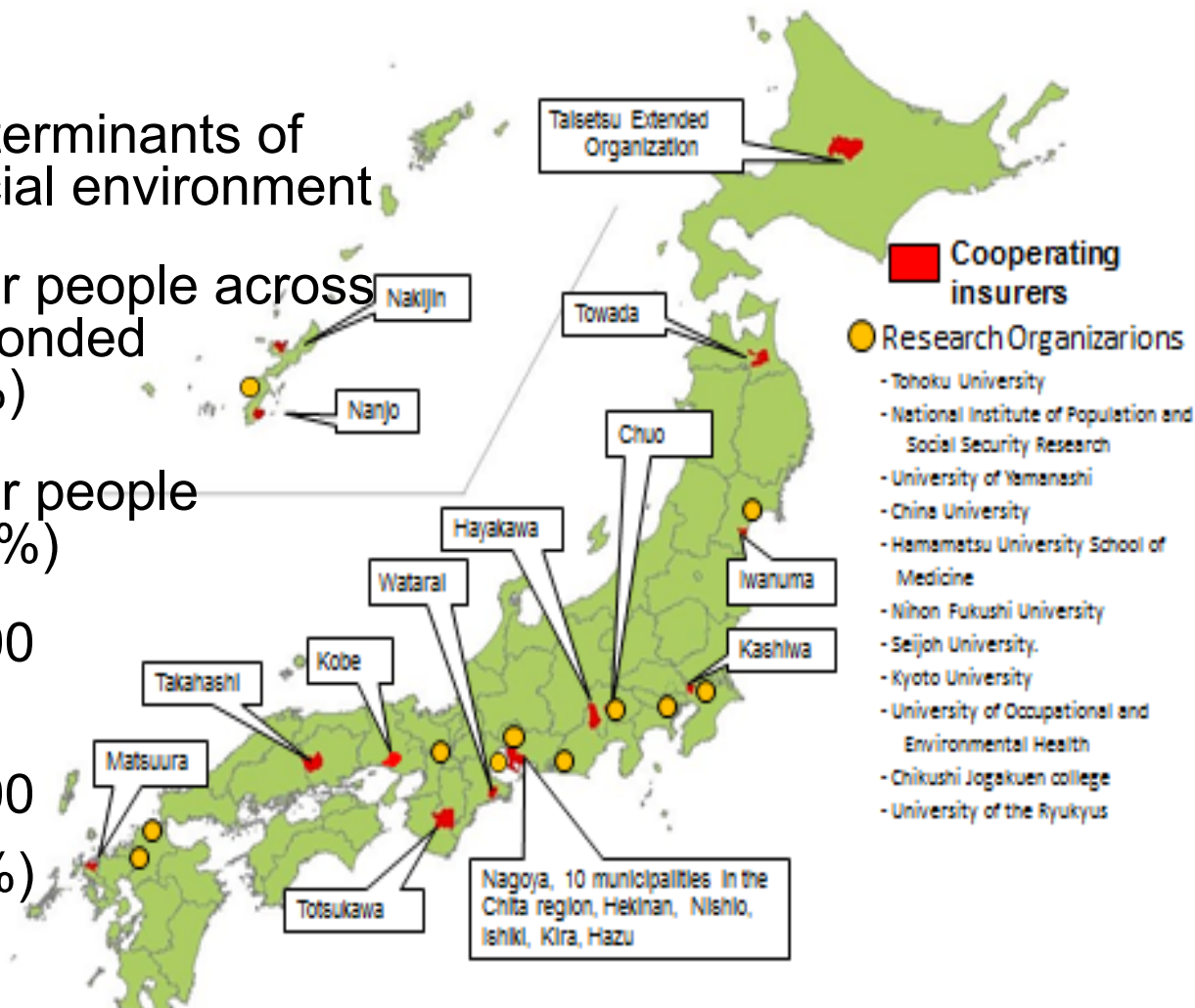


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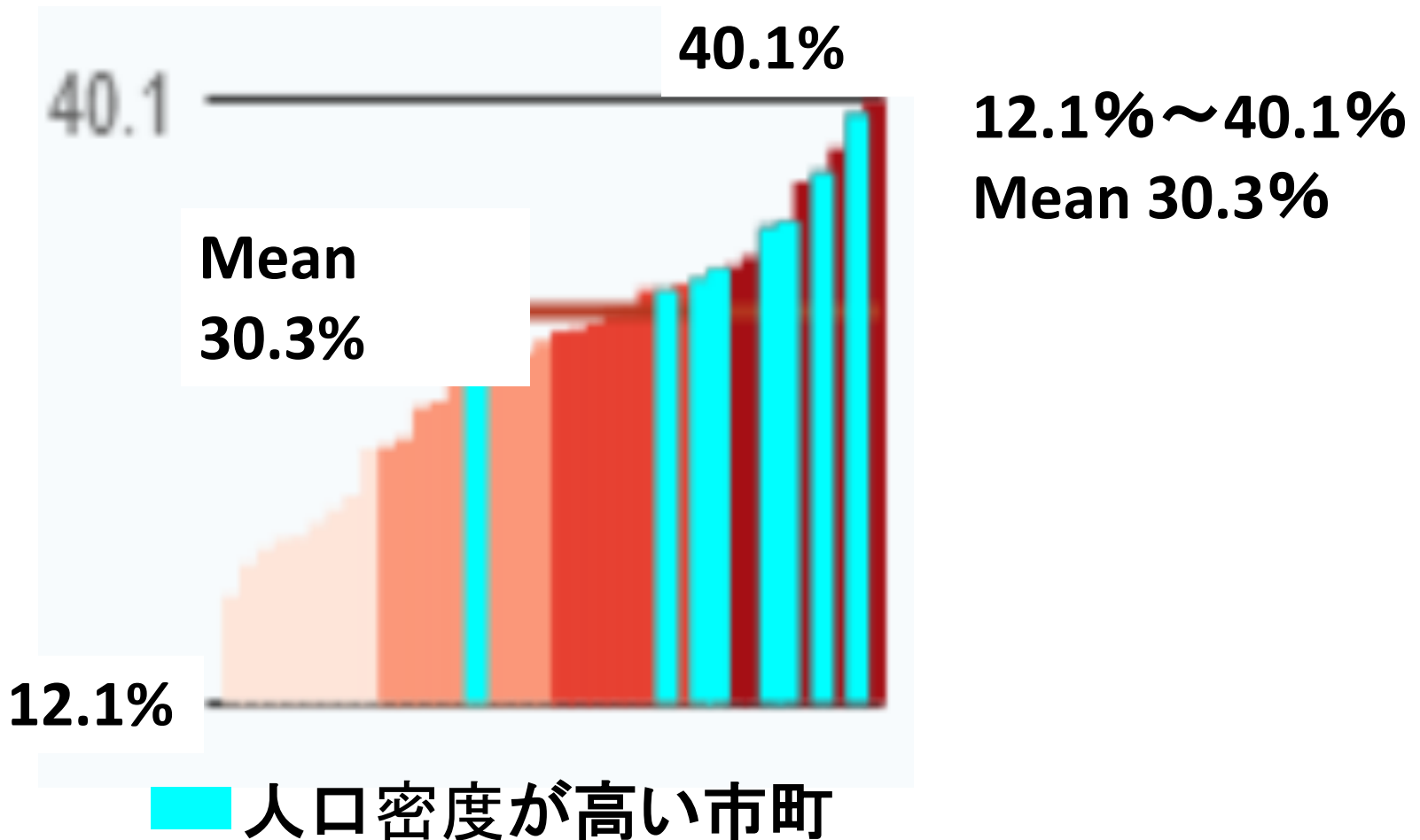
1. Are there healthy/un-healthy communities ?
 - Social participation is essential for health
2. Community intervention study
3. A innovation for Healthy Ageing

JAPAN Gerontological Evaluation Study (JAGES)

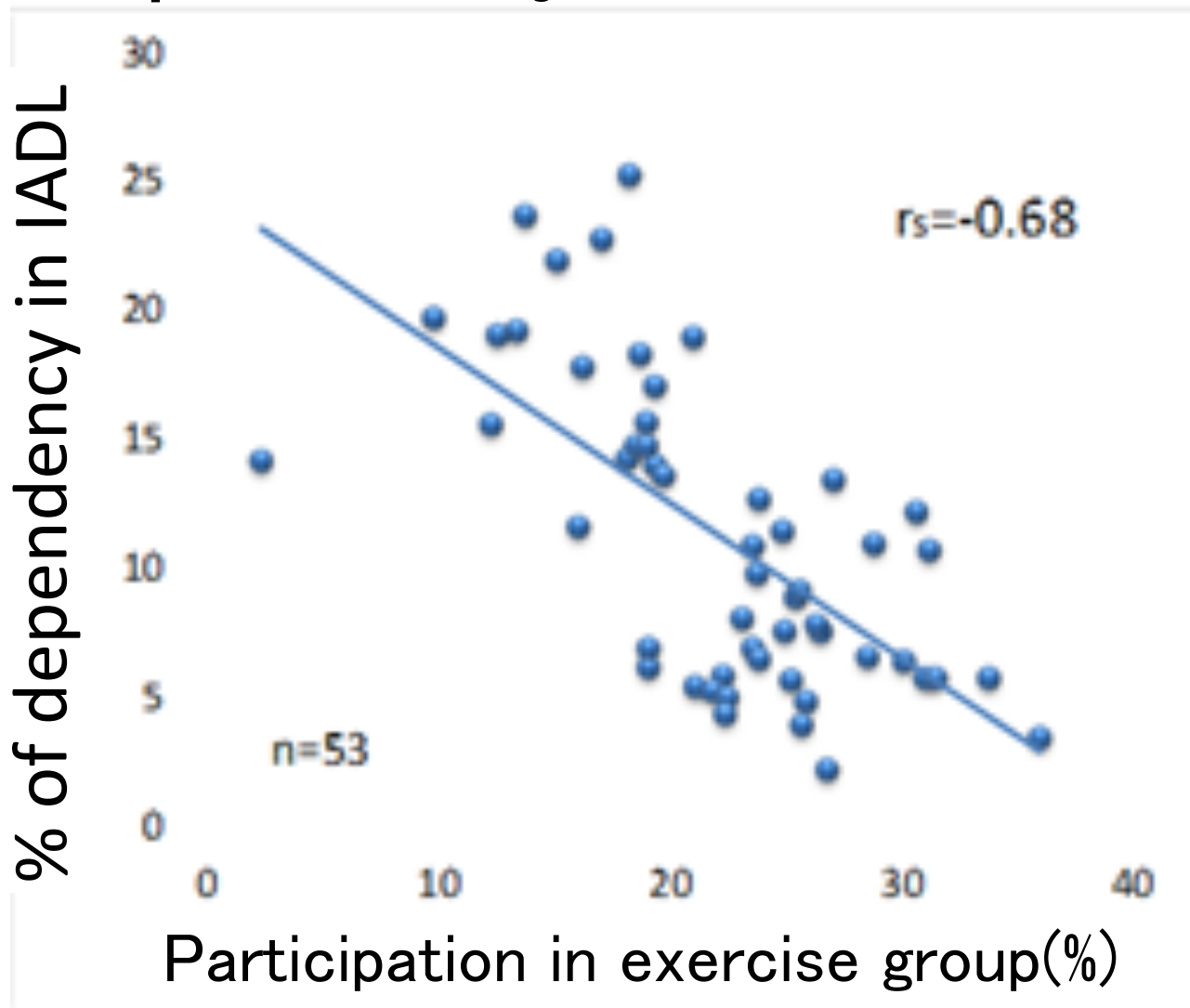
- One of the few population-based gerontological surveys in Japan
 Established in 1999
- Focused on social determinants of health (SDH) and social environment
- In 2010- 112,000 older people across 31 municipalities responded (response rate: 66.3%)
- In 2013- 138,000 older people responded. (RR: 70.3%)
- In 2016- about 200,000 responded (RR: 70%)
- In 2019- about 240,000 responded (RR 68.0%)



% of participation in exercise group (65-74 y.o.)

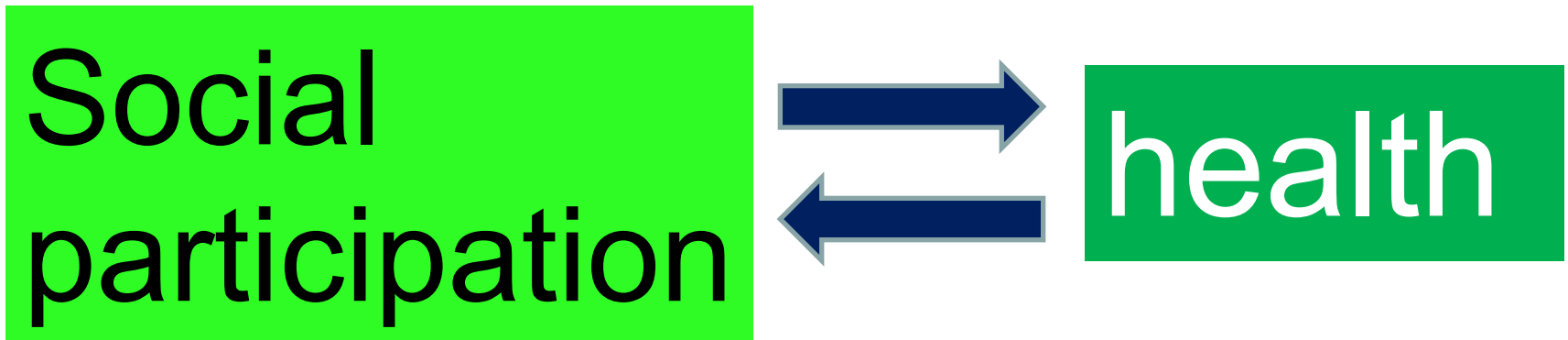


Participation in exercise group and dependency in IADL



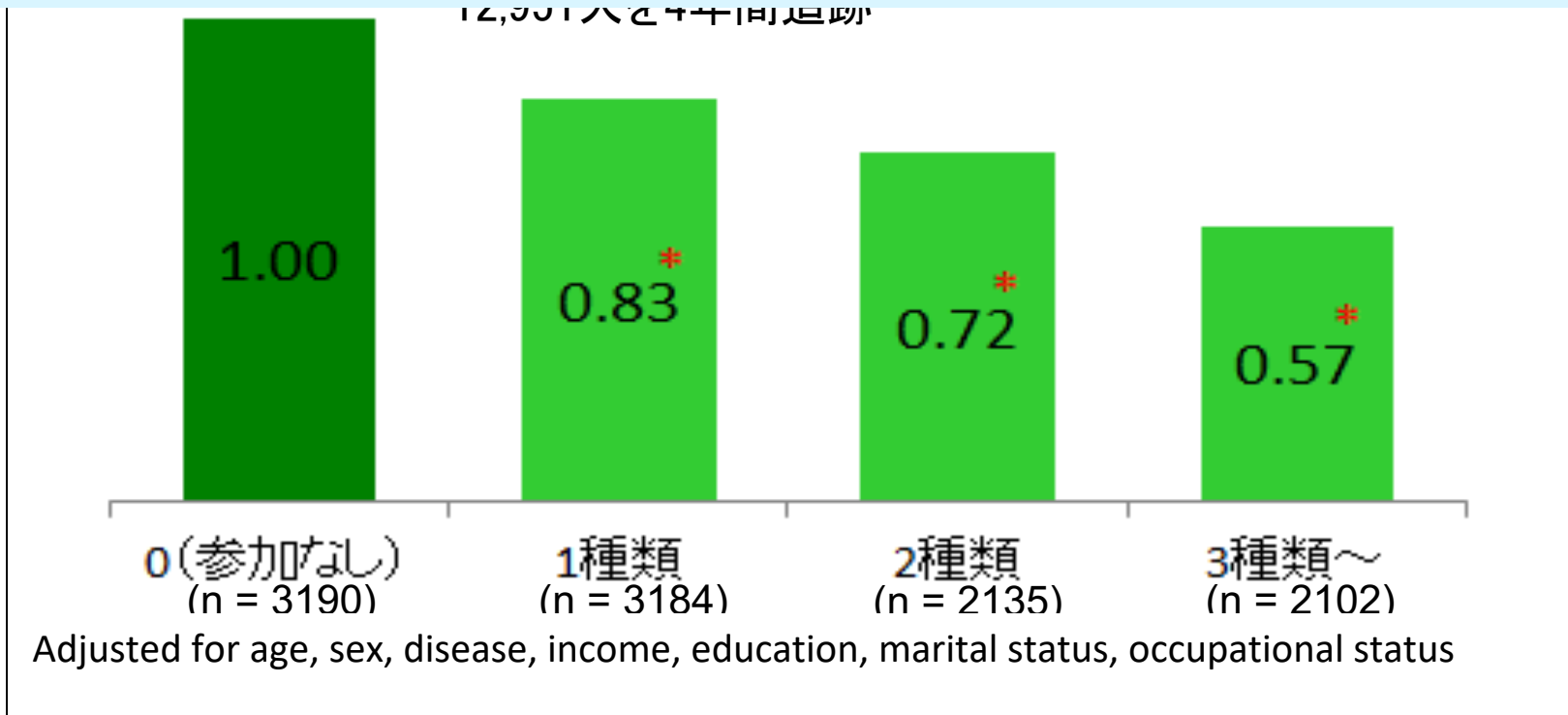
Correlation \neq Causation: Reverse Causation

Social participation may effect good health, but healthier people could participate in community organizations as they are healthy.



~~Reverse causation~~

Odds Ratios of mortality or functional decline by the number of kinds of groups participated: 4 years Follow up (n=12,951)



Satoru Kanamori, Yuko Kai, Jun Aida, Katsunori Kondo, Ichiro Kawachi, Hiroshi Hirai, Kokoro Shirai, Yoshiki Ishikawa, Kayo Suzuki, the JAGES group. Social participation and the prevention of functional disability in older Japanese: the AGES Cohort Study. PLOS ONE 2014.

URL: <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0099638>

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Purpose

- To evaluate the feasibility to promote social participation
- To evaluate the effectiveness of program for healthy aging (PHA)

Enjoyable Social Programs



← Ping-Pong

Game →



Just chatting is very popular!

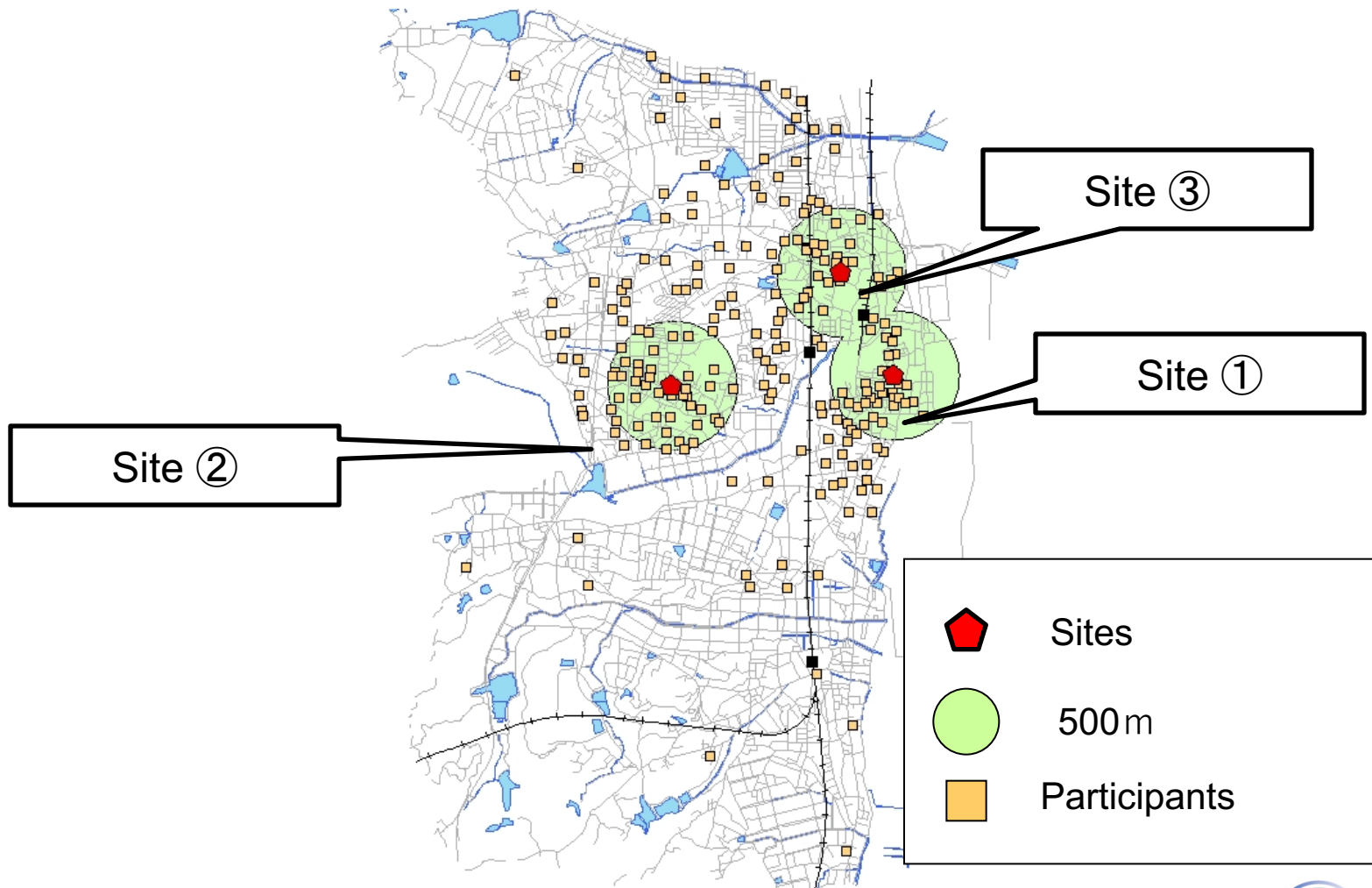
Various programs

Making
a Short Poem→
led by volunteers



Physical Exercise
instructed by volunteers

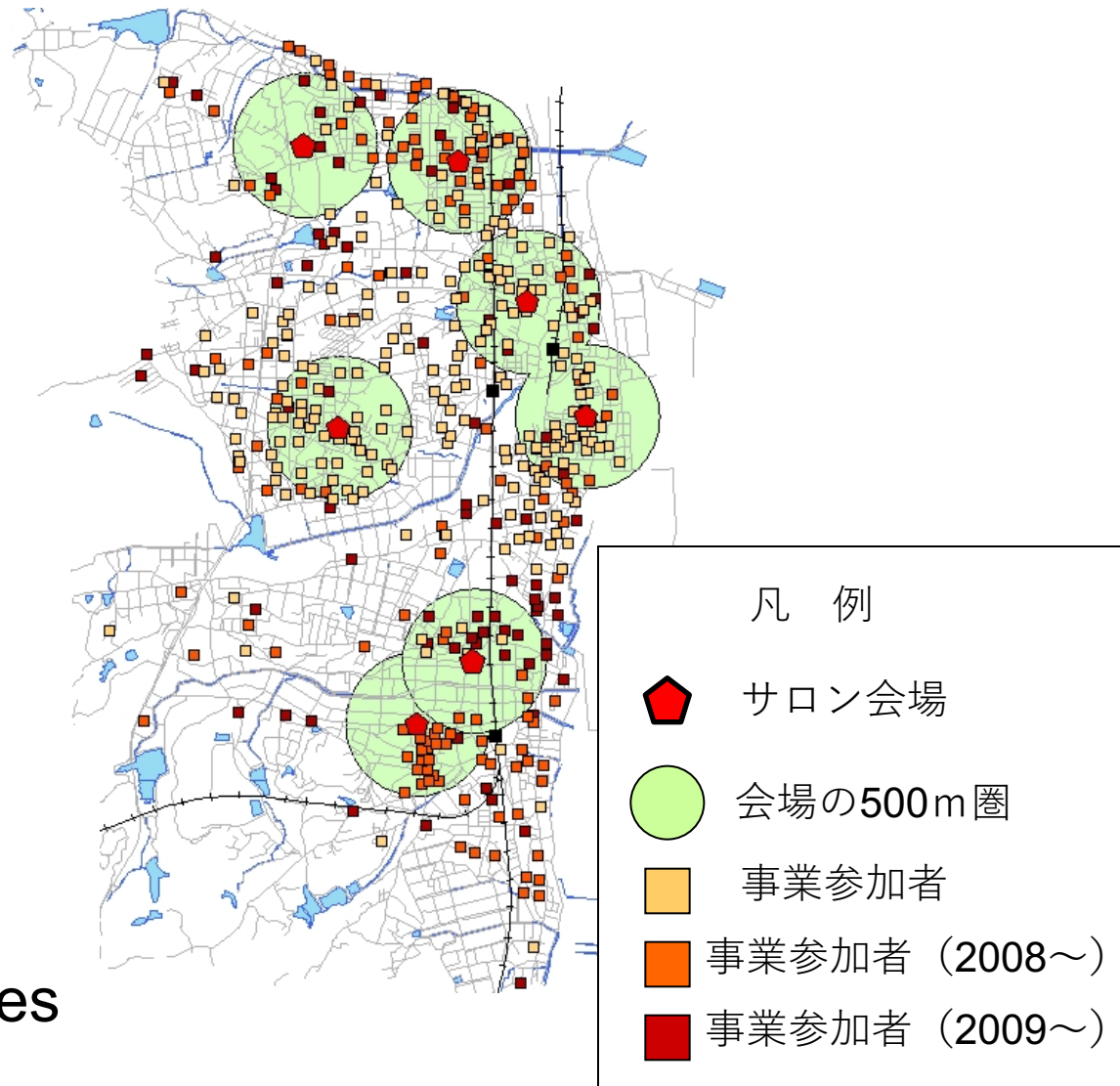
3 sites in 2007 & participants



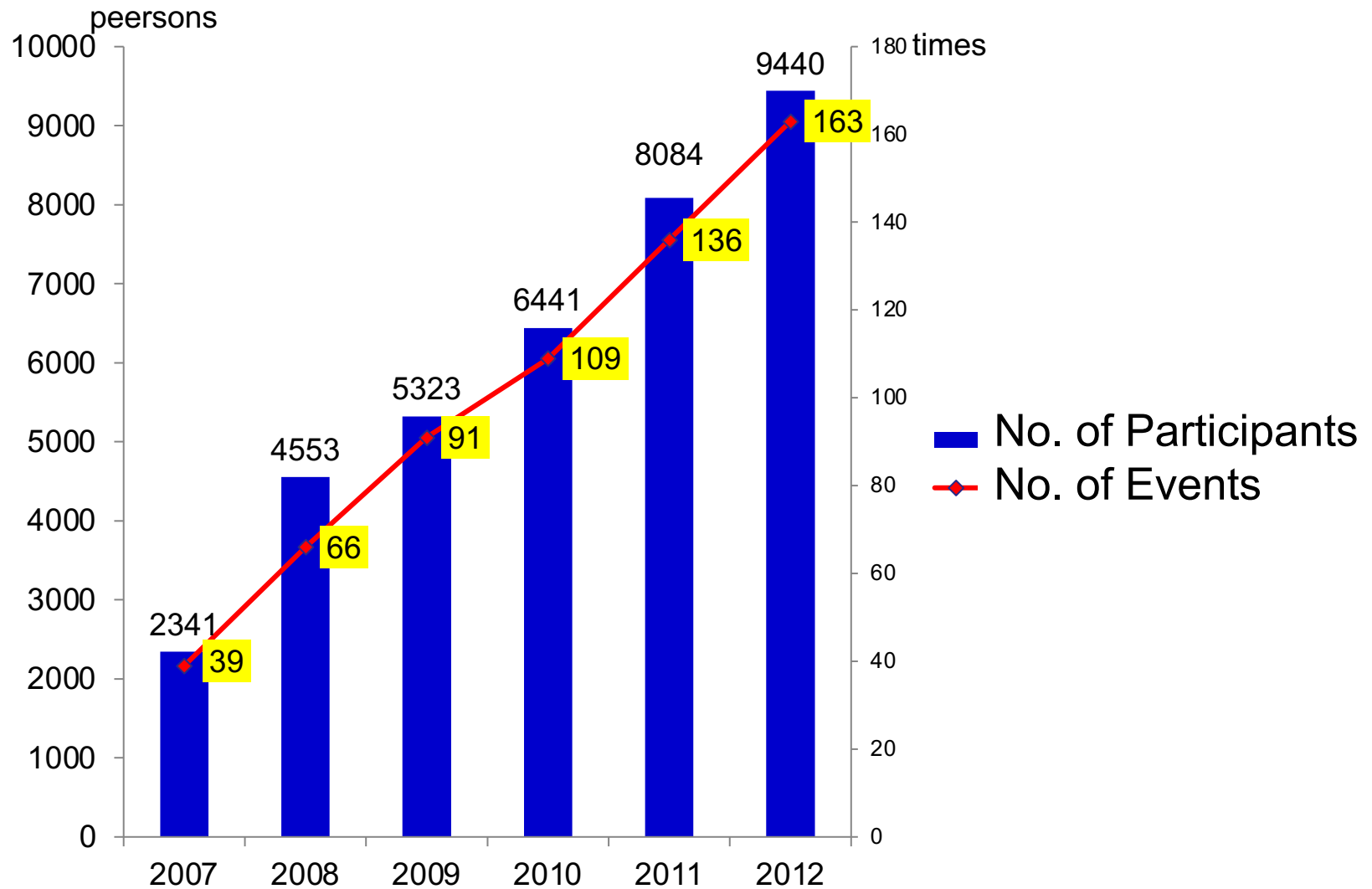
7 sites: 2007+2008+2009

Higher number of participants come from each neighborhood

2007 3 Sites
2008 2 New Sites
2009 2 New Sites
By 2012 Total of 10 Sites



Trend of Number of Participants & Events



No. of site

3

5

7

8

8

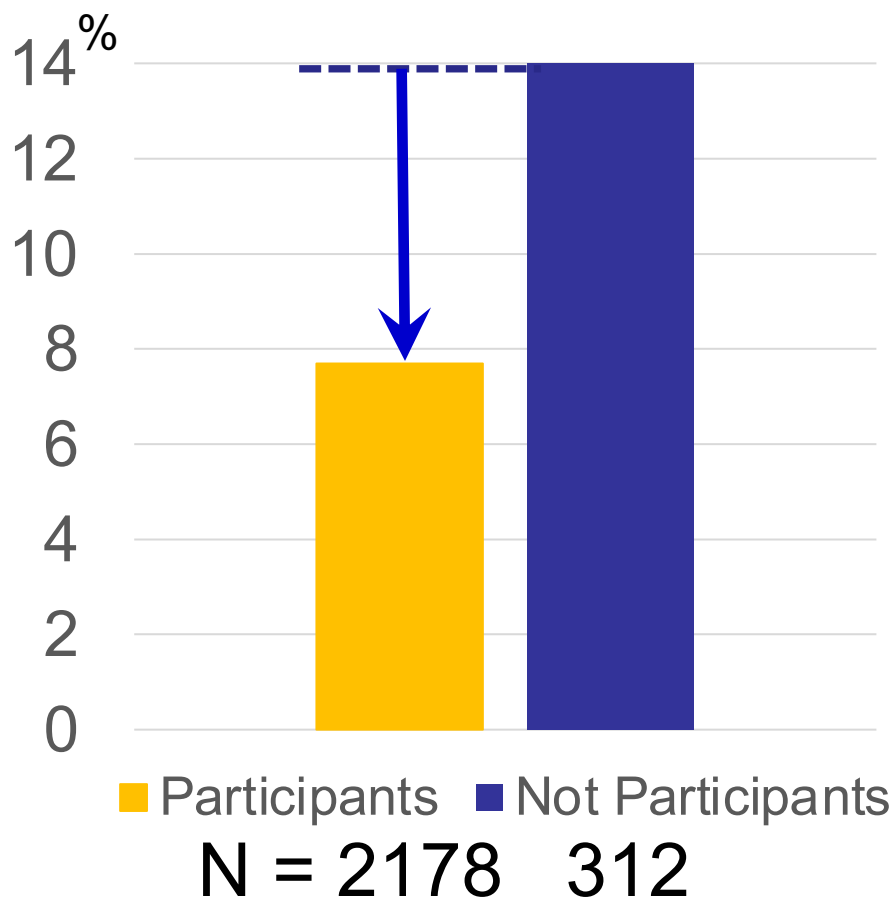
10

Source: Taketoyo town

Participants keep functions

Takeotoyo project, 2014

% of persons function declined



Comparison between Participants and Non-Participants in Takeotoyo Project

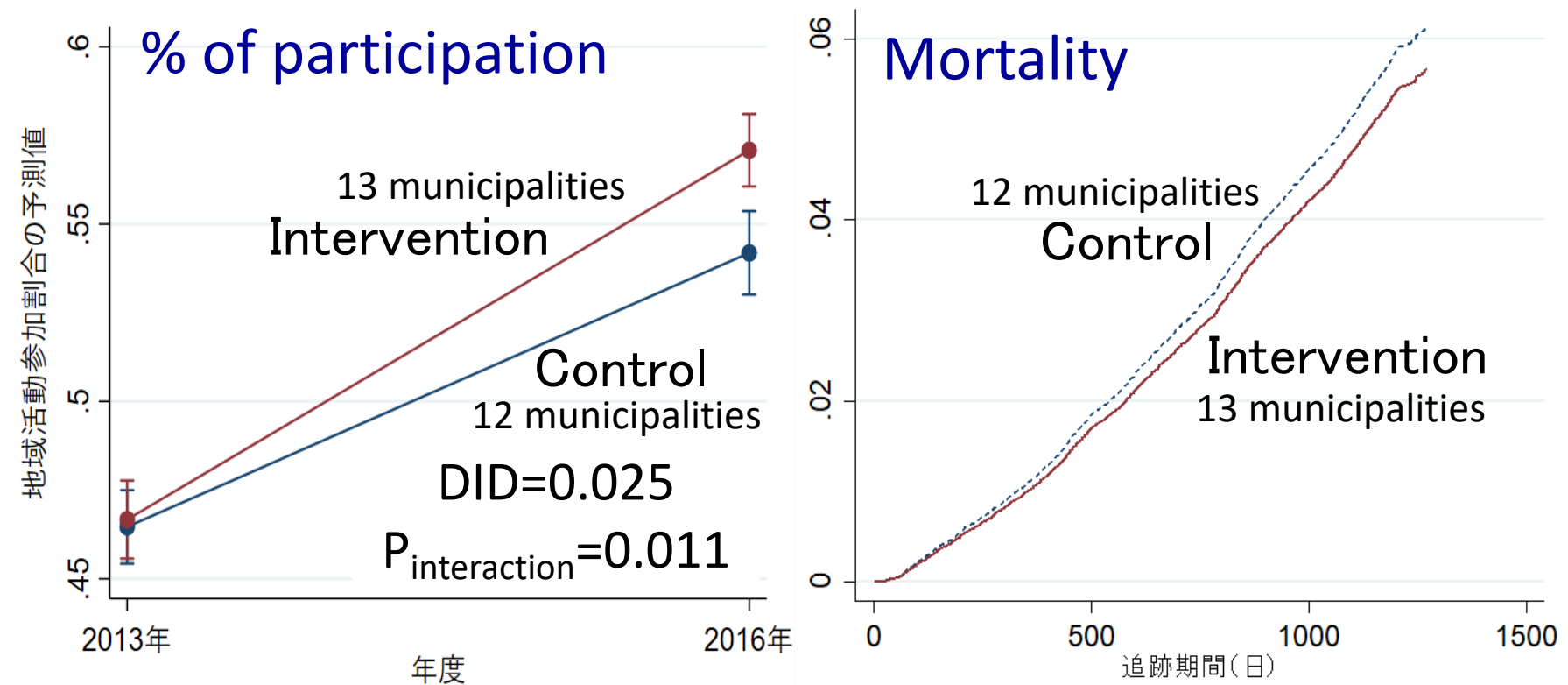
6.3% point reduction during 5 years followed up

Hikichi, H., Kondo, N., Kondo, K., et al. All: Effect of community intervention program promoting social interactions on functional disability prevention for older adults: propensity score matching and instrumental variable analyses, JAGES Takeotoyo study. *Journal of Epidemiology and Community Health* doi: 10.1136/jech-2014-205345

Effectiveness of community interventions on social participation and mortality

Hobby, exercise, ... groups

25 municipalities (n=90.000), followed 3 years

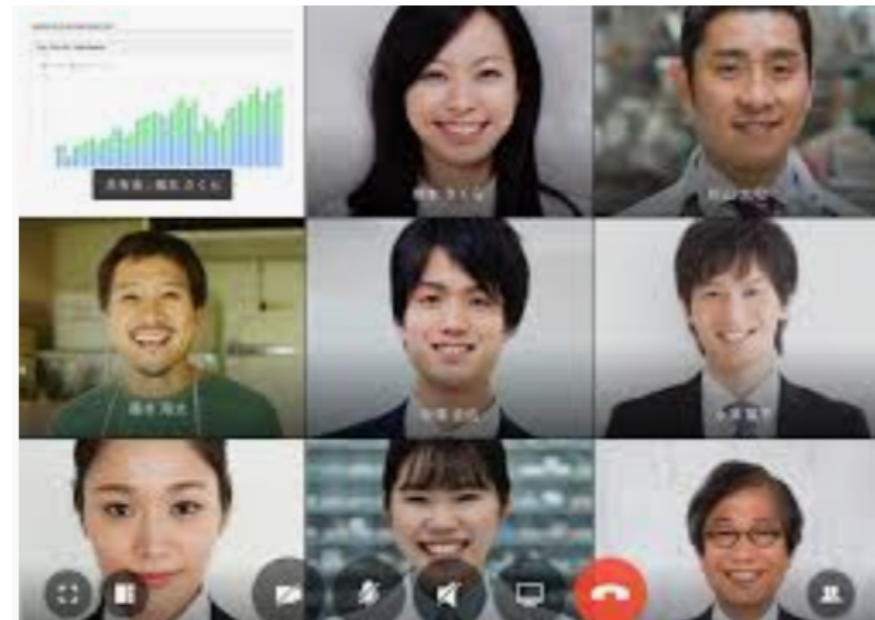


Haseda M, Takagi D, Kondo K, Kondo N. Effectiveness of community organizing interventions on social activities among older residents in Japan: A JAGES quasi-experimental study. *Soc Sci Med* 2019; 240: 112527.

長谷田真帆、近藤尚己、高木大資、近藤克則：地域診断データ活用と組織連携に関する市町村への支援と高齢者の死亡リスク：JAGES準実験研究。第28回日本疫学会，2018

New trial with COVID 19

- Meeting in SNS such as zoom, Facebook, etc.
- Among 49 groups
 - Already used
 - 7 groups
 - Would like to use
 - 23 groups
 - 30/49 (61.2%)



What needed to innovations

- Evidences supporting the effectiveness of social participation for Healthy Ageing
- Shift is needed from bio-medical model to bio-psycho-social model
- Primary care and community building rather than expensive high technology
- Strategy improving access by built environment perspective and ICT
- Effective Methods promoting social participation and evaluate effectiveness for healthy aging.