

Analysis of healthy life expectancy on the relationship between subjective health and diseases in Japan: 2007, 2013, and 2019

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This study aimed to analyze the healthy life expectancy in 2007, 2013, and 2019, using the "Comprehensive Survey of Living Conditions" by the Ministry of Health, Labour and Welfare to explore the background of the mortality rate decrease based on subjective health and diseases. The conclusions are follows.

First, the period of stay in a facility/hospital from the healthy life table is as long as 1–2 years. These periods of women are approximately twice of those in men.

Second, the percentage of outpatients by age shows a single-peak curve with a peak in the late 70s in all 3 years. Additionally, the average period of outpatient is rising, and the share of outpatient period to life expectancy aged 40 years is increasing slightly from approximately 50% for both men and women.

Third, while life expectancy and average period of outpatient increased at all ages for both men and women, the period without going to the hospital conversely shortened for both men and women. On health, "poor" in subjective health is declining, and "very good" and "good" are rising; therefore, the health condition has improved during this period.

Fourth, based on the ratio analysis of the average outpatient period by injury and illness, hypertension, diabetes, angina/myocardial infarction, and lower back pain were the most common. These injuries and illnesses that do not have particular restrictions on daily life seem to limitedly affect subjective health. However, these diseases may cause other diseases that negatively affect daily life. Life and healthy life expectancies can be extended if these diseases prevented.

keywords: healthy life expectancy, life expectancy, subjective health, diseases