

A Demographic Analysis of Healthy Life Years in Relation Between Diseases and Subjective Health: 2001, 2013

Motomi BEPPU and Shigesato TAKAHASHI

Since Japan has become one of the longest lifespans in the world, Japanese people are taking a growing interest in how they can live longer with good health. This analysis aims to get a picture of the health structure and its trends in subjective health and morbidity. We use the data of "subjective health condition" and "disease and injury" based on the Comprehensive Survey of Living Conditions conducted by Ministry of Health, Labour and Welfare, to analyze the relation between subjective health and diseases. We also use Population Census conducted by Ministry of Internal Affairs and Communications to estimate the population in facilities.

According to the proportion of populations in facilities and hospitals, the proportion in facilities becomes higher along with older persons, and that the proportion in hospital peaks out around late 70 years old.

We find the following two points from life table analysis.

First, average period of going to hospital was extended in both males and females, on the contrary, the average period of not going to hospital was shortened. In addition, the sum of the proportions subjective health "Very good" and "Good" is on a downward trend, while the proportions of other subjective health tend to rise between 2001 and 2013. We can say that "Compression of Morbidity" (Fries 1980) has not progressed and that the health of Japanese has not improved during this period.

Second, on the relation between subjective health and diseases, the percentage of high blood pressure is particularly high in better health, while the percentages of dementia, angina pectoris, myocardial infarction, lower back pain, malignant neoplasms are higher in worse health.

These diseases may combine other severe diseases and deteriorate health, therefore preventing these diseases or circulatory system diseases could lead to prolong healthy life years.