

Suzaka Health Promotion Volunteer (HPV) Association

History of Suzaka HPV Association

In 1945, in the waning days of the Pacific War, faced with food shortages, infectious diseases, and high infant mortality rates, the housewives of the former Takaho village asked, "What can we do to help the public health nurses?" They resolved to do what they could to protect lives and living standards, marking the start of the Suzaka HPV Association. After mergers of local communities, Suzaka city was formed in 1958, and the association's activities have continued to the present time with the number of experienced people currently exceeding 7,000. In 2014, the city won the Healthy Life Expectancy Award, the highest award presented by the Minister of Health, Labour and Welfare. Activities centered on the theme of health and suited to the times are continuing.

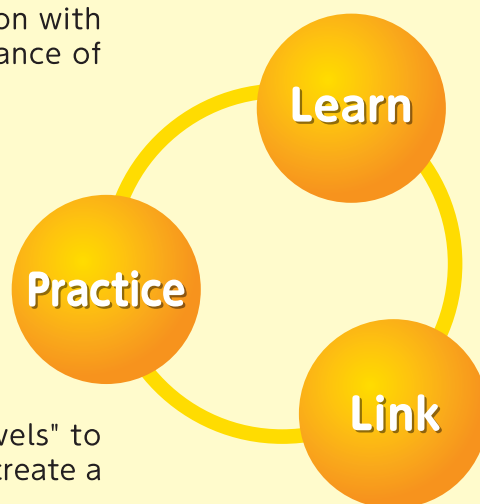
Activities

Through workshops, community events, and cooperation with city health projects, we are learning about the importance of building health together with friends.

We put the activities learned into practice in our own lives and build and protect our own health.

In addition, we tell our families and friends in town "what was good" about and "what we became aware of" during these activities.

We "call up and talk to" the elderly and young mothers, among others, and "mix with persons of various age levels" to learn new things about the community, and we work to create a greater circle for building health.



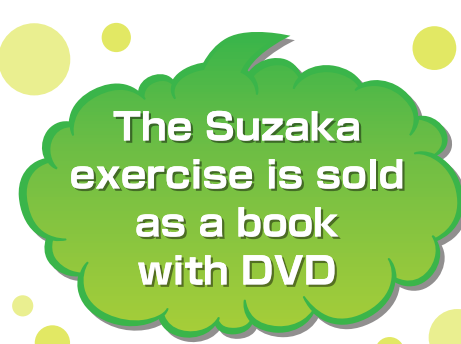
Suzaka exercise learning



Child-raising plaza



Reduced-salt cooking lessons



Community gathering for bone density measurement

At a glance

Suzaka Citizens Health and Health Promotion Volunteer Activities

— From the Results of the "Suzaka City Health Survey" —



We implemented a health-related questionnaire for persons aged 65 and over

■ Suzaka city has the lowest nursing care certification rate of any city in Nagano prefecture, and one characteristic is the large number of healthy citizens. At this point, to clarify the factors related to citizens' health and to further encourage health overall, the "Suzaka City Health Survey" was implemented jointly by Suzaka city and Toho University.

■ In February of 2014, a questionnaire was sent to 13,846 citizens aged 65 and over at a nursing care level of 3 or less, and responses were received from 10,758 persons (response rate of 77.7%, average age of 75.0 years).

Suzaka Citizen Level of Vitality and Lifestyle Habits

■ Using the Tokyo Metropolitan Institute of Gerontology Index of Competence (TMIG-IC) to express the level of vitality, the proportion of those who reached the maximum 13 points (healthy elderly) showed that women were particularly "healthy" (63.4% scored the maximum points).

■ In addition, when compared with the nation as a whole, we found that the elderly in Suzaka city are "healthy."

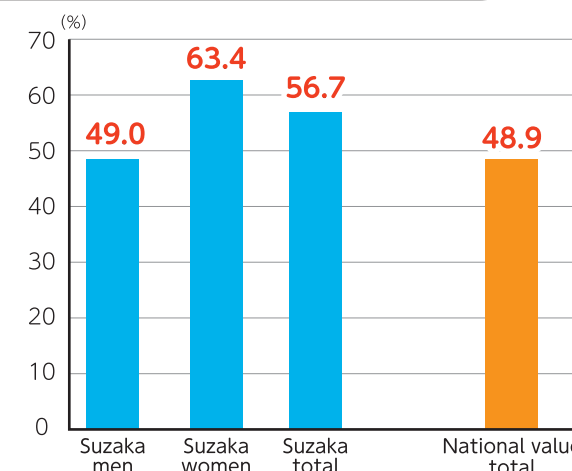
[TMIG-IC]

"Are you able to go shopping for daily necessities?"

"Can you write out pension documentation?"

"Do you go for visits to friends' homes?"

These are some of the 13 questions. The total score was the total number of "Yes" answers for a maximum of 13 points. The highest point scores denoted "healthy" status.

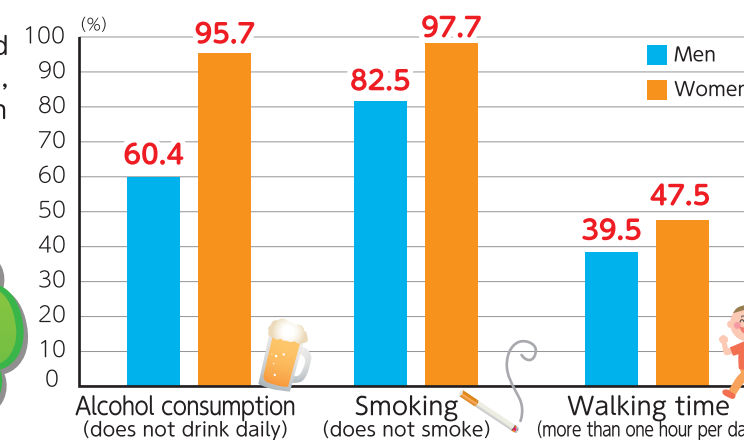


Proportion of those with a maximum of 13 points in activity capability on the TMIG-IC (Comparison with the 2012 national value)

※The results are a raw tabulation for respondents up to age 84. No adjustment was made for age composition.

※National value: Suzuki, T. Strategic Basic Research Programs reports 2012. Since the survey methods differ, this is not a strict comparison.

■ In the results regarding health-related habits, such as alcohol consumption, smoking, and walking time, women tended to show better trends than men.



Proportion of those with health-related habits

※The results are a raw tabulation of all responses. No adjustment was made for age composition.



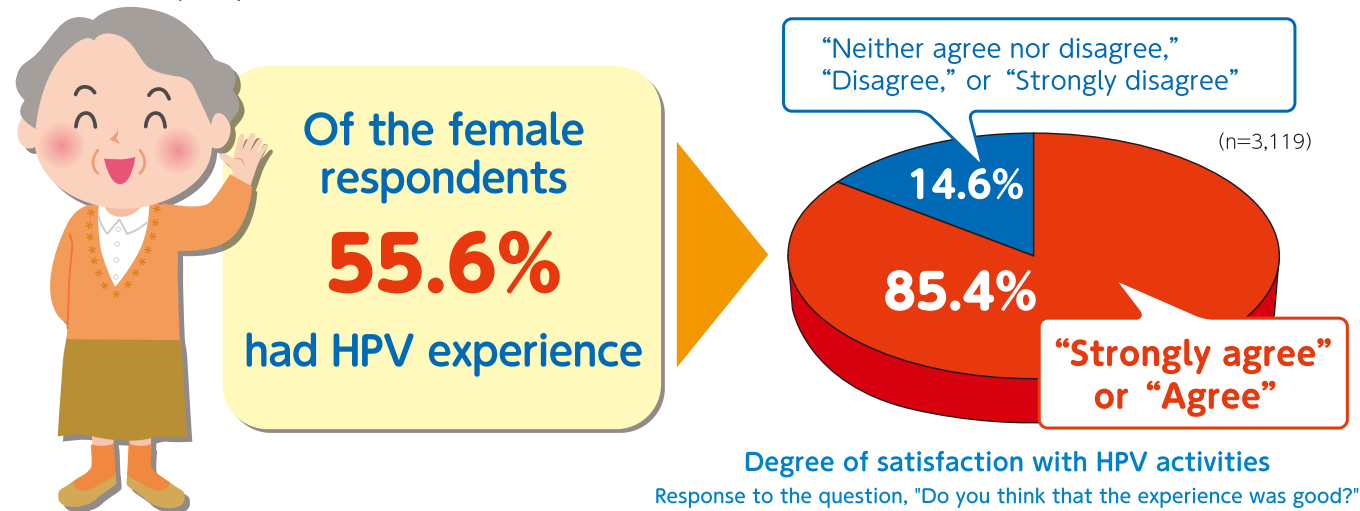
Accumulation of such lifestyle habits is said to be related to future health.

The next page focuses on Health Promotion Volunteer (HPV) activities

The relationship between Health Promotion Volunteer (HPV) activities and health

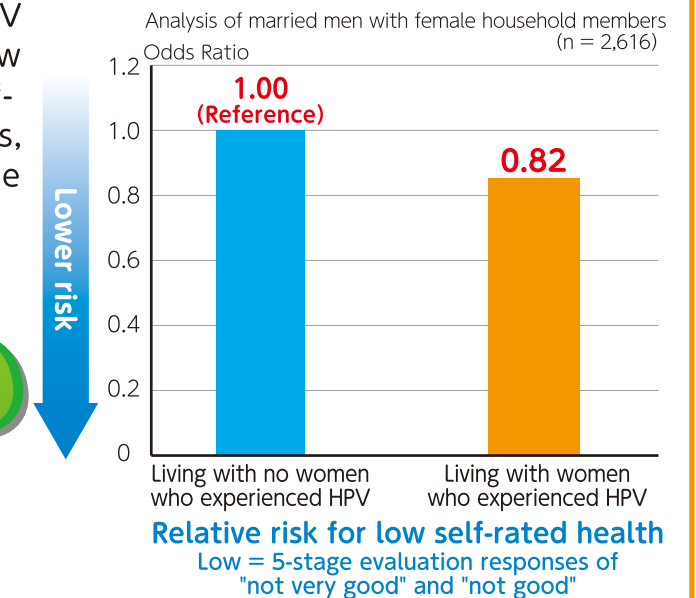
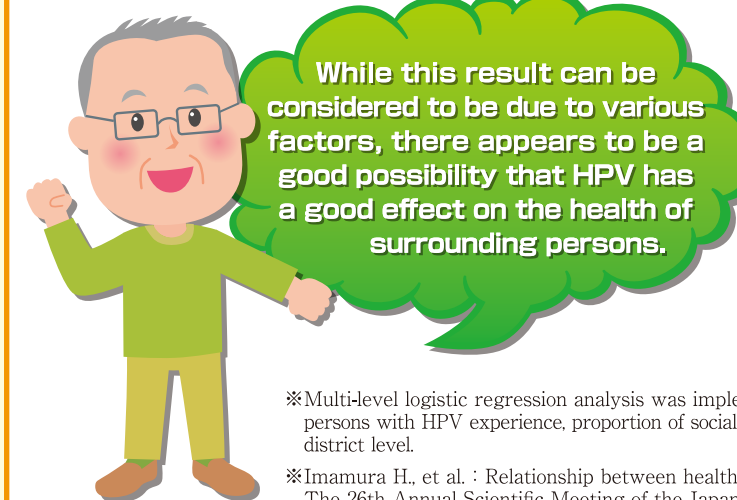
Number of people with HPV experience and degree of satisfaction

- Of 5,957 female respondents, 3,310 had HPV experience (55.6%).
※ This is the number of persons out of the total survey respondents.
- More than 85% of the persons with experience said the "experience was good," affirming the activity experience.



Health of the families of persons with HPV experience

- Men in households having persons with HPV experience included few persons with low health levels in their self-rated health (self-examination of health), among other things, and were thus able to maintain desirable health-related habits.

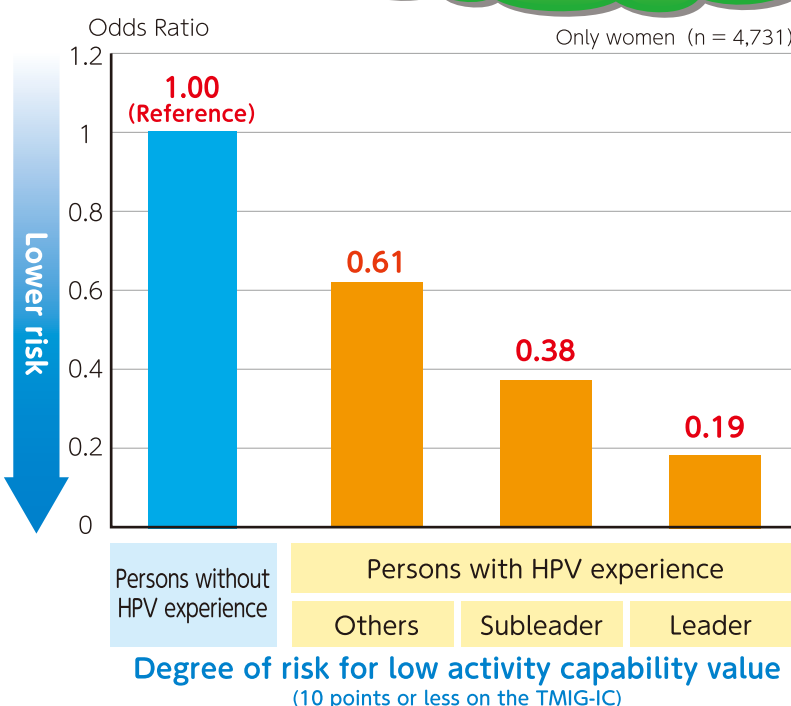


※ Multi-level logistic regression analysis was implemented for age, educational attainment, equivalent income, proportion of persons with HPV experience, proportion of social participation, and proportion of high generalized trust at the administrative district level.
※ Imamura H., et al.: Relationship between health promotion volunteer experience and health of male household members. The 26th Annual Scientific Meeting of the Japan Epidemiological Association, 2016. 1 (in Japanese)

Health of persons with HPV experience

① Activity capability (degree of vitality)

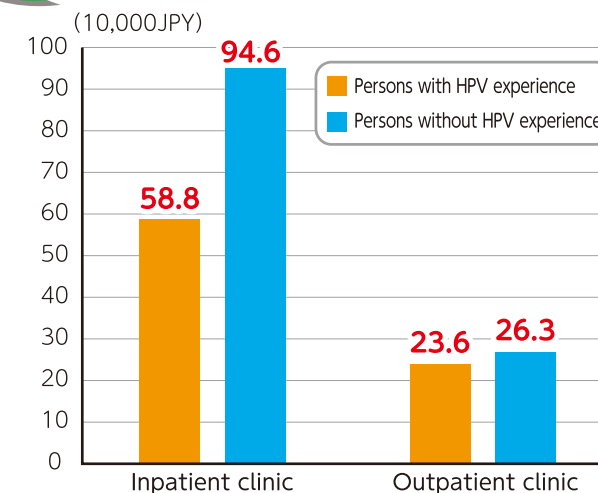
- The group of persons with HPV experience included fewer persons with low activity capabilities and showed a higher degree of vitality than the group of persons without HPV experience.
- Furthermore, the larger the role experienced while appointed as "subleader" or "leader," the lower the degree of risk.



These data suggest that HPV experience encourages early treatment and prevents the occurrence of severe condition and the need for inpatient care.

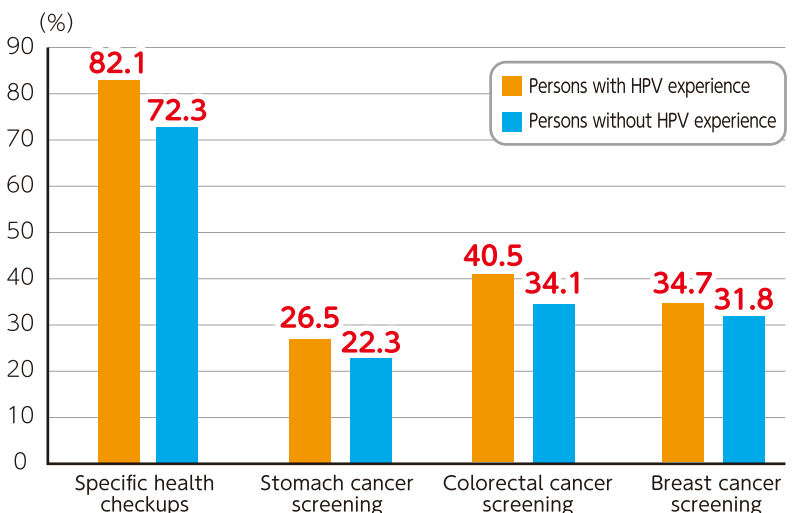
② Medical costs, health checkups, and cancer screening rates

- Persons with HPV experience had lower per-person medical costs than persons without such experience, and this difference is particularly large for inpatient clinic medical costs.
- Furthermore, the rate of specific health checkups and various cancer screening was also high.



Per-person medical costs

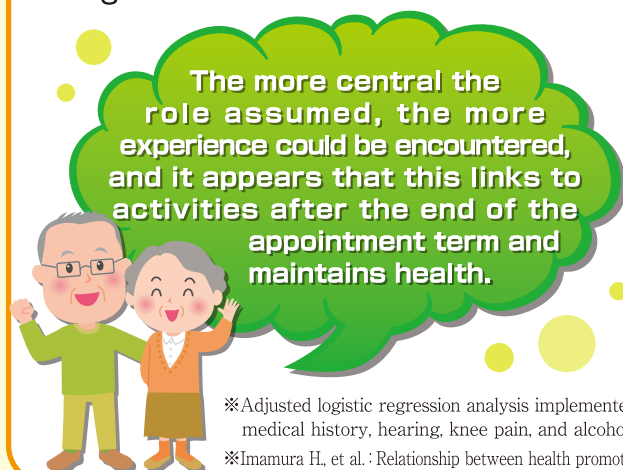
Tabulation of 12 months (diagnostic exam months) in FY2013



Attendance rates

Ratio of persons receiving one or more examinations during the 5-year period from 2009 to 2013

※ These are a tabulation of the women (aged 65-74) who are Japanese National Health Insurance beneficiaries and responded to the survey. There were 1,274 individuals with HPV experience and 1,030 without.
※ The medical costs, health checkups, and cancer screening data held by Suzaka city hall were anonymized and linked for analysis.
※ The per-person medical costs were the average value of medical costs per person receiving a diagnostic examination at a medical institution.
※ These are the results of raw tabulations. In the future, we plan to implement detailed analyses adjusted for other factors.



※ Adjusted logistic regression analysis implemented for age, marital status, educational attainment, number of persons in household, equivalent income, medical history, hearing, knee pain, and alcohol drinking and smoking habits.
※ Imamura H., et al.: Relationship between health promotion volunteer experience and ADL. The 9th Annual Meeting of Shinshu Society of Public Health, 2014. 8 (in Japanese)