

ILC-Japan 2025 Activity Report

(1) Program to Promote Frailty Prevention

The Association for Health Economics Research and Social Insurance and Welfare (ASIW, ILC-Japan's parent organization) has been working on a program to promote a population-based approach to frailty prevention across Japan. ASIW serves as the secretariat of the Council for Promotion of Frailty Prevention, a body assisting unified efforts by the business, public, and academic sectors. The program facilitates resident-led frailty assessment at community gathering places, aiming to enable each local resident to take the initiative in learning about frailty, understand their own aging, and prevent frailty to the extent possible while also revitalizing communities.

As part of the "integrated implementation of healthcare and frailty prevention for older people," which is encouraged by the national government, the program promotes resident-led frailty assessment, compiles and analyzes the data obtained through the assessment, and evaluates the effectiveness of policies in each municipality. The assessment form used in this program is an existing questionnaire for people aged 75 or over, consisting of 15 questions covering such items as physical health, mental health, diet, oral function, weight change, exercise and falls, cognitive function, smoking, social participation, and social support.

In November 2024, the Council adopted the Declaration on Frailty Prevention at its general meeting. The Council published on the "Frailty Prevention Public Awareness Pamphlet" and the "Frailty Prevention Public Awareness Pamphlet Explanation Questions and Answers Collection," and declared that based on these, it will work together to promote frailty prevention awareness activities, with the aim of spreading the population approach to frailty prevention throughout the country.

In 2025, with funding from the Ministry of Health, Labour and Welfare, we published a research report on human resource development for a population-based approach to frailty prevention, focusing on people with no/little interest in the subject.

Moreover, the Japan Service Promotion Association for Frailty Prevention was established in May 2025. The association consists of 10 members in the

business sector .(AEON RETAIL Co., Ltd., Kewpie Corporation, MARUTAMA FOODs GROUP, Itoham Foods Inc., Nichirei Foods Inc., The Nisshin OilliO Group,Ltd., Nissui Corporation, HAGOROMO FOODS CORPORATION, Fujicco Co., Ltd., and Meiji Co., Ltd.)

In parallel with these activities, the Council has also been discussing the development of a five-year action plan for frailty prevention. The plan aims to help the development of resident-led frailty prevention at the prefectural level so that the program can spread across the country in a coordinated manner. We have been discussing with 6 key prefectures so that we can start working on the details of the plan in April 2026.

(2) International Exchange

May

- ILC-Japan assisted the study tour of Ms. Sara Bolton (Chief Allied Health Professions Officer, NHS England South East Region, Medical Directorate) on reablement services in Japan by arranging and accompanying to the sites (Hachioji City, Tokyo; Neyagawa City, Osaka)
- ILC-Japan members attended a symposium jointly organized by HAN University of Applied Sciences (Netherlands) and Kindai University (Japan) at the Netherlands pavilion of Expo 2025 Osaka. Professor Yoko Matsuoka, who has served as the lead researcher at ILC-Japan's international comparative studies, gave a presentation on work toward successful aging in place.

July

- Nobuyuki Takakura (Vice President, ILC-Japan) gave a presentation titled "What prevention strategies has Japan implemented to promote healthy ageing at a community level, and what impact have these had?" at the roundtable discussion "What can England's upcoming 10-year health plan learn from Japan about responding to an ageing society?" hosted by ILC-UK.

September

- As the new Vice President of ILC-Japan, Nobuyuki Takakura attended the IFA's 17th Global Conference on Ageing (9-12) and the ILC-GA Board Meeting (13th) in Cape Town.

October

- Toshihiko Miyajima (Vice President, The Association for Health Economics Research and Social Insurance and Welfare [ASIW]) gave a lecture “Overview of measures for population aging in Japan: with a focus on the development of community-based integrated care systems” to Chinese delegates visiting Japan. The visit was made possible by the Japan Foundation’s 2024 Japan-China Intellectual Exchange Program.
- We conducted a field study on medical and long-term care systems in New Zealand, including their challenges and outlook. Thanks to kind assistance by ILC-Australia, the study was informative and productive.

Other activities include collection of the latest data on medical and long-term care systems in the US and the UK, as well as handling requests and inquiries from within and outside Japan for information and more.

(3) Sharing examples of productive aging

At ILC-Japan, we have been sharing information on longevity societies, including Japan and other countries, through our website and other channels. The examples we share particularly focus on the current lives of older people and aged societies across the world that would break stereotypes.