

Healthy and Long Life

○Nagano's average life expectancy is the longest in Japan for both men and women. Nagano is also healthy, as shown by the fact that its senior citizens' medical expenses per person is one of the lowest. The data shows that Nagano is one of the healthiest and the longest-living in Japan, and also in the world.

Life Expectancies in Nagano

Men **80.88** **Women** **87.18** **No. 1 for both Men & Women**

Source: *Life Tables by Prefecture 2010* (MHLW)

Senior citizens' medical expenses per person is the 6th lowest.

Source: *2014 Annual Report on Latter-Stage Elderly Healthcare*

Life Expectancies of the World

Men			Women		
Rank	Country	Life Expectancy	Rank	Country	Life Expectancy
1	Switzerland	81.3	1	Japan	86.8
2	Iceland	81.2	2	Singapore	86.1
3	Australia	80.9	3	South Korea	85.5
4	⋮	⋮	3	Spain	85.5
6	Japan	80.5	5	⋮	⋮

Source: *2016 WHO World Health Statistics*

FACTORS FOR A LONG AND HEALTHY LIFE

1. High Labor-Force Participation Ratio for Fulfilling Lives

Labor-force participation ratio of the 65-year-olds and older

Men: 38.5% (2012) <1st>
Women: 19.7% (2012) <1st>
Source: *Employment Status Survey* (MIC)

2. Large Vegetable Consumption

Vegetable intake (per day per person)

Men: 379.4g (2012) <1st>
Women: 364.8g (2012) <1st>
Source: *National Health and Nutrition Examination Survey* (MHLW)

3. Volunteers Actively Involved in Health Promotion

Activities by healthy diet promoters (per person per year)

29.3 activities (2014) <8th>
Source: *Japan Improved Diet Promotion Council*

No. of municipalities with health volunteers

76/77 municipalities (2014)
※Nagano is the only prefecture where volunteers are active in the entire prefecture.
Source: Nagano Liaison Council for Health Volunteer Associations

4. Active Services by Medical Professionals in the Communities ※1

No. of public health nurses (per 100,000 people)

69.5 nurses (2014) <2nd>
Source: *Health Administration Report Samples* (MHLW)

※1 Medical professionals:: medical doctors, dentists, pharmacists, public nurses, registered dietitians, etc.