

## 3. Healthy and Long Life

○ Nagano's average life expectancy is one of 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**  
**81.75**

**Women**  
**87.675**

**National Ranking**  
**Women: No. 1**  
**Men: No. 2**

Source: *Life Tables by Prefecture 2015* (MHLW)

**Senior citizens' medical expenses per person is the 7th lowest.**

Source: *2016 Annual Report on Latter-Stage Elderly Healthcare*

### Life Expectancies of the World

Men			Women		
Rank	Country	Life Expectancy	Rank	Country	Life Expectancy
1	Switzerland	81.2	1	Japan	86.8
2	Japan	81.1	2	France	85.7
3	Australia	81.0	3	Spain	85.7
4	Canada	80.9	4	South Korea	85.6
4	Iceland	80.9	5	Switzerland	85.2

Source: *2018 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

28.7% (2015) <No. 1>

Source: *Employment Status Survey* (MIC)

### 2. Large Vegetable Consumption

Vegetable intake (per day per person)

Men: 352.0g (2016) <No. 1>

Women: 335.3g (2016) <No. 1>

Source: *National Health and Nutrition Examination Survey* (MHLW)

### 3. Volunteers Actively Involved in Health Promotion

Activities by healthy diet promoters per year

64,757 activities (2017) <16th>

Source: *Japan Improved Diet Promotion Council*

No. of municipalities with health volunteers

76/77 municipalities (2018)

※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)

76.6 nurses (2016) <No. 1>

Source: *Health Administration Report Samples* (MHLW)

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