

## Healthy Life Expectancy in Japan and comparison with EU

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### Background

Joint Action European Health and Life Expectancies Information System (JA EHLEIS) annually calculates healthy life expectancies (HLE) of EU member states. The aim is to calculate HLE in Japan for the same indicators and to compare with EU.

### Methods

HLE in 2010 were calculated from the data of the Japanese national Comprehensive Survey of Living Conditions and the national Life Table using Sullivan method. Because the questionnaire of the Japanese and EU surveys are different, a supplemental mail survey was conducted for 2,700 randomly selected residents in 6 municipalities in Japan. All the key questions of both Japanese and EU surveys for HLE were included in the questionnaire. Then conversion tables from the Japanese national questionnaire to the EU questionnaire were developed. Finally, 3 kinds of HLE, i.e. Global Activity

Limitation Indicator (GALI), chronic morbidity, and perceived health, at age 65 were calculated for Japan, and compared with the combined EU-27 states data, France, and Sweden in the same year of 2010.

### Results

For the supplemental survey, 1,774 (66.0%) responded. The results of the conversion table were, for example, as follows: proportion of people with severe limitation by GALI was 2.2%, that with moderate limitation was 25.0%, and that without limitation was 72.8% among 75 years or older men without activity limitation by the Japanese national survey questionnaire. HLE for women and men in Japan were 13.4 and 11.4 years for without activity limitation by GALI. Those were 9.4 and 7.6 years for without chronic morbidity. Moreover, those were 16.5 and 13.7 years in good, rather good, or ordinary perceived health, while 7.4 and 5.2 years in rather bad or bad perceived health.

### Conclusions

HLE without activity limitation of Japan was at middle value between EU-27 (women 8.8, men 8.6 years) or France (women 9.8, men 9.0 years) and Sweden (women 15.5, men 14.1 years). HLE without chronic morbidity of Japan was also at middle value between EU-27 (women 7.6, men 6.7 years) or France (women 8.1, men 6.3 years) and Sweden (women 11.1, men 10.3 years). HLE rather bad or bad perceived health were longer than EU-27, France, and Sweden. International comparison of HLE provides useful information to assess health status of each country.