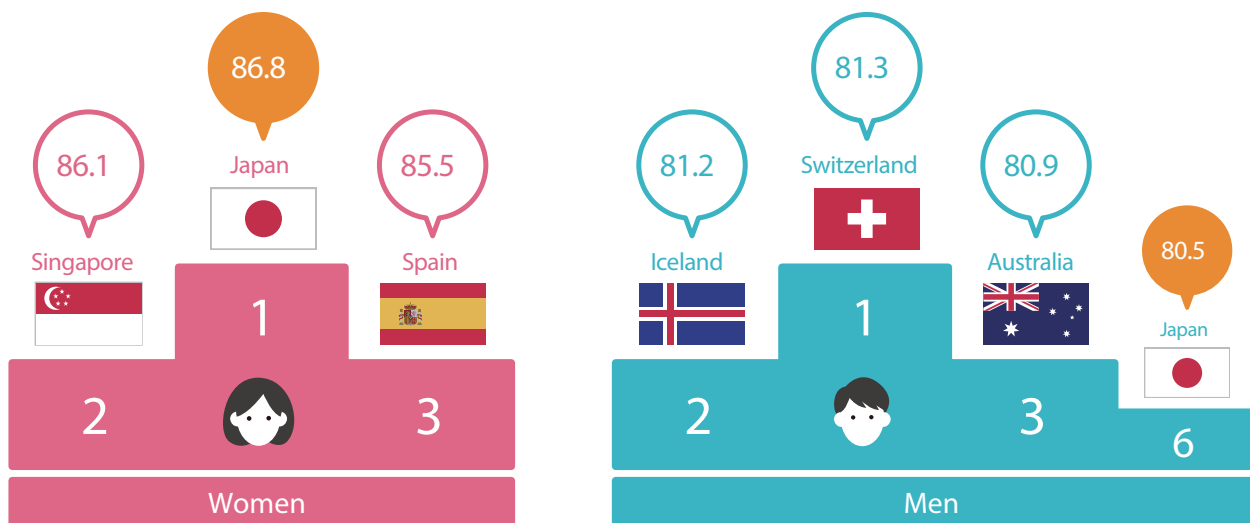


The status of life expectancy and healthy life expectancy in Japan

Japan boasts one of the highest overall life expectancies among nations.

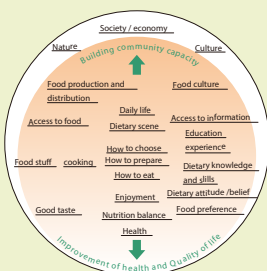
The life expectancy is the highest for Japanese women and 6th for Japanese men in the world.
The average Japanese life span is 80.5 years in men and 86.8 years in women.

Ranking of life expectancy in the world , 2015



Data source :WHO World Health Statistics 2016.

A key of the longevity-Japanese “Healthy Diet”



Examples of factors that constitute a Japanese “Healthy Diet”

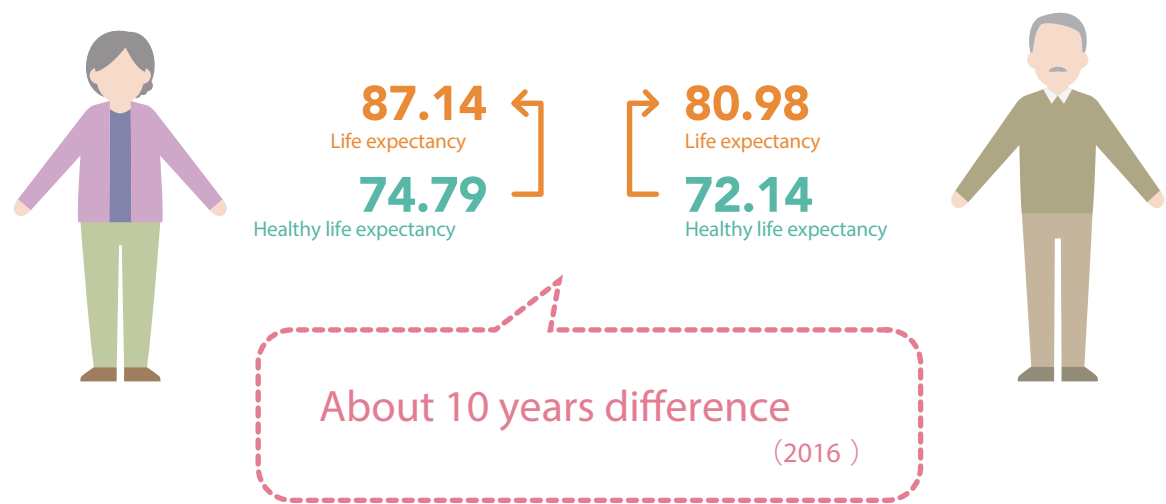
Japanese diet is highly focused as one of key components of the longevity. According to a conceptual-analysis of the Japanese “Healthy Diet”, it includes not only nutritionally balanced diet, but also comprehensive dietary habits based on health and nutritional sciences.



Reference: Ministry of Health, Labour and Welfare. <https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000059933.html>

There is still a gap between “healthy” life expectancy and life expectancy.

Although both life expectancy and healthy life expectancy for Japanese have been extended in the past 15 years, there is about a decade difference between life expectancy and healthy life expectancy. Further effort to shorten this gap is needed.



Data source : National Institute of Health and Nutrition . Health Japan 21 (the second term) Analysis and Assessment Project

What undermines the shortened healthy life span of Japanese?

What is the cause of the difference between life expectancy and healthy life expectancy? According to a study investigating the causes of shortening healthy life expectancy, the high salt intake is one of the major life-style risks of Japanese which differ from those in other high socio-demographic countries.

	Japan	High socio-demographic countries
1	Blood pressure	Blood pressure
2	Smoking	Smoking
3	Fasting plasma glucose	Body mass index
4	Sodium	Fasting plasma glucose
5	Glomerular filtration	Total cholesterol
6	Whole grains	Alcohol use
7	Total cholesterol	Whole grains
8	Fruits	Fruits
9	Body mass index	Sodium
10	Alcohol use	Particulate matter

Data source : GBD 2015 Risk Factors Collaborators. Lancet. 2016. 388(10053):1659-1724.