

E-Mail Newsletter from Mayor of Okayama City “Challenge of Legendary Okayama” (20)

June 13th Issue

【Watch out, Okayama. Gotta extend “healthy life expectancy”】

Hello. This is Omori, The mayor of Okayama city.

One weekly paper featured “healthy life expectancy” that is a span how long people can live healthy both in mind, body and independency. It carried a “pinpinkorori” * ranking of 20 big cities (19 ordinance-designated city except Kumamoto-city and the twenty-three wards of Tokyo). This ranking is organized by this weekly paper’s research team. *live well and die well

The point is, they compared “unhealthy span” which is “the average lifespan” minus “healthy life expectancy” between 20 big cities. This result was shocking. Okayama city was last place (unhealthy span is 12.59 years) out of 20 big cities. It is 3 years longer than Hamamatsu city (9.52 years), the first place.

Then I checked the “healthy life expectancy” of 20 big cities ranking organized by Ministry of Health, Labor and Welfare. Hamamatsu city is both top of men ranking (72.98 years old) and women ranking (75.94 years old). On the other hand, Okayama city is 18th place for men (69.01 years old) and 15th place for women (72.71 years old).

According to this article, the factors of long healthy life expectancy are below.

1. An amount of consumption of green tea,
2. Vegetables intake,
3. Whether you take an active in public participation
4. High percentage of employment

However, I think other kinds of factors such as how much you exercise including walk, circumstances of medical welfare facilities and so on also affect a length of healthy life expectancy.

It is a big issue that how we are going to extend healthy life expectancy in the future in the midst of

aging accelerates. We have to think about what we can do for this as the members of Okayama City Hall.