Current situations and future issues of the specific health guidance

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Promotion seminar of diabetes, oral health and nutrition

COI Disclosure

Speaker : Kazuyo Tsushita

No potential COI to disclose. The speaker have no financial conflict of interest to disclose concerning the presentation.
We send health to all the residents from children to the elderly!

Change of the average life span and the healthy life expectancy

The healthy life expectancy = The period when we can spend normal everyday life

Progression of arteriosclerosis

The strategy of the specific health checkups and the specific health guidance

- Legislated (feasibility, budget)
- Clarification of the role and responsibility
- Utilization of existing infrastructure
- Standardization of the medical health checkup items
- Selection of the target person expecting the efficacy
- Improvement of the quality of health guidance
  - Target person-oriented program
  - Standardization of the training program
- Establishment of the evaluation system

The method and evaluation of the specific health guidance
What should we do to get learn something new to adult?
(Basics of the adult learning)

- Respect the feeling of the person
  Why was I called??
- Pay respect the person as an adult
- Provide significant contents for the person
- Set the clear and appropriate goal, paying attention it is possible to do
- Be conscious of support rather than instruction
- Consider no scene to fail in and shame

Strategy to Metabolic syndrome

- Easy to understand
- Think measure in daily living
- Concrete goal setting
- Self-monitoring (can be easily checked)
- Positive thinking

Figures showing risks of arteriosclerosis

- Number of risks
- Check the overlap of the risks
- Transition of inspection data
- Comments from results of health checkups results

※ auto-output
Assessment is important. 52-year-old man. Diet experience?

<table>
<thead>
<tr>
<th>Important thing</th>
<th>Health sense</th>
<th>Health episodes</th>
<th>Disease of family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light exercise</td>
<td></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Household</th>
<th>Region</th>
<th>Hobby &amp; Friend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-employed</td>
<td>Electronics store</td>
<td>Salesperson</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Eating habits</th>
<th>Exercise Habits</th>
<th>Smoking</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Night snacks</td>
<td>No meal, dinner</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>in between</td>
<td>Meals every day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 days</td>
<td>20 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The snacks of liquor</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Abdominal circumference</th>
<th>BMI</th>
<th>Weight cycling</th>
</tr>
</thead>
<tbody>
<tr>
<td>95</td>
<td>26.7</td>
<td>within ±3</td>
</tr>
</tbody>
</table>

Blood pressure (mg/dl)
FPG: 99, HDL: 24.6, GPT: 55, GOT: 39

This goal

Let’s get small a little!

Weight loss

3 ~ 4%

75kg x 0.04 = 3kg

Weight change ratios and changes of examination values after 1 year active support

One-way ANOVA followed by Bonferroni method. *significant difference compared with 0.1% group.
Energy consumption

Energy consumption when a person with the body weight of 70kg walks for additional 30 minutes

Normal walking \((3\times1)\times70\times0.5\times1.05 = 73\text{kcal}\)
Walk fast \((4\times1)\times70\times0.5\times1.05 = 110\text{kcal}\)

If it has been continued for 1 month
Normal walking \(73\times30\div7000 = 0.31\text{ (kg)}\)
Walk fast \(110\times30\div7000 = 0.47\text{ (kg)}\)
Analysis limited in obese (N=3,480, Age: 48.3 ± 5.9, BMI: 27.7 ± 2.5 kg/m²)
The relationship between percent of weight reduction and changes in 11 parameters of obesity-related diseases for one year were examined.
(group: more than 1% gain, 1%~3% reduction, 3%~5% reduction, 5% or more reduction )
Subanalysis: Changes in adiponectin and angiopoietin-like protein 2

Weight reduction group showed that serum adiponectin level was increased at the 6 month point, and serum Angptl2 level was decreased at the 3 month point.

Summary of the 3rd report: Working group for verification of the effects of specific health checkups and specific health guidance on optimization of medical expenses.

Parameters of specific health checkups
- It shows that almost all parameters of specific guidance participants who took active support were continuously improved for 3 years after specific health guidance compared to absentee.

Change of parameters with active support of specific health guidance Compared to those in 2008

Duration (years) Compared to those in 2008

Female - Age 40-64

Body weight

Male - Age 40-64

Female - Age 40-64

Body weight

3. Results
- Similar tendency was seen in motivational support participants though improvement level was small.

Change of parameters with motivational support of specific health guidance Compared to those in 2008

Duration (years) Compared to those in 2008

Female - Age 40-64

Body weight

Male - Age 40-64

Female - Age 40-64

Body weight

Appendix

Members of the Working group:

Kazuyo Muramoto, Aichi Comprehensive Health Science Center

Kazuyo Miura, Professor, Shiga University of Medical Science

Kazuyo Oike, Assistant Professor, Shiga University of Medical Science

Kazuyo Takada, President, Japan Public Health Association

Kazuyo Akiyama, Associate Professor, Nippon Medical School

Kazuyo Ohno, Director, Tokyo Metropolitan Institute of Gerontology

Kazuyo Shiozawa, Director, National Institute of Public Health
Summary of the 3rd report

3. Results

Outpatient expenses per capita and the rate of estimated outpatients related to 3Mets per person

When compared active support participants with non-participants about outpatient expenses per capita, there was difference in 7,020~5,430 yen (male) and 7,550~6,390 yen (female) between the groups.

About the ratio of estimated outpatients, there was difference in 0.33~0.25 times (male) and in 0.35~0.22 times (female) per capita.

The change of the medical costs per person and ratio of estimated outpatients of 3Mets by the special health guidance (active support) for 2008-2011.

Annual change of the number and the rate of the Specific Health Guidance completion persons.
The target of health services

What is “Data Health Plan”?

Plan for implementing efficient and effective health services along the PDCA cycle based on the analysis of information of health insurance claims & health checkups

Plan
- Making plans on the basis of data analysis
- Clarification of health challenges, business purpose
- Setting of goals
- Business selection considering the cost-effectiveness (e.g. General and critical care) and information provision to insured people
- Specific health checkups & specific health guidance
- Prevention of getting severe health problems

Act
- Modification for next cycle

Check
- Effect measurement, evaluation on the basis of data analysis

Do
- Implementing the effective health service (e.g. Implementing as the model case)

Having a clear point of evaluation of health services

Untreated people with 6.5% or more are 260
Untreated people with 7.0% or more are 110
Untreated people with 8.0% or more are 53

(>Number of people<)

239 people with more than 7.0%, even under the treatment

Check the treatment status
Diet and exercise therapy guidance

Strategy for consultation encouragement
Efficacy analysis

Untreated people with 6.5% or more are 260
Untreated people with 7.0% or more are 110
Untreated people with 8.0% or more are 53

(Number of people)
### Prevention program of becoming severe:

**A case of consultation encouragement**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Show of support consultant encouragement</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Active support of consultant encouragement</td>
<td>1.</td>
</tr>
<tr>
<td></td>
<td>Consultant encouragement by healthcare professional (Priority I)</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Motivation support of consultant encouragement</td>
<td>2.</td>
</tr>
<tr>
<td></td>
<td>Consultant encouragement by healthcare professional (Priority I)</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Information provision of consultant encouragement</td>
<td>3.</td>
</tr>
<tr>
<td></td>
<td>Notice of Consultant encouragement</td>
<td></td>
</tr>
</tbody>
</table>

### Effect analysis of specific health guidance (NDB) declared by Ministry of Health, Labour and Welfare - Health Insurance Bureau – Adequacy of medical expenses WG on Apr. 2014

**Improvement of the health guidance level by specific health guidance (active support) (2006-2009)**

![Graph showing improvements](image)

- **Indeed, the effect was observed. But sufficient effect was not obtained in half.**
- **3% or more weight loss success who improved MetS clearly was about one third.**

**How can we make the health guidance more effective??**

### Life style diseases

**The creation of the health promotion tourism program**

- **Advantage:**
  - Motivation improvement in a comfortable environment
  - Effect improved by intensive health guidance
  - Prevention of future severe conditions

**Purpose:**

- At the same time, we can realize the health promotion, development of health and tourism industry, medical expenses optimization

**Schedule (draft)**

- 2014: Consideration of the program
- 2015: Pilot project which is based on the research results
- 2016 or later: Promotion efforts

Materials from Ministry of Health, Labour and Welfare
Implementation status

Currently, the 2nd cycle starts (male 21, female 3)
- Recruited from 2,672 employees over 40 years of age
- Recruited from 984 people dependents
- Recruited from 309 employees

- Fluctuations in blood glucose levels have been found particularly
- For meals, I noticed to my knowledge a mistake
- Motivated out by declaration
- It was good to hear that I don't know

Healthy Municipalities starting from health checkups
( Tokai City, Aichi Prefecture )

Motivator

Health checkups
- Provision of information

Inventory

Motivating (Notice)

Lubricant (Tool for circulation)

Environment (Practice)
- OOFitness facility
- OOfast
- OOrestaurant
- OOpublic hall
- OOswork

Realization factors

Improvement of Walking course

Pace
- experience zone

Let's walk up to the determined ★ zone in 30 seconds!
- This is an experience walking pace that suits you.
- Let's walk the entire loop at your own pace.

Start

Start
Lively healthy menu

Lifestyle disease prevention program
Aim to customize and keep your concentration on health promotion programs through the PDCA cycle

Health Assessment
- Medical checkup
- Lifestyle checkup
- Physical exam.

Diagnostic Disclosure
- Doctor's instruction
- Dental diagnostic disclosure

Clarity points

Healthcare Guidance
- Recreation instruction
- Nutrition guidance
- Oral health instruction

Goal setting
- Doctor
- Public health nurse
- National registered dietician
- Exercise instructor
- Dental hygienist

Confirming improvement effects
Achievement of self-managing
Health Assessment for “Data Visualization”

Medical checkups

Lifestyle checkups

Physical exam.

Dental checkups

Data Visualization

Dental Health Instructions

Periodontal disease

Benefits of Proper Chewing

Oral Care

Brushing Instructions

Advised to consult dentists

Oral function improvement program

Eating slower can help reduce BMI gain

Eating slower can help reduce food intake and get a sense of satiety
Goal Setting under Personal Health Guidance from multi disciplinary

Association between oral health and physical exam. data

Support and Collaboration with Various Specialists
Japan Health Council Established in 2015.07.10

In order to promote the suppression of growth of medical expenses with extending healthy life expectancy, the leaders of economic organization, insurer, local government and medical affiliate are of one mind, expand the campaign of advanced prevention and everyday healthiness in local government, business and insurer.

Statement for Vitalization of Healthy Town and Workplace 2020