Key factors for implementation research

Japan Gerontological Evaluation Study

lessons from JAGES

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JAGES: Japan Agency Gerontological Evaluation Study

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New Project Featuring Japan’s Good Practice in Research-to-Action for Healthy Ageing

The World Health Organization Centre for Health Development (WHO Kobe Centre) and the National Center for Geriatrics and Gerontology (NCGG) are pleased to announce that they will commence a collaborative research project to advance universal health coverage (UHC) and healthy ageing in Japan.
Japan Gerontological Evaluation Study (JAGES)

- One of the few population-based gerontological surveys in Japan
- Focused on social determinants of health (SDH) and social environment
- In 2010-112,000 older people across 31 municipalities responded (response rate: 66.3%)
- In 2013-138,000 older people responded. (RR: 70.3%)
- Another dataset includes 105 municipalities’ data with less items
- In 2016- about 200,000 responded (RR: 70%)
Risk (ORs) for poor controlled DM

People meeting with friends often shows better control

<table>
<thead>
<tr>
<th>Frequency of meeting with friends</th>
<th>Odds ratios</th>
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</thead>
<tbody>
<tr>
<td>Several or less/year</td>
<td>1</td>
</tr>
<tr>
<td>1–4 times/month</td>
<td>0.51*</td>
</tr>
<tr>
<td>2 or more/week</td>
<td>0.68</td>
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* P< 0.01

Adjusted for age, sex, BMI, depression, income, education, walking duration, marriage status, cohabitant, treatment for DM, alcohol, smoking

Publications

• Papers in English: 96
• Papers in Japanese: 290
• Books: 7
• Academic Awards: 36
Lower education and income are risks for mortality and functional decline.
Group participation is good for health

Hobby club participations and depression

Social participations and dementia risk

Provided by JAGES

volunteering (1/month+)

65-74 y.o.  

75 y.o. +
社会参加が少ない地域ではガン死亡率が高い（女性）
Chapter 2
Challenges of science and technology innovation

Ⅱ．Realization of a healthy society with longevity of life, as a forerunner of international society

Promotion of comprehensive care in the community including health, medical, and social care using IT

- Promotion of "visualization" of health and social care information
Various programs

Making a Short Poem → led by volunteers

Physical Exercise instructed by volunteers
Participants keep functions
Taketoyo project, 2014

% of persons function declined

Comparison between Participants and Non-Participants in Taketoyo Project

6.3% point reduction during 5 years followed up

The town decided to add the program into their general plan 2008-2012
Key factors of **JAGES**

**Incubator platform**  
(Linking social capital)

**Win-Win relationships**

- Researcher
- Government
- Others

- CBPR  
  Community based participatory research

- Multi-disciplinary team

- Large scale surveys  
  multi-site & multi-level large scale survey

- Management support tools  
  **JAGES HEART**  
  (Health Equity Assessment and Response Tool)

- Publication/Media
- Funding
Lessons from JAGES

• Mind sets of researchers are essentials
  – Risk factor epidemiology is not enough
  – Evidence creation for society/policy management

• Platform for co-creation facilitate knowledge translation/implementation
  – Researcher, local/central government
  – CBPR, management/translation tools

• Funding to such collaborated team are needed.