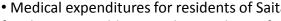
Saitama Prefecture

Extending healthy life spans and reducing medical expenses





Situation



- Medical expenditures for residents of Saitama prefecture amounted to 1.6 trillion yen in fiscal 2008, roughly equivalent to the prefecture's annual general-account budget.
- The spending is expected to be 45% larger than the budget in fiscal 2017.
- At the national level, roughly one-third of medical expenditures is related to diseases associated with adult lifestyle habits.



Intervention

In order to promote lifestyle-related disease prevention, Saitama prefecture created "Saitama Model for Health and Longevity" in 2014. This model consists of the following 3 parts.

- "Recommended programmes" with verified effects for improving physical data
- Daily 10,000-step exercise: walking of 10,000 steps every day for more than 6 months
- Training to increase muscle strength: 9-month programme that combines muscle training with aerobic workouts
- Balanced diets: In some cases, specially designed meals developed by a leading healthcare company in Japan were offered at every household in some public housing flats.
- Operations to encourage implementation of the "Recommended programmes"
- The prefecture appointed those who completed training courses to be "Healthy Lifespan Supporters" in expectation that they take initiative to spread "Recommended programmes" in their communities.
- Support for pilot cities and towns that promote the model
- The prefecture designated pilot cities and gave them financial and other types of support.

Impact

- The number of "Healthy Lifespan Supporters" reached about 40,000 in August 2015.
- •In some cities, the health index of the programme participants was improved and their actual medical expenditures were reduced compared with those who didn't participate the programme.