

## Aiming for a Lively 100 Years

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Submitted: 22 November 2024    Accepted: 27 November 2024    Published: 02 December 2024

**Citation:** Sakiyama, H., Nagae, T., Irie, K., Hayashi, K., Murakami, K., Honda, S., & Hatanaka, Y. (2024). Aiming for a lively 100 years. *J of Clini Epi & Public Health* 2(4), 01-06.

### Abstract

**Background and Objective:** Like many other places, Omuta City is experiencing rapid population decline. While many residents are moving out of the city, extending the healthy life expectancy of those who reside here is also an important issue. We aim to transform Omuta City, at least the area around our hospital, into a longevity town and have launched the "Lively 100 Years" project.

**Methods/Intervention:** Realistically aiming for longevity requires not only the prevention of cancer and arteriosclerosis but also early detection and treatment at the hospital. However, in Japan, many hospitals do not have a generous budget. Therefore, we thought of encouraging residents to practice prevention through healthy eating and exercise while also receiving cancer and arteriosclerosis screenings and tests at the hospital. This approach would allow the hospital to have financial flexibility and continue the project. We aim to take a step further from previous longevity programs and set the goal of living an active life up to 100 years, even in the presence of a disease. In other words, both the residents and the hospital are part of the "Lively 100 Years" project.

**Results:** Recently, we successfully held the first meeting of the "Lively 100 Years" project with 33 participants. Next, we will hold an exchange meeting for the "Second Dream Note," an End-of-Life Care Plan (ACP) that includes Advance Care Planning. However, our "Second Dream Note" from the hospital is unique in that it encourages pursuing things left undone in life as a "second dream," which wasn't progressing as expected in the usual ACP. To live a "Lively 100 Years," not only a healthy body but also psychological motivation is necessary. The exchange meeting aims to share how everyone is practicing their "second dream" using the "Second Dream Note."

**Conclusions/Lesson:** learned Our efforts are still in their infancy. We are determined to continue and further develop this initiative.

**Keywords:** Longevity, Healthy Life Expectancy, Prevention, Advance Care Planning (ACP), Community Health

### Introduction

Like many other areas, Omuta City is experiencing rapid population decline and aging. Although there is a significant outflow of residents to other cities, the birth rate is also low at 5.27 per 1,000 people (2020). Therefore, while increasing the number of new residents and the birth rate is important for addressing population decline, extending the healthy life expectancy of current residents is also a crucial issue.

We aim to make Omuta City, at least the area around our hospital, a city of longevity, and have launched the "Lively 100 Years Project." However, realistically aiming for longevity requires not only the prevention of cancer and arteriosclerosis but also early detection and early treatment. On the other hand, many hospitals in Japan do not have ample financial resources.

Therefore, we have devised a plan where residents are guided and encouraged to practice prevention through healthy diet and

exercise, while also receiving screenings, tests, and treatments for cancer and arteriosclerosis at the hospital. This way, the hospital can gain financial stability and continue the project.

Our goal is to take a step further from the previous longevity plans and aim for a lively 100 years, even if one falls ill, by ensuring early detection and early treatment. In other words, this is a win-win project where both residents and the hospital aim for “Lively 100 Years.”

### Objective

The main objective of the study is to transform Omuta City into a “city of longevity” by extending healthy life expectancy and promoting a quality life, even in the presence of illnesses. The project emphasizes early disease detection, prevention, and a combination of physical and mental well-being strategies.

### Past Initiatives

#### “Lively 100 Years” Lecture Conference

On February 17, 2024, we successfully held the first “Lively 100 Years” lecture conference with 33 participants. The event was organized with the cooperation of our affiliated organization, the “Ariake Health Friends Association.” During the lecture, we discussed how to achieve “Lively 100 Years,” emphasizing the importance of diet and exercise. We also confirmed that the leading causes of death among Japanese adults aged 55 to 84 are malignant neoplasms, heart disease, and cerebrovascular disease

(2022). Therefore, we highlighted the importance of screenings for early detection and treatment. Additionally, we stressed the need to maintain social connections to prevent isolation.

The lecture also included brain exercises led by rehabilitation staff and dental hygiene education by dental staff.

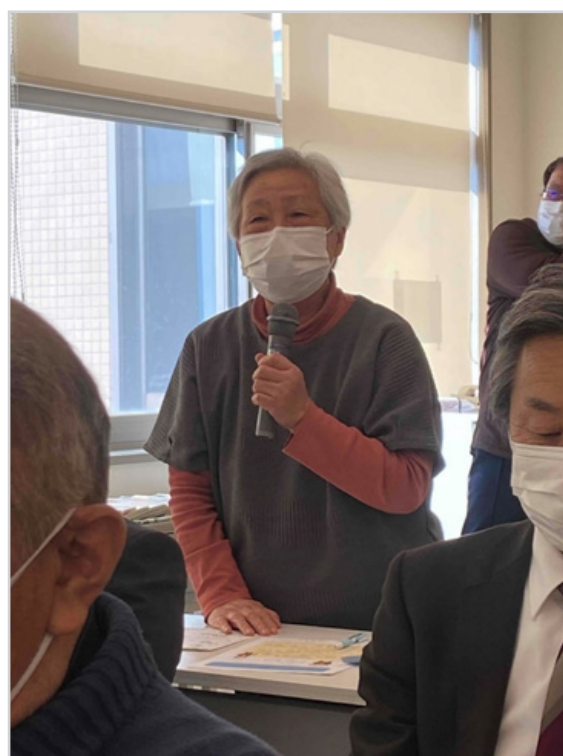
\*The “Ariake Health Friends Association” is a community organization connected to our organization, Shinjin-kai, aimed at creating a healthy and secure living environment. It operates on a family membership basis, with over 7,500 households, representing one-eighth of the households in Omuta City, participating.

### Lively 100 Years Project

1. Create a City of Longevity: Let’s make the area around Komenoyama Hospital a city of longevity.
2. Extend Healthy Life Expectancy: Let’s build a body that can take walks until the age of 100.
3. Overcome Illnesses: Even with cancer, cerebrovascular disease, heart failure, or dementia, let’s aim to live healthily with one illness.
4. Diet, Exercise, and Sleep are Important.
5. Pursue Lifelong Learning and Challenges.
6. Maintain Social Connections and Live Joyfully.
7. Utilize End-of-Life Planning Notebooks (such as Second Dream Notebooks).



**Figure 1:** Overall Situation



**Figure 2:** There was a statement from the Vice President of the affiliated organization



**Figure 3:** Brain Exercises by Rehabilitation Staff



**Figure 4:** Lecture on Dental Hygiene by Dental Staff

### “Second Dream Notebook” Exchange Meeting

On April 20, 2024, we held an exchange meeting for the “Second Dream Notebook,” an end-of-life planning notebook that includes Advance Care Planning (ACP), with 27 participants. This event was also prepared with the cooperation of our affiliated organization, the “Ariake Health Friends Association.”

Our “Second Dream Notebook” aims to take a positive approach to ACP by encouraging individuals to pursue unfinished business as their “Second Dream” while they are still alive, as traditional

ACP often led to feelings of depression and hindered progress. To achieve “Lively 100 Years,” both a healthy body and mental motivation, or “ikigai” (purpose in life), are essential. This exchange meeting was designed to discuss these “Second Dreams” using the notebook.

During the meeting, participants made dorayaki (a type of Japanese confection) together and discussed their dreams. Although making dorayaki is a simple task, it was intended to be considered as one of the “Second Dreams.”



2. セカンドドリームプラン	
◆これらの部分・人生を有意義に過ごすために◆	
これからやりたいこと	
これから行ってみたいところ	
これから会いたい人	
これから楽しみにしていること	

**Figure 5:** Excerpt from the Second Dream Notebook ;ACP





**Figure 6:** Statement from the President of the Affiliated Organization



**Figure 7:** Overall Situation



**Figure 8:** We divided into small groups and discussed our Second Dreams while eating self-homemade dorayaki.

#### Future Initiatives

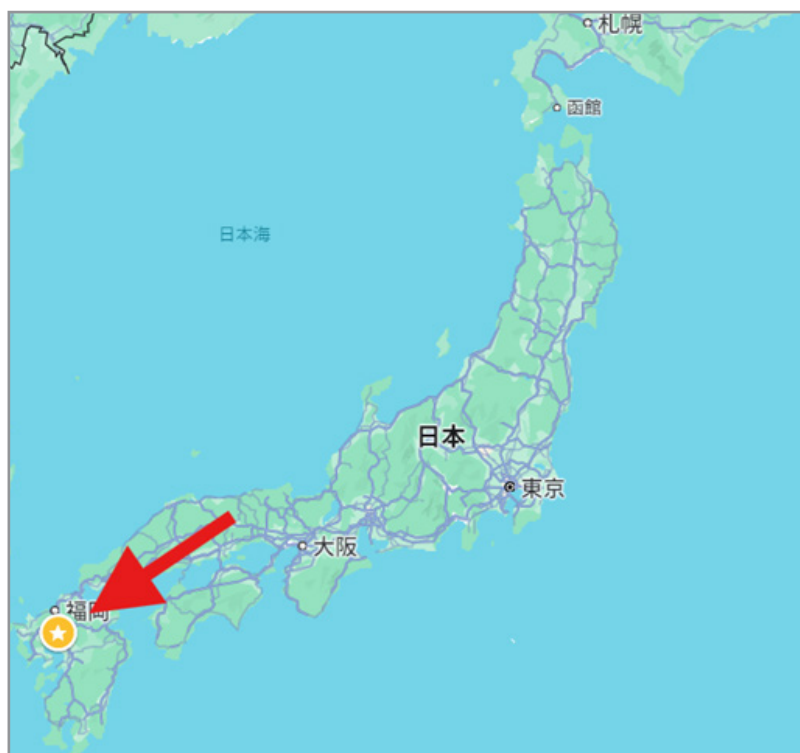
1. In collaboration with local organizations around the hospital, such as the “Ariake Health Friends Association,” a community organization centered around patients, and the “Takatori District Community Development Council,” which unites the region, we will advance the “Lively 100 Years” project.
2. As part of the hospital’s system, we will form a project team from the departments of testing, radiology, and rehabilitation to meet the needs of the community by preventing diseases and enabling the early detection and treatment of cancer and arteriosclerosis.
- 3.

4. We aim to improve the entire hospital in accordance with the “Elderly-friendly Hospitals and Health Services Recognition Self-Assessment Manual” by the Health Promotion Administration, Ministry of Health and Welfare, Taiwan.

Although these activities are still in their early stages, the hospital is a community partner, and we are committed to continuing and developing these initiatives.

#### Overview of our Hospital and Community

Our hospital, located in the rural area of Omuta City, Fukuoka Prefecture, Kyushu, southern Japan (population: 110,000, percentage of population aged 65 and over: 37.7%), is a 219-bed hospital that has been in operation for 61 years.



**Figure 8:** Location of Omuta City

In 2022, we joined HPH (Health Promoting Hospitals) and are aiming to become an “elderly-friendly hospital.”



**Figure 9:** Komenoyama Hospital

## Methods

The "Lively 100 Years" project was developed to address the aging population and declining birth rates in Omuta City by promoting healthy living and extending life expectancy. The initiative combined preventative health strategies, early disease detection, and community engagement. Residents were encouraged to adopt healthy lifestyles through diet and exercise while receiving regular screenings for cancer and arteriosclerosis at Komenoyama Hospital. This dual approach aimed to improve

community health outcomes and secure financial stability for the hospital. Additionally, community activities such as the "Lively 100 Years" lecture conference and the "Second Dream Notebook" exchange meeting were organized to enhance social connections, psychological well-being, and advance care planning (ACP). Partnerships with local organizations, including the Ariake Health Friends Association, played a key role in the project's implementation.

## Results

The project's initial outcomes were promising. The first "Lively 100 Years" lecture conference was successfully held with 33 participants, focusing on the importance of diet, exercise, early disease detection, and maintaining social connections to prevent isolation. Another significant achievement was the "Second Dream Notebook" exchange meeting, attended by 27 participants. This innovative ACP approach encouraged participants to pursue unfinished goals and life aspirations, fostering a sense of purpose and psychological motivation. Activities like making dorayaki together helped create a supportive environment for discussing personal dreams and health goals. These initial efforts demonstrated the project's potential to enhance both physical health and mental well-being in the community.

## Conclusions

Although in its early stages, the "Lively 100 Years" project shows potential to enhance both the physical and psychological well-being of the community. By promoting prevention and early treatment strategies, the initiative aims to foster a sustainable model for community health improvement. Future developments will focus on collaboration with local organizations and enhancing hospital systems to meet the community's health needs.

\*The "Takatori District Community Development Council" is a near public organization in Omuta City that is responsible for community building on an elementary school district basis.