

# WHAT IS "SUCCESSFUL AGEING" IN GLOBALLY AGING SOCIETY IN ASIA ?

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## **Abstract**

In 21st century, rapid growing of the elderly population in each country in Asia is projected to follow to Japan. In Asian countries, the projected percentage of elderly people aged 65 years and over will increase into 14- 35 % in 2050 from 4-18% in 2000. With longer life span and decreasing birth rate, demographic aging is now an established trend not only in Western countries but also in Asian countries. The issue of efficient health-care for the elderly is therefore growing a more urgent issue even in the Asian countries. To achieve appropriate policies to detect the ecology-related risk factors for frailty in the elderly and to prevent the disabilities of elderly population, and also to provide the useful care services to the frail elderly, we need to further investigate each comprehensive area study in the standpoint of view of health and diseases.

In general, the global burden of cardiovascular disease is spreading rapidly worldwide not only in developed countries, but also in developing countries. We reported that the prevalence of cardiovascular risk factors such as hypertension, diabetes mellitus, hypercholesterolemia and obesity in community-dwelling elderly in 6 Asian countries (Indonesia, Vietnam, Lao PDR, Myanmar, Thailand and Japan). The prevalence of hypertension in elderly was highest in Indonesia and lowest in Lao PDR. The prevalence of diabetes mellitus in elderly was by far the highest in Lao PDR, and was lowest in both Indonesia and Vietnam. The cross-ecological and cross-cultural researches for the diverse features of cardiovascular risk factors in these 6 Asian countries may contribute not only to lowering the global burden of cardiovascular diseases, but also to provide useful insight into the mechanism which may closely related to ecological and cultural environments. To control risk factors, a diverse and a bottom-up intervention such as education for awareness of risk factors, changing life style or introducing medication might be needed, and according not only to physical condition of the elderly individual, but also to the socio-economic situation of the community where the elderly individual lives.

In this paper, diverse features in prevalence of cardiovascular diseases, independence rate in activities of daily living and sense of subjective quality of life in 6 Asian countries are discussed.