

The effect of refraining from going out on the health of the elderly –COVID–19 preventive measures for the elderly–



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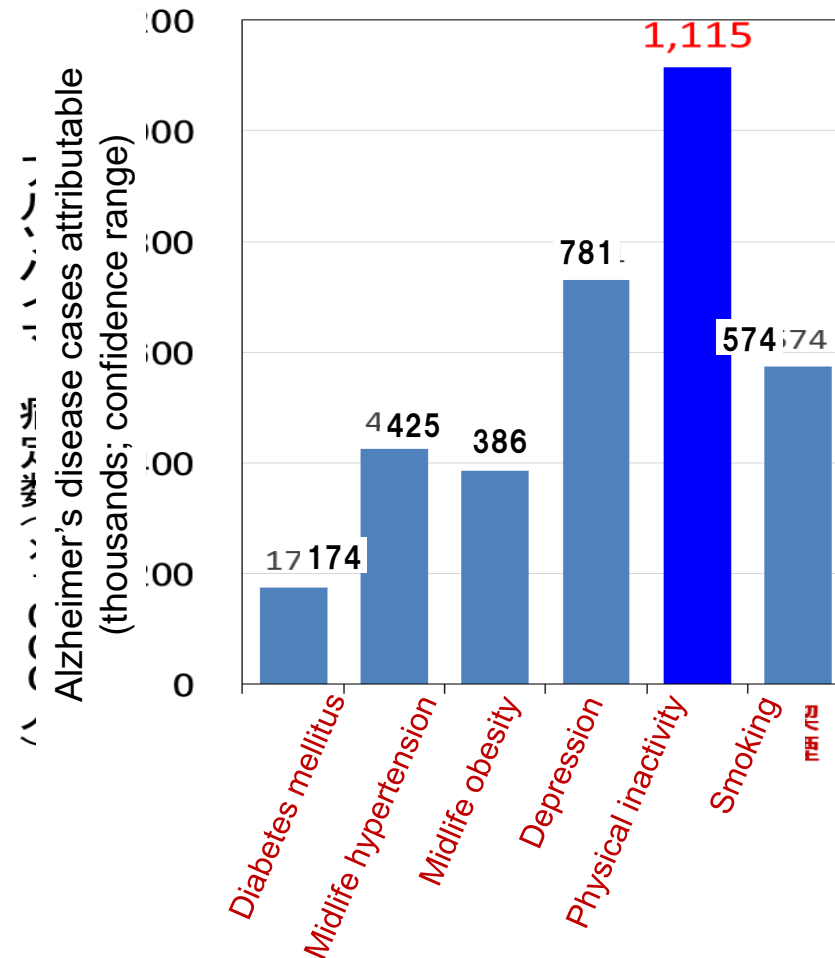
Relationship between healthy longevity and physical activity

Lack of physical activity is the fourth leading global risks for mortality

(Global health risks WHO 2009)

1. high blood pressure
2. tobacco use
3. high blood glucose
4. physical inactivity
5. obesity

Exercise are important for preventing dementia



(Barnes DE: "Lancet Neurol," 10(9): 819-828, 2011)

Rate of cognitive decline due to physical inactivity and restrictions on social participation in refraining from going out

Survey in May 2020 (About 2 months after refraining from going out)
: 60~91 years old n=585

12.6%

Survey in July 2020 (About 5 months after refraining from going out)
: 60 ~ 90 years old n=166

27.7%

Content and people who felt stressed by the decrease in going out

Physical Activity and Frequency of Going Outdoor

	decrease		no change	
	人	%	人	%
Activities of daily life and Physical activity	90	52.3	76	44.2
Frequency of Going Outdoor	139	80.8	32	18.6

Factors for refraining from going out that made me feel stressed

	1位			2位		
	人	%	順位	人	%	順位
Meet friends and acquaintances	35	31.5	1	34	30.6	1
Hobby	30	27.0	2	21	18.9	3
Shopping (Grocery and daily necessities)	17	15.3	3	6	5.4	6
Shopping (Other than that)	10	9.0	4	29	26.1	2
Walking · Jogging	9	8.1	5	9	8.1	4
Volunteer activities	6	5.4	6	7	6.3	5
doctor visit	4	3.6	7	5	4.5	7

【With COVID-19】Promotion of going out and conversation is important

対象者数：113人

性別：男性25.7%

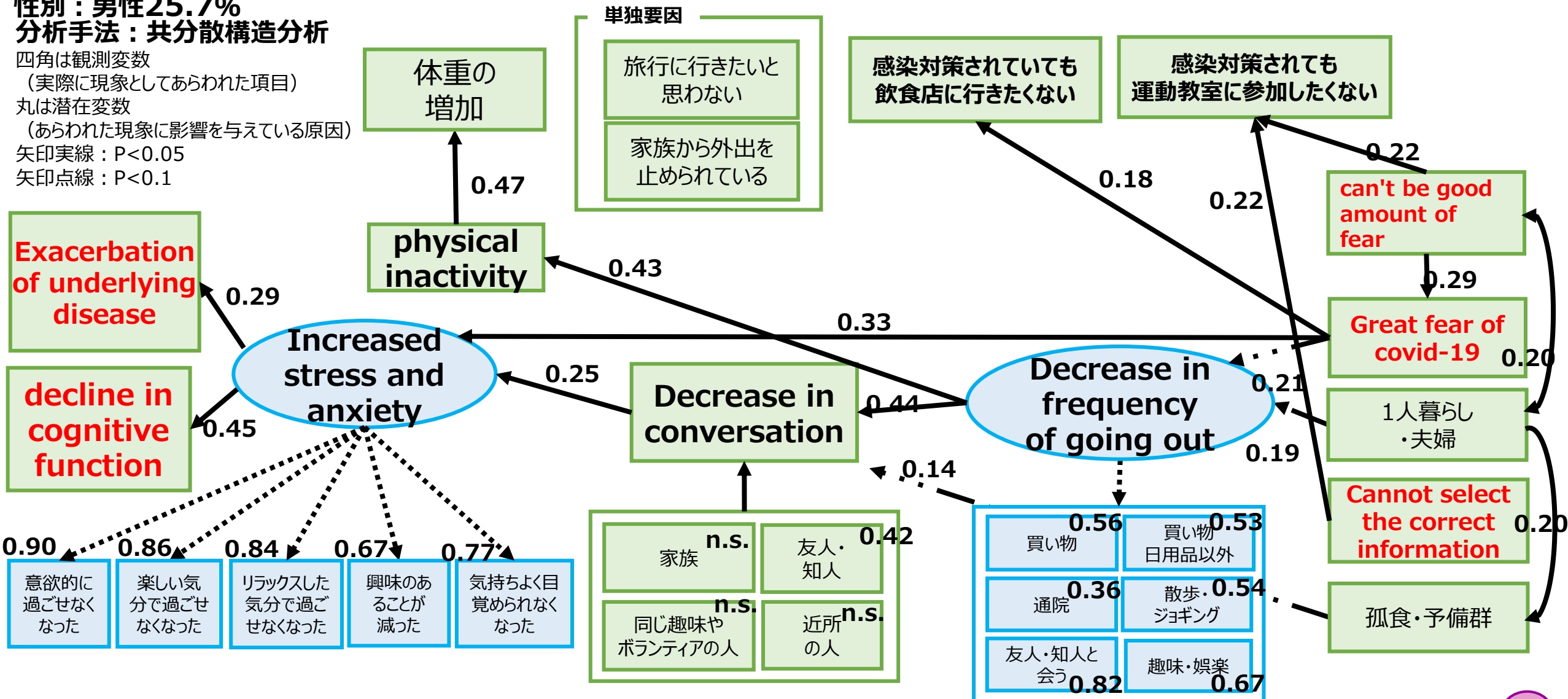
分析手法：共分散構造分析

四角は観測変数
(実際に現象としてあらわれた項目)

丸は潜在変数
(あらわれた現象に影響を与えている原因)

矢印実線：P<0.05

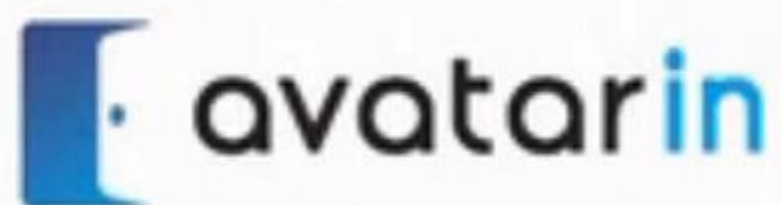
矢印点線：P<0.1



In the future, it will be important to have a concrete plan to ease the restrictions on social participation of the elderly due to refraining from going out.

**孤食や会話の減少を予防する
リモート食卓**

**It can be solved by Japanese
science and technology**



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