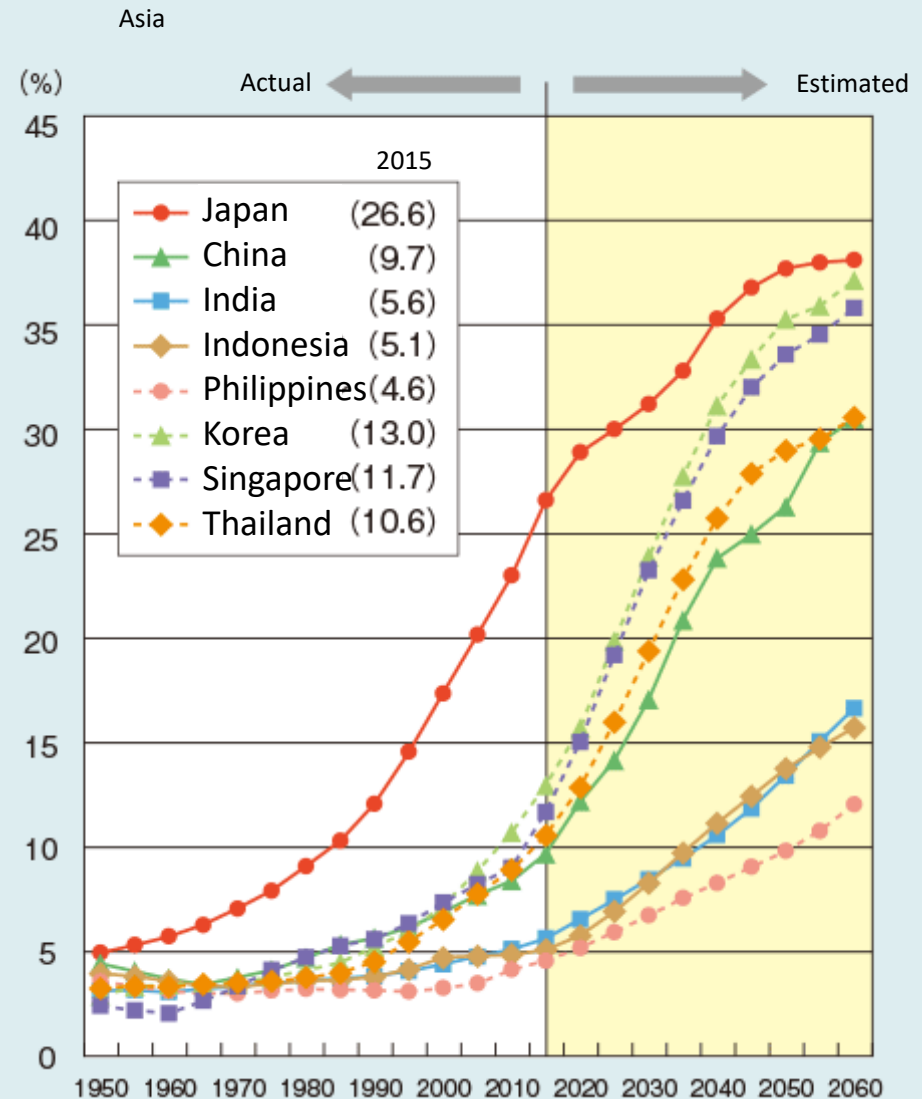
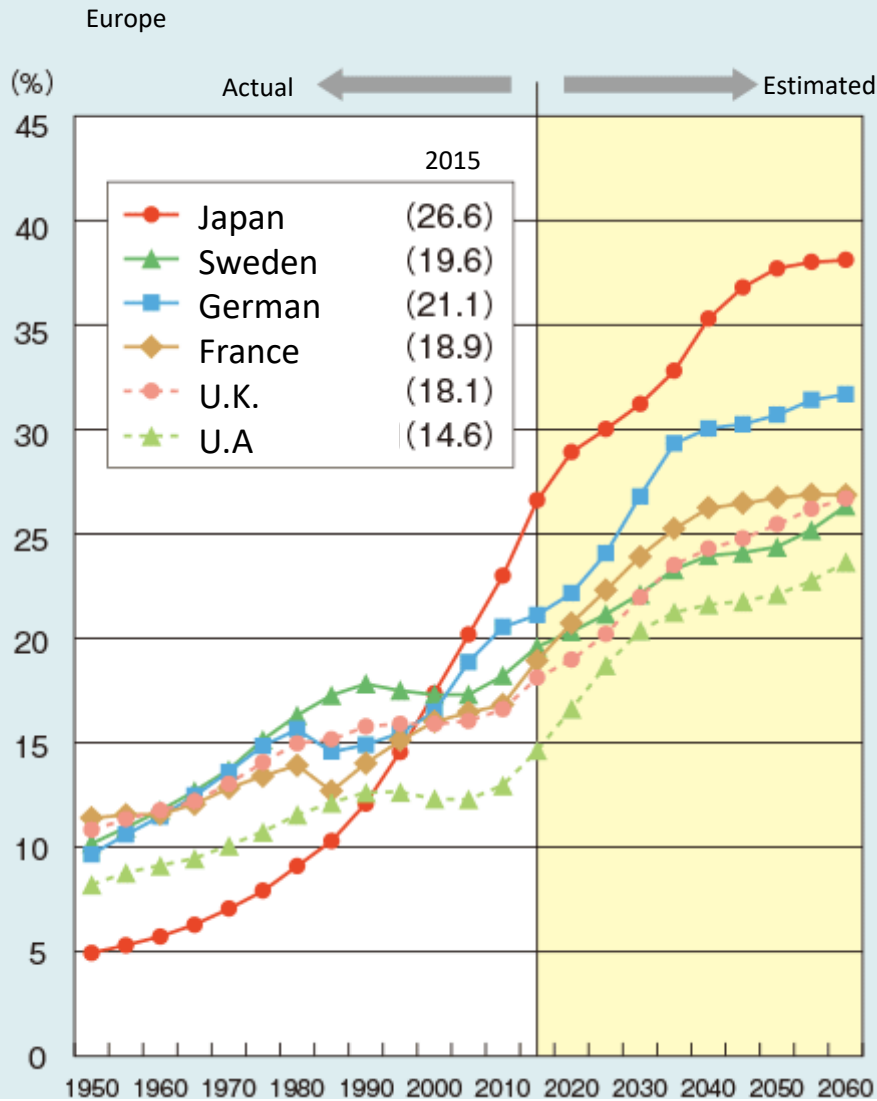


New health issues related to Covid-19

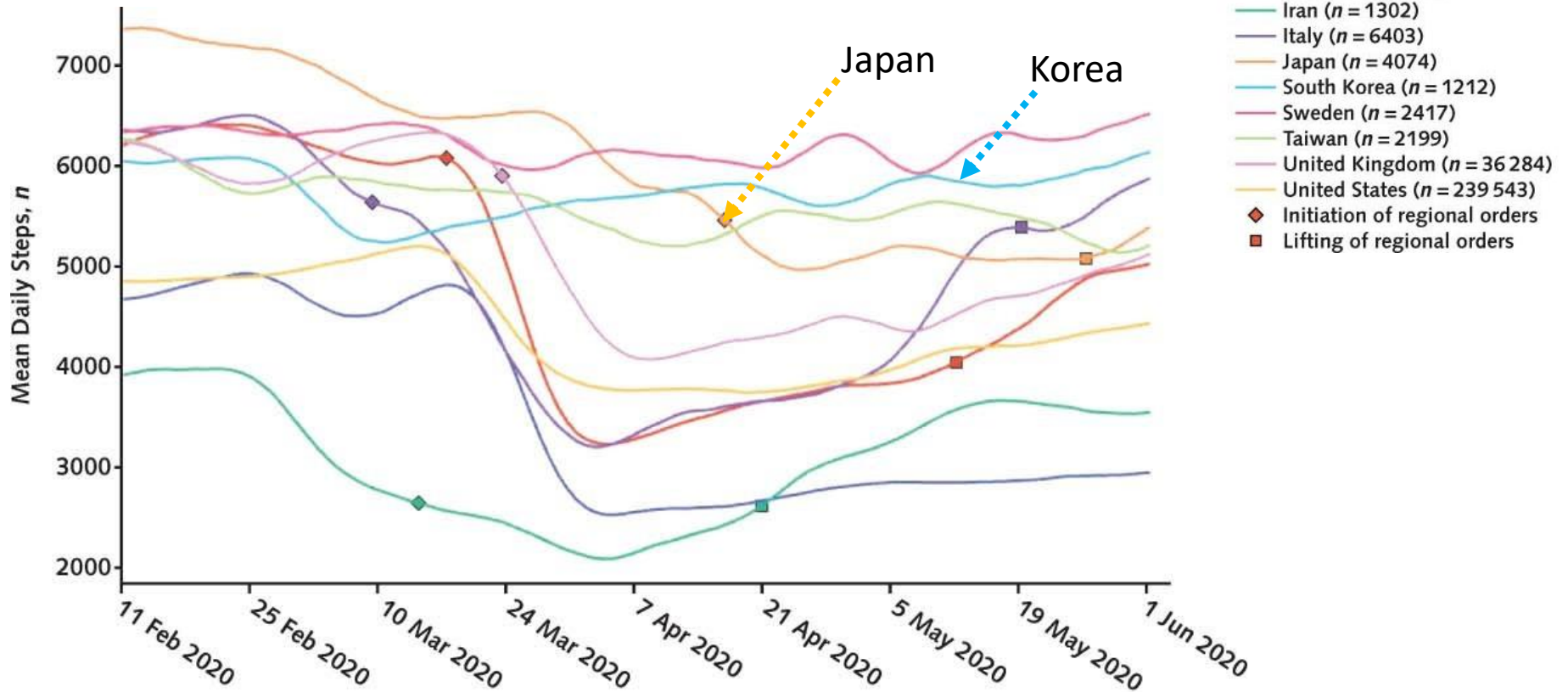
INAMURA Takuma
Director, Healthcare Industries Division
Ministry of Economy, Trade and Industry, JAPAN

Progress of aging in the major countries



Less activity after pandemic

Worldwide changes in step count



The elderly reduced their activity

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

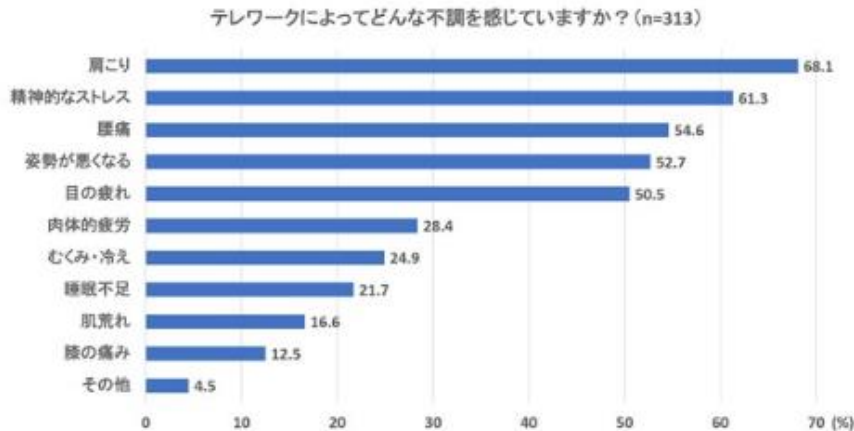
	1位			2位		
	人	%	順位	人	%	順位
Meet friends and acquaintances	35	31.5	1	34	30.6	1
Hobby	30	27.0	2	21	18.9	3
Shopping (Grocery and daily necessities)	17	15.3	3	6	5.4	6
Shopping (Other than that)	10	9.0	4	29	26.1	2
Walking · Jogging	9	8.1	5	9	8.1	4
Volunteer activities	6	5.4	6	7	6.3	5
doctor visit	4	3.6	7	5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

Challenges for employees

Health Problems by Teleworking

A survey shows that 31% of people report health problems after the start of teleworking.

The main problems were **"stiff shoulders"**, **"mental stress"** and **"backache"**.



(Source) オムロン ヘルスケア株式会社 ニュースリリース「テレワークとなった働き世代へ緊急アンケート」
<https://www.healthcare.omron.co.jp/corp/news/2020/0428.html>

Changes in health consultation

Another survey shows number of consultations increased in the months from February to April.

Consultations about mental health, musculoskeletal symptoms such as back pain caused by working from home have increased.

	Increased consultation in WITH CORONA Period	Rate of increase
1	Mental Health, Stress	53.3%
2	Sleep	50.0%
3	Musculoskeletal Symptoms	53.3%
4	COVID-19 information from Human Resource Departments	320.0%
5	Nutrition / Diet	400.0%

(Source) 株式会社iCARE ニュース「Withコロナ期の健康相談を調査しました」
<https://www.icare.jp/news/20200519/>

Covid-19 requires accelerated response to the existing healthcare issues.

Phenomenon

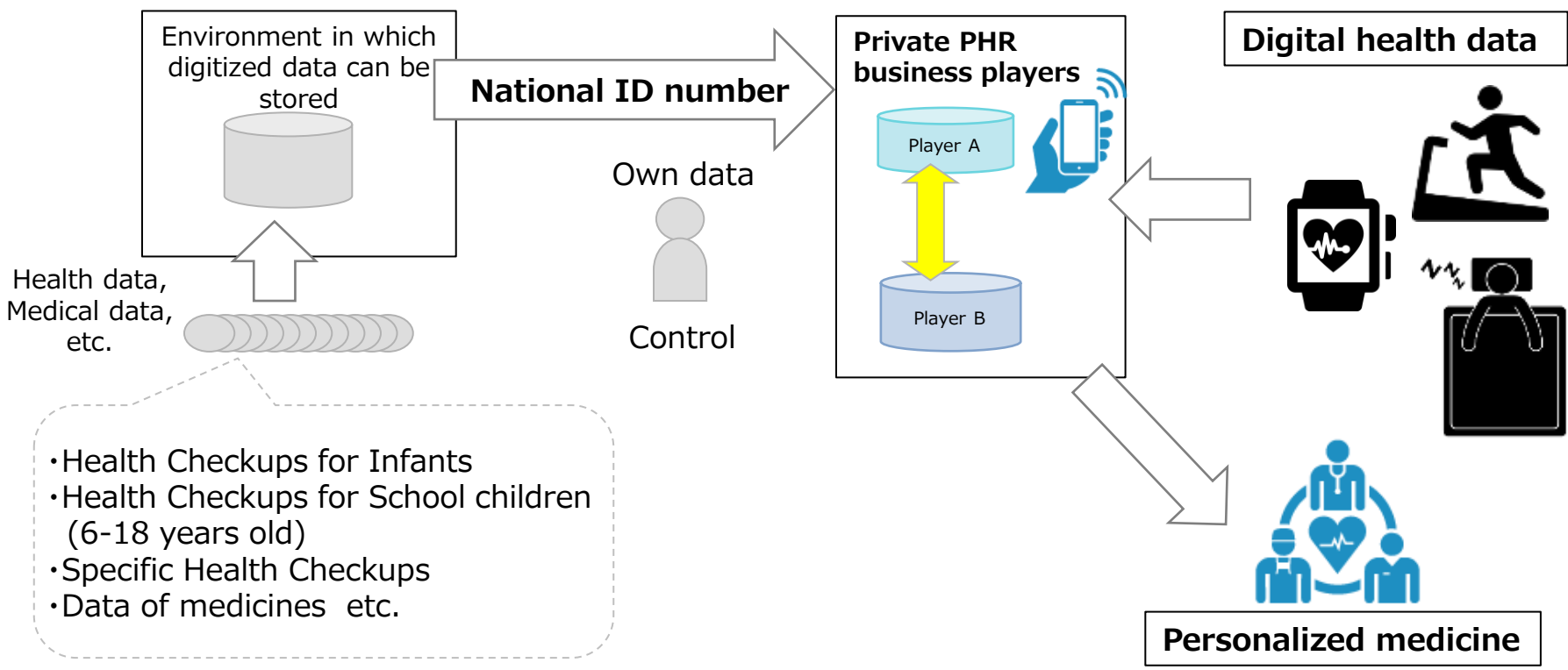
1. People with pre-existing illnesses and the elderly were particularly affected.
2. With the elderly isolated from social activity, the risk of dementia or becoming frail increases.
3. Poor use of digital technology

Old and new lessons

1. Keep health for preventing chronic disease.
2. Keep the elderly active and social.
3. Improve the use of digital technology for health management and medical treatment.

Utilizing digital technology for health management

- The Japanese government plans to improve the use of personal health record (PHR) accumulated in the public health insurance system.



- As a special measure under COVID-19, the restrictions on telemedicine are significantly relaxed.