

Sustainability of health care in aging societies: The future of Japan's health system

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Challenges of the Japanese health care of good health at low cost with equity

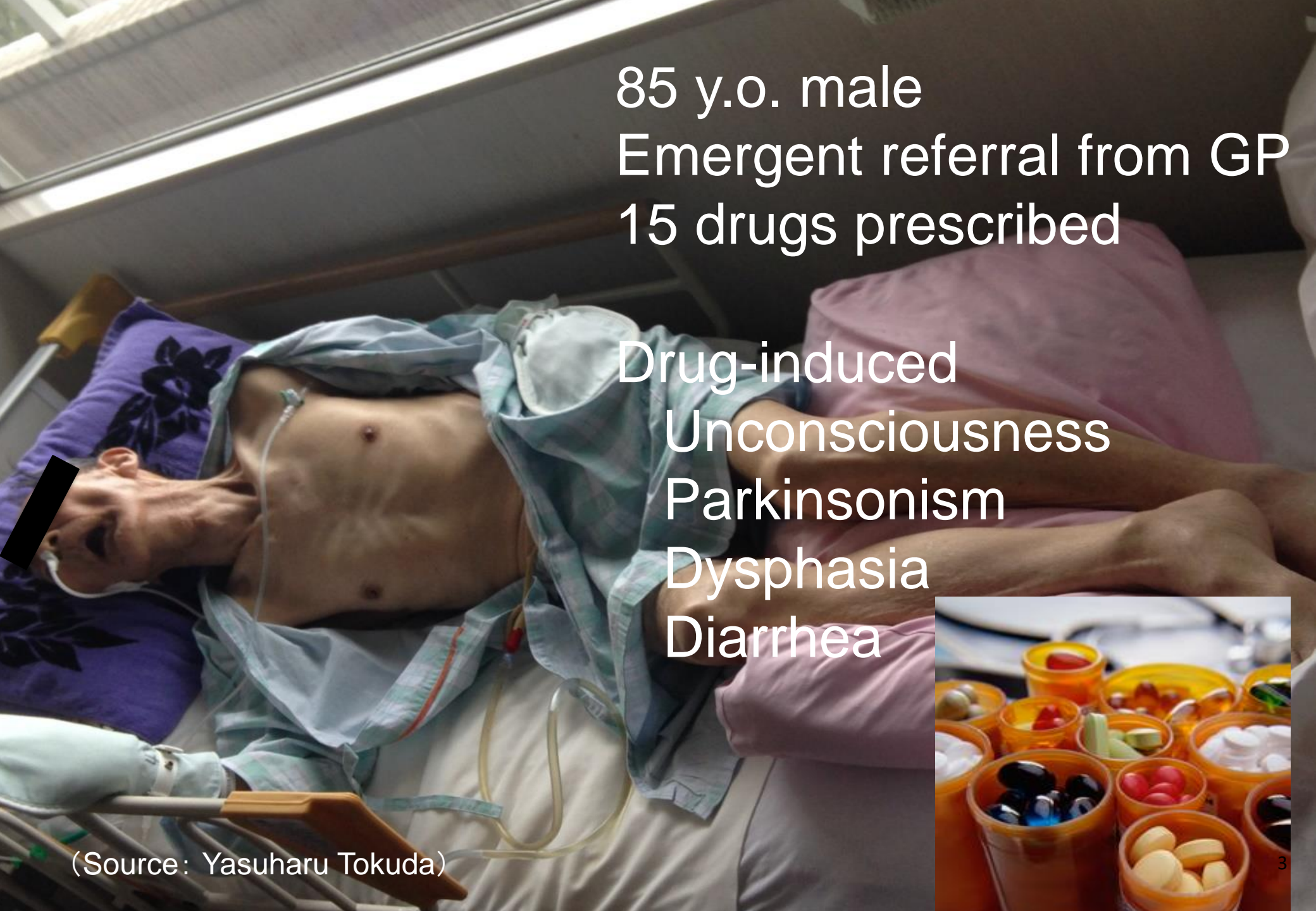
1. Access

2. Cost

3. Quality

85 y.o. male
Emergent referral from GP
15 drugs prescribed

Drug-induced
Unconsciousness
Parkinsonism
Dysphasia
Diarrhea



(Source: Yasuharu Tokuda)

Quickly recovered
after reducing
to 5 drugs

Medication
reconciliation

De-prescribing



(Source: Yasuharu Tokuda)

Financial Big Bang (1996)

1. Free
2. Fair
3. Global

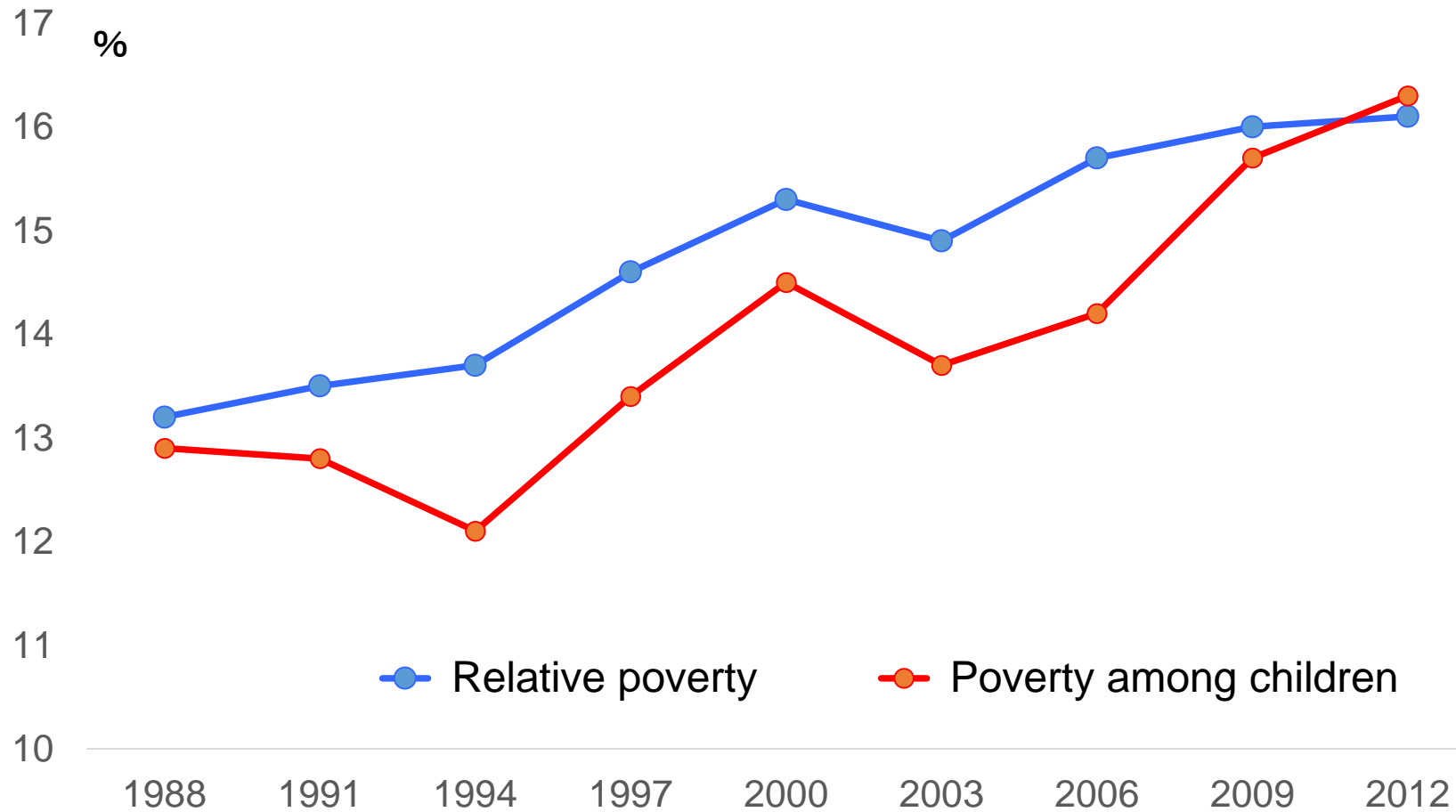
Big Bang in health care?

“The incredible shrinking country”



(Source: The Economist. March 25, 2014)

Trends in poverty ratio in Japan (1988-2012)



(Source: Ministry of Health, Labour and Welfare)



Two key questions

1. How can we improve both quality and productivity given increasing and diverse demands and limited resources?
2. How can we realize a health system that focuses on the care, not necessarily cure, and quality of death/dignity one wants?

Changes in health care system

Benevolent act

Regulated health system

Partnership across social system



(Source: Kazuhisa Takeuchi)

Health care as a “social system”



Japan 2035

Leading the World
through Health

“Health Care 2035” Advisory Panel members



Key issues

In contrast to maintaining the current system through basic cost share increases and benefits cuts,

- Break away from the patchwork style of health policy making and embrace comprehensive reform building upon a forward-looking and long-term vision.
- Transform health care into a social system that engages all sectors through shared vision and values

Health Care 2035

Leading the World
through Health

A health care system designed for older people, individuals and work choices.

Amidst rapid technology.

A health care system that contributes to financial stability while engaging each sector of society to support a nation of health and well-being, where each person is empowered to realize their full wellness potential.

A health care system built for the next 20 years and designed for all lifestyles and people – from children to older people, from patients to providers – where individuals feel secure and supported to make the life and work choices that are right for them.

Paradigm shift

Existing model

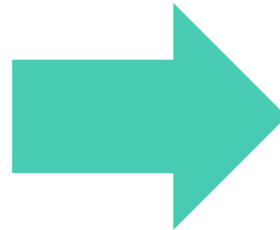
Quantity

Inputs

Regulation

Cure

Fragmentation



Toward 2035

Quality

Value

Autonomy

Care

Integration

GOAL

Health care in 2035 should strive to deliver unmatched health outcomes through care that is secure and responsive to each member of society. This system should not only fit the public's image of what a health system should be, but be both sustainable and actively contribute to prosperity in Japan and around the world.

PRINCIPLES

Fairness

Solidarity built
on autonomy

Shared prosperity
for Japan and the world

VISION Key concepts for health care in 2035

**LEAN
HEALTHCARE** **1**

Implement value-
based health care

**LIFE
DESIGN** **2**

Empower society and
support personal choice

**GLOBAL
HEALTH LEADER** **3**

Lead and contribute to
global health

INFRASTRUCTURE Foundations of this vision

Innovation

Information

Sustainable financing

Health care professionals

A world-class Ministry of
Health, Labour and Welfare

LEAN HEALTHCARE

1 Implement value-based health care

- ❑ Base reimbursement rates on value to the patient
- ❑ Support increased quality of care through professional initiatives
- ❑ Develop and ensure access to general practitioners throughout the country

LIFE DESIGN

2 Empower society and support personal choice

- ❑ Accelerate prevention and disease management through strategic use of ICT
- ❑ Build communities from a social determinants of health (SDH) perspective
- ❑ Realize a “Tobacco-free” Tokyo 2020 Olympics

GLOBAL HEALTH LEADER

3 Lead and contribute to global health

- ❑ Establish a health emergency management system
- ❑ Provide support in developing core systems, such as universal health coverage and drug approval processes
- ❑ Develop a system to educate global health leaders

Prime Minister Abe's comment in *The Lancet* (December 12, 2015)

Japan's vision for a peaceful and healthier world

Health is fundamentally a global issue. Recent outbreaks of Ebola virus disease and Middle East respiratory syndrome have reminded us that global health issues require collective action. The world must unite and countries must establish resilient and sustainable health systems, ensuring that each individual is secure and receives the highest attainable standard of health. Japan has been a longstanding advocate of human security² and has taken concrete action on the ground in support of this principle. Human security protects the vital core of all human lives in a way that enhances freedom, fulfilment, and capabilities³ and underlies Japan's policy of Proactive Contribution to Peace. Japan regards health as an indispensable element of human security.⁴

In September 2015, the United Nations General Assembly adopted the 2030 agenda for sustainable development, which includes universal health coverage (UHC), to which Japan attached great importance during the negotiation process.⁵ Achieving UHC requires comprehensive changes to systems, human resources, and public awareness. To catalyse such changes, leaders must commit to leave no one behind in the drive for the best attainable health gains. The Sustainable Development Goals (SDGs) have created an opportunity to connect sectors and empower individuals, families, and communities. It is crucial that we agree on a monitoring and evaluation framework so that the impact of UHC against investment is measurable and thus attainable.

Japan will host the first G7 Summit after the adoption of the SDGs in May 2016. Alongside the G7 Health Minister's Meeting, and the Tokyo International Conference on African Development, Japan will create an opportunity for countries and partners to discuss concrete steps towards achieving new goals, while sharing Japan's relevant experiences, so that we can move forward together with this new agenda.

Japan's global health priorities are to construct a global health architecture that can respond to public health crises and to build resilient and sustainable health systems. To realise these goals, Japan has endorsed two new global health strategies: the Basic Design for Peace and Health⁶ and the Basic Guidelines for Strengthening Measures on Emerging Infectious Diseases.⁶ I would like to underline the importance of these priorities and foster succinct and relevant discussions during our G7 presidency in 2016.

First, in preparation for the G7 Summit, we will discuss how to address the challenges of public health emergencies. The existing global health architecture must be restructured to ensure prompt and effective responses to public health emergencies. Public and private partners, government, and civil society—at global, regional, country, and community levels—should reach agreement on their respective roles in advance of emergencies. Japan expects WHO to have the lead role in prompt detection and containment, especially in the early stages of a public health emergency, while acknowledging WHO's need for further reform and capacity strengthening. Japan is ready to support this reform process, including the launch of the Contingency Fund for Emergencies.⁸ Japan also fully supports the efforts of the World Bank's Pandemic Emergency Facility, and calls for coordination between WHO and the World Bank to ensure the two mechanisms have supplementary and complementary roles so that they increase efficiency and effectiveness in crisis responses.

Second, we will discuss strategies to build resilient, sustainable national health systems. In the past 70 years, Japan's life expectancy increased by more than 30 years and, since the early 1980s, health outcomes have consistently been top ranked.⁷ These achievements are the result of the establishment of universal health insurance in 1961, favourable proximal determinants of health, such as healthy diet and access to clean water,



Japan's Prime Minister Shinzo Abe

- Japan's global health priorities are to construct a global health architecture that can respond to public health crises.
- Japan is pioneering the response to the challenge of ageing by extending healthy life expectancy while maintaining a sustainable health system.
- Japan will contribute further to UHC so that all people can receive the basic quality services they need, and are protected from health threats, without financial hardship.

GOAL

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Education for Health Care Professionals

1900

2000+



	Science-based	Problem-based	System-based
Instructional	Scientific curriculum	Problem-based learning	Competency-driven Local-global
Institutional	University based	Academic centers	Health systems

(Source: Frenk , Chen et al. Lancet 2011)

Implications from *Health Care 2035*

Financial Big Bang (1996)

1. Free
2. Fair
3. Global



Health Care 2035 (2015)

1. Value-Based
2. Social
3. Global

Member's voice: What is at the heart of Health Care 2035?



Kazuhisa Takeuchi
Managing Director, Accenture
Former Head, MOHLW

“We must change our mindset and go beyond the status quo. Do not let regulations or financing dominate health care. Health care is a social system, which requires multiple stakeholders’ engagement simultaneously.”

Advisor's voice: What is at the heart of Health Care 2035?

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Dr Yoshitake Yokokura
President, Japan Medical Association

“Don’t forget that doctors provided maternal and child health, and other public health services after the World War II. In aging societies where the focus of health care shifts from cure to care, it is the time for doctors to provide again both medical and public health services at the community level. We, doctors, are at the forefront of health systems.”