

Improvement of Total Health Measures in Mie Prefecture, Japan

The Editor,

Sir,

Japan is one of the countries with the longest life expectancies among both men and women in the world, according to a report in the *Journal of Health and Welfare Statistics*. In Japan, the average lifespan for men exceeded 70-years in 1971 and was 77.10 years in 1999. The average lifespan among women exceeded 70-years in 1960 and was 80-years in 1984 and 83.99 years in 1999. Mie Prefecture is located in the centre of Japan, with Aichi Prefecture to the North, the Kinki area to the West, Ise Bay to the East and the Pacific Ocean to the South. In this report, we compared the average lifespans among men and women in all of Japan and those in Mie Prefecture in 1985, 1990, 1995 and 2000. Statistics were from the Journal of Health and Welfare Statistics of the Health and Welfare Statistics Association.

In all of Japan, the average lifespans in 1985, 1990, 1995 and 2000 were 74.95, 76.04, 76.70 and 77.71 years among men, and 80.75, 82.07, 83.22 and 84.62 years among women. In Mie Prefecture, the average lifespans in 1985, 1990, 1995 and 2000 were 74.87, 76.03, 76.76 and 77.90 years among men and 80.61, 82.01, 83.02 and 84.49 years among women. The rank of the average lifespan of Mie Prefecture in all of Japan (47 Prefectures) in 1985, 1990, 1995 and 2000 was 23rd, 26th, 27th, 18th among men and 31st, 30th, 36th, and 34th among women. These results show that the average lifespan in Mie Prefecture has been almost the same as in all of Japan for both men and women. The rank in 2000 for the men of Mie Prefecture was rather high but the rank for women was rather low throughout the study years. In Mie Prefecture, various organizations (administration, police and medicine [department of public health, psychiatry,

all of physical medicine, emergency and legal medicine] *etc* have instituted prevention measures for physical illness, traffic accident, suicide and stress *etc* (1, 2), so these organizations including our own would like to discuss additional measures to improve life expectancies, particularly among women in Mie Prefecture.

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