

Relationship between Healthy Elderly Individual Social Capital and Health according to Ward Level in Tomi City, Nagano Prefecture, Japan: An ecological study

Park SJ

Saku University, Japan

The aims of this study were 1) to elucidate the relationship between social capital and health by ward in Tomi City, Nagano Prefecture, Japan, in order to clarify the regional social resources available to support long-term care prevention utilizing self and mutual support of regional residents and 2) to comprehensively investigate the activation of regional networks. We analysed elderly (aged 65 years or older) individual survey data from 7,199 residents from all wards within Tomi City in 2014 (number of valid responses: 5,546 [77.0%]). The social capital indicators used for the analysis included participation in community activities, regional managerial position experience, and general trust. The health indicators included self-rated mental health, activities of daily living, and depression. Standards for a “good” result for each indicator were established, and the percentages of each were tallied up by ward. Spearman’s rank correlation coefficient and principal component analysis were used to investigate correlations between social capital and health. The results for overall respondents indicated correlations between participation in sports and hobbies and activities of daily living and self-rated mental health. Participation in non-profit organizations/volunteer activities and participation

in community centre workshops exhibited correlations with activities of daily living. In respondents aged 65–74 years, participation in community centre workshops and general trust were found to be correlated with activities of daily living. Meanwhile, in respondents aged 75 years or older, correlations were noted between participation in sports and hobbies and participation in non-profit organizations/volunteer activities and activities of daily living. By creating a distribution map using principal component analysis, we were able to grasp the characteristics of the distribution of “community participation/connections with people” and “health” in each ward. Our results point the way forward for future long-term care prevention support in Tomi City by clarifying the correlation between social capital and health by ward.

Speaker Biography

Park SJ has completed his MEd, PhD from The University of Tokyo, JAPAN. He is the associate professor of SAKU University, JAPAN. His research area is suicide prevention, stress research, community health nursing, and especially gatekeeper research for suicide prevention has been awarded the Best Paper Award at Japan stress society. Also, he is doing counselling in the area as cognitive behavioural therapy counselor.

e: s-park@saku.ac.jp

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