

# Reducing the Number of the Elderly that Visit the Hospital

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- Taking consideration of nutrients consumed -

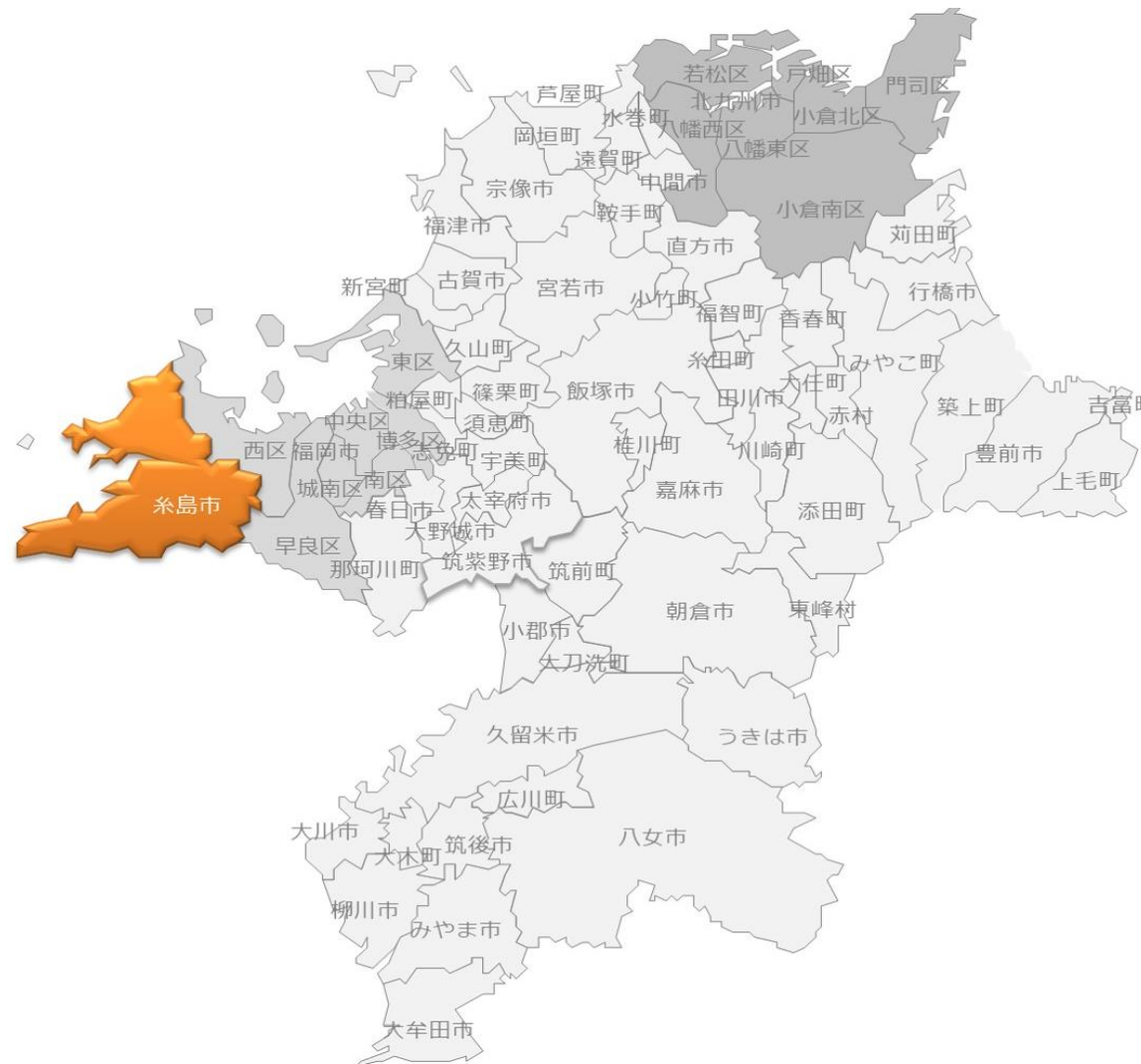
Nakamura Gakuen Girls' High School

# Outline

1. Introduction of Itoshima City
2. Current situation of the Problem
3. Research question and Hypothesis
4. Our suggestion
5. Data from Previous study
6. Our vision
7. References

# I. Introduction of Itoshima City

- Seafood
- Agricultural products
- Beautiful nature



*Many people, especially young people, visit Itoshima.*

## 2. Current situation of the Problem

Percentage of the Elderly<sup>1</sup> in Itoshima

25%

which is considered as a *super-aged society*<sup>2</sup>  
according to the United Nations and WHO.

1. The Elderly = over the age of 65

2. Percentage of the Elderly

21%~	Super-aged society
14%~	Aged society
7%~	Aging society

# 2. Current situation of the Problem

Data title:

Itoshima City National Health Insurance Medical cost optimization plan

系島市国民健康保険 医療費適正化計画

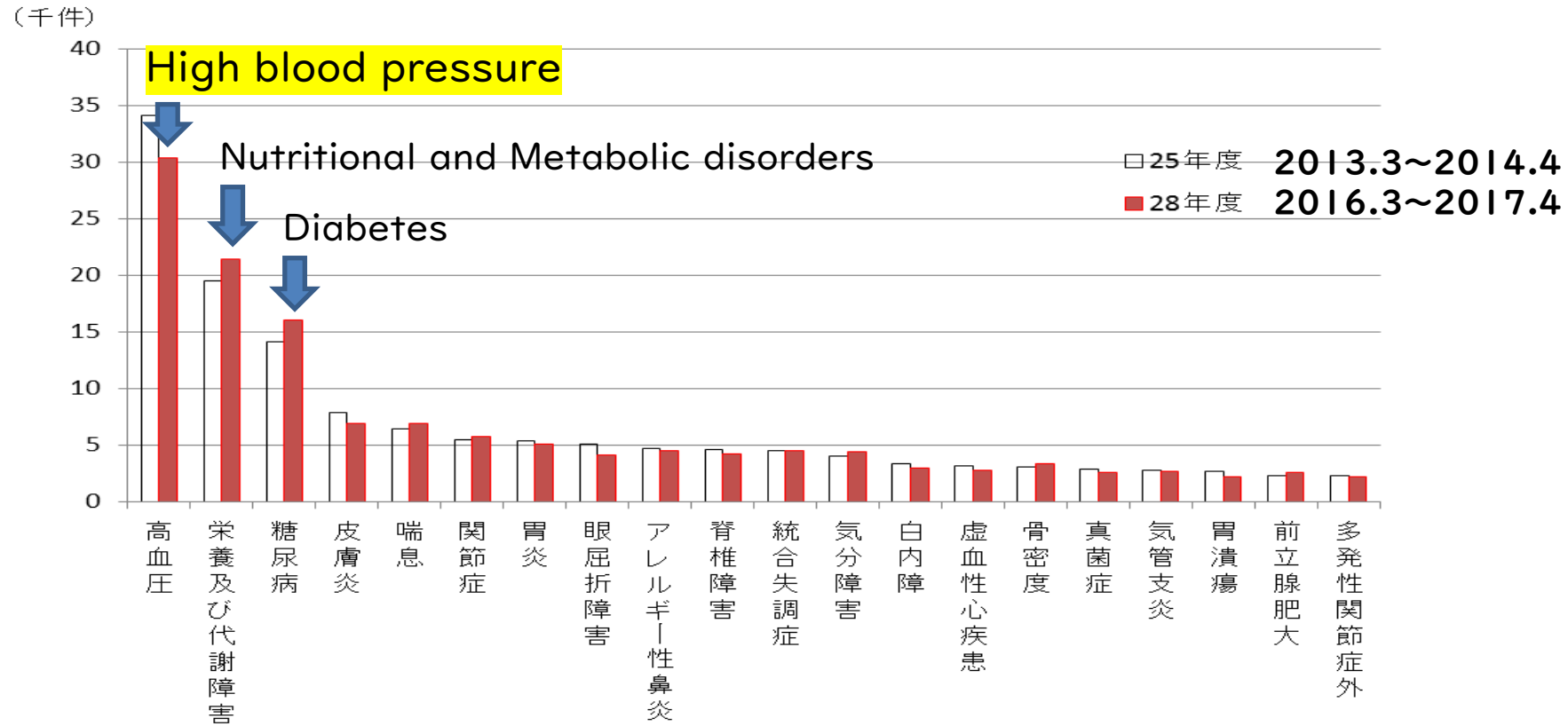
From:

Itoshima City Health Promotion Department National Health Insurance Pension Division / Health Promotion Division

系島市健康増進部 国保年金課・健康づくり課

Graph 23-2 Number of cases by disease classification (middle classification) Comparison between 2013 and 2016

図表23-2 疾病分類別(中分類) 件数(25年度と28年度の比較)



# 3. Research question and Hypothesis

## Research question

How can we reduce the number of the elderly in Itoshima that visit the hospital?

## Hypothesis

By taking into consideration the nutrients that the elderly consume, high blood pressure can be prevented, which reduces the number of the elderly that visit the hospital.

## 4. Our suggestion



Figs are known as a super food. It **contains enzyme that produces GABA**, which helps drop blood pressure.

# 5. Data from Previous study

Title of Study :

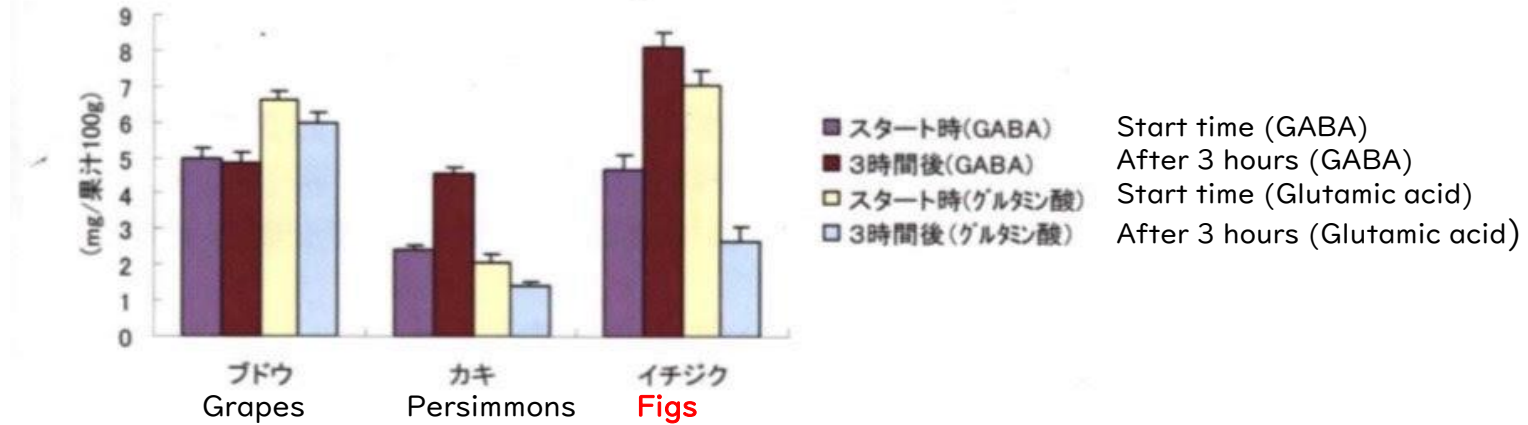
Development of fig soymilk - Increasing the  $\gamma$ -aminobutyric acid content using enzyme reaction-  
酵素反応を利用して $\gamma$ -アミノ酪酸含量を増加させた機能性食品イチジク豆乳の開発

From:

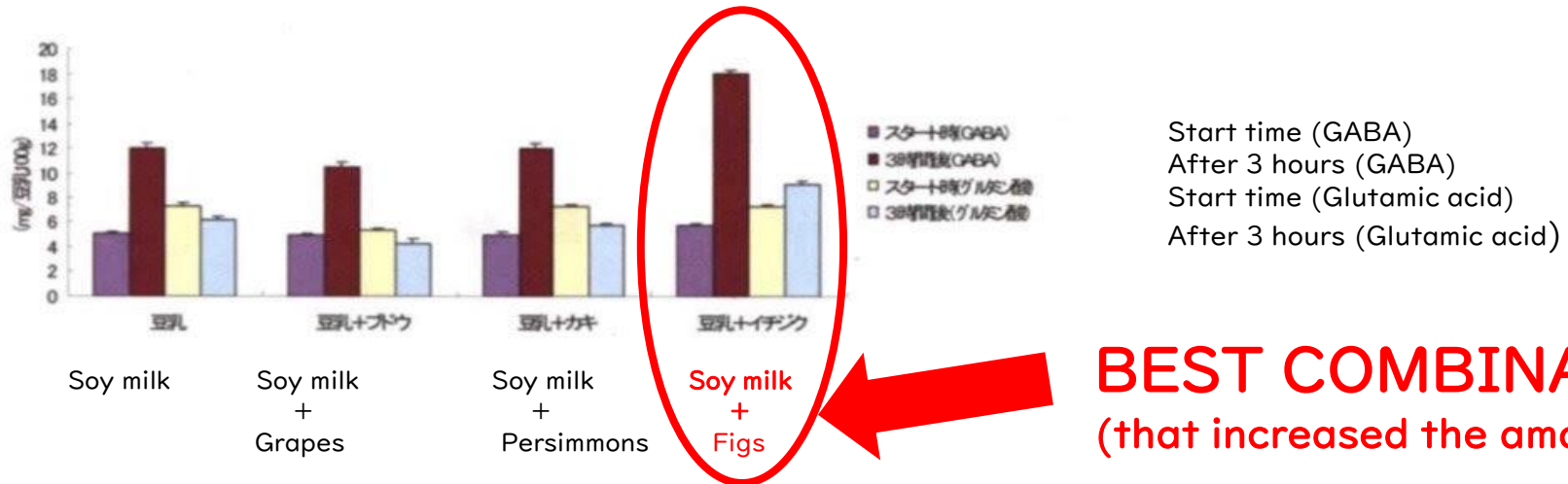
Fukuoka Agricultural Research Center

福岡県農業総合試験場研究報告

Graph 1



Graph 2



**BEST COMBINATION**  
(that increased the amount of GABA)



# 6. Our vision

Fig mousse



\* Envisioned image of the product

Ingredients include :

*Figs, soy milk*, powdered gelatin, heavy cream, blueberry



# 7. References

- Tahara, Y. (2016, April 25). *Cardiopulmonary resuscitation in a super-aging society – is there an age limit for cardiopulmonary resuscitation?* –. *Circulation Journal*. Retrieved November 12, 2021, from [https://www.jstage.jst.go.jp/article/circj/80/5/80\\_CJ-16-0307/\\_html](https://www.jstage.jst.go.jp/article/circj/80/5/80_CJ-16-0307/_html).
- Tsutsumi , T., & Baba, N. (2008, March). *酵素反応を利用してγ-アミノ酪酸含量を増加させた機能性食品イチジク豆乳の開発*. Retrieved November 12, 2021, from <https://agriknowledge.affrc.go.jp/RN/2010752817.pdf>.
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- 糸島市国民健康保険 医療... - *city.itoshima.lg.jp*. (2018, March). Retrieved November 12, 2021, from <https://www.city.itoshima.lg.jp/s013/010/020/030/iryohitekiseikakeikaku.pdf>.