

The long-term care insurance system was established to meet the growing needs of the rapidly aging population. However, the increase in the number of people certified as requiring support or care and the accompanying increase in long-term care benefit costs have become major issues nationwide.

Under these circumstances, basic local governments are promoting the establishment of comprehensive community care systems so that elderly people can continue to live their own lives in their own familiar communities. Efforts to build such a comprehensive community care system cover a variety of fields, including medical care, nursing care, lifestyle support, and care prevention, and among these, "local gymnastics," which is performed at places where residents can go to for exercise, is spreading nationwide.

Municipalities across the country, including Shinjuku City, are adopting "local gymnastics" as a preventive measure for caregivers, but it is not clear how the implementation of local gymnastics affects the health of the elderly in that area.

However, this study takes a different viewpoint from previous studies and utilizes data from local gymnastics programs implemented nationwide to examine the impact of "local gymnastics on the health of elderly people in the community who have been certified as requiring long-term care. The study will examine whether the "new" method contributes to a reduction in the rate of In addition, we will clarify in the analysis how the purpose of the production of local gymnastics and the differences in the professionals involved in the production of the gymnastics affect the suppression of the rate of care requirement certification.

The results of the analysis indicate that the implementation of local gymnastics is effective in decreasing the rate of certification for long-term care required in the area in question, and especially in reducing the rate of certification for severe long-term care required. In particular, the results showed that exercises designed for the elderly and for care prevention, as well as those created by public health nurses, health and exercise instructors, and other professionals, were more effective in reducing the rate of people certified as requiring long-term care. The results of this study, which showed that the implementation of the exercises reduced the rate of care required in the municipality, will be useful for many municipalities in developing and promoting the use of local exercises in the future. This is of great significance as evidence.

In Shinjuku City, which has already implemented local gymnastics as a long-term care prevention measure, it will be necessary to further promote and educate the public and establish a system that enables the elderly to engage in local gymnastics anywhere by utilizing the Internet and digital technology. It is essential to implement such measures so that many elderly people will engage in local gymnastics, leading to the realization of a town with a high level of citizen satisfaction, where elderly people can live healthy lives in their own way.