



JSTAR First Results  
2009 Report

By

Hidehiko Ichimura  
Hideki Hashimoto  
Satoshi Shimizutani



*Japanese Study of  
Aging and Retirement*

## Contents

### 1 Introduction

Acknowledgments.....	3
1.1 Preface.....	6
1.2 Population Aging in Japan.....	8
1.3 Individual Aging: Health, Economics and Social Networks.....	18
1.4 How JSTAR Was Created.....	23
1.5 Our Sample: 50+ in Japan.....	26
1.6 The Main Messages of JSTAR.....	44
1.7 Where Do We Go from Here?.....	49
References.....	50

### 2 Health and Health Care

2.1 Physical Health: Japan's Unique Position.....	53
2.2 Socioeconomic Disparities in Physical Health across Regions.....	65
2.3 Cross-Region Differences in General Health.....	80
2.4 Health Behavior.....	86
2.5 Mental Health.....	95
2.6 Cognitive Function.....	103
2.7 Out-of-Pocket Payments for Health Care Expenditures.....	115
2.8 Health Services Utilization.....	124
2.9 Health Check-up.....	129
2.10 Nutrition.....	132
References.....	137

### 3 Social and Family Context

3.1 Housing and Living Arrangements.....	145
3.2 The Number of Living Children.....	152
3.3 Family Structure, Proximity, and Contact.....	160
3.4 Family Support.....	172
3.5 Financial Transfers.....	180
3.6 Quality of Employment and Well-Being.....	192
3.7 Quality of Life and Well-Being.....	199
References.....	200

## 4 Work and Retirement

4.1 Labor Force Participation of the Elderly.....	205
4.2 Public and Private Pension Claims.....	214
4.3 Pathways to Retirement.....	219
4.4 Work Disability and Health.....	224
4.5 Volunteer Work.....	227
4.6 How Do Japanese Older Adults Use Their Time?.....	232
References.....	243

## 5 Socioeconomic Status

5.1 Household Income.....	247
5.2 Wealth and Portfolio Composition.....	260
5.3 Consumption.....	278
5.4 Income, Wealth and Consumption Inequality.....	288
5.5 Educational Attainment.....	296
References.....	305

Authors:

Hidehiko Ichimura: University of Tokyo, Graduate School of Economics; Research Institute of Economy, Trade and Industry (RIETI)

Hideki Hashimoto: University of Tokyo, Graduate School of Medicine

Satoshi Shimizutani: Research Institute of Economy, Trade and Industry (RIETI); Institute for International Policy Studies (IIPS)\*

\* Corresponding author. For any queries on JSTAR, please contact Satoshi Shimizutani at <[shimizutani-satoshi@rieti.go.jp](mailto:shimizutani-satoshi@rieti.go.jp)>