



# **Socioeconomic Status Disparities in Later-Life Health in Japan**

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## Significance of research on health disparities

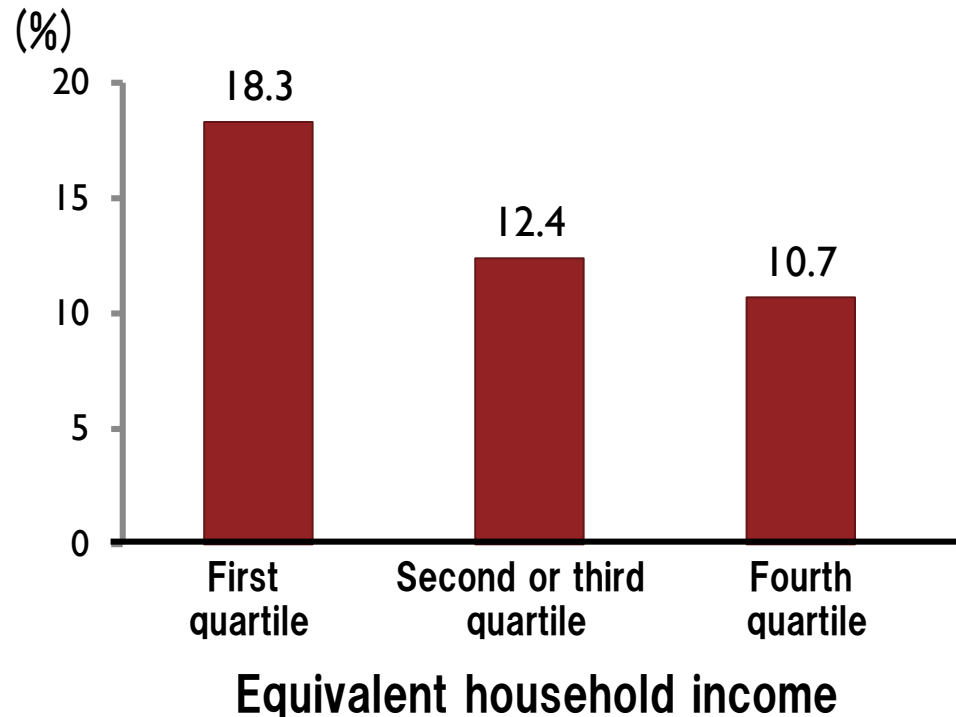
- Population aging has been progressing in Asian countries.
- Establishing health promotion strategies for older adults is an important political issue.
- Studies on the socio-economic risk factors related to health in older adults are essential to establish health promotion strategies.
- Much less studies has been done on socioeconomic disparities in older adults health

# Research questions

- Q1 Are there any socioeconomic disparities in health in Japan ?**
- Q2 Do socioeconomic disparities in health wide or narrow by aging?**
- Q3 Do socioeconomic disparities in older adult health differ by period?**
- Q4 What are mechanisms for the occurrence of socioeconomic disparities in older adult health?**
- Q5 Does socioeconomic status over life course influence on older adult health?**

# Are there any socioeconomic disparities in health ?

Differences in self-rated health by equivalent household income:  
rates of respondents who evaluated their own health as “fair” or “poor”



**Note1: Aggregated data of Comprehensive Survey of Living Condition from 1986 to 2013**

**Note2: Analysis subjects were respondents aged 20 years old and over**

**Source: Sugisawa et al (2016)**

# Do socioeconomic disparities in health wide or narrow by aging?

## First hypothesis

Cumulative advantage/disadvantage

⇒ Widening disparities in health

## Second hypothesis

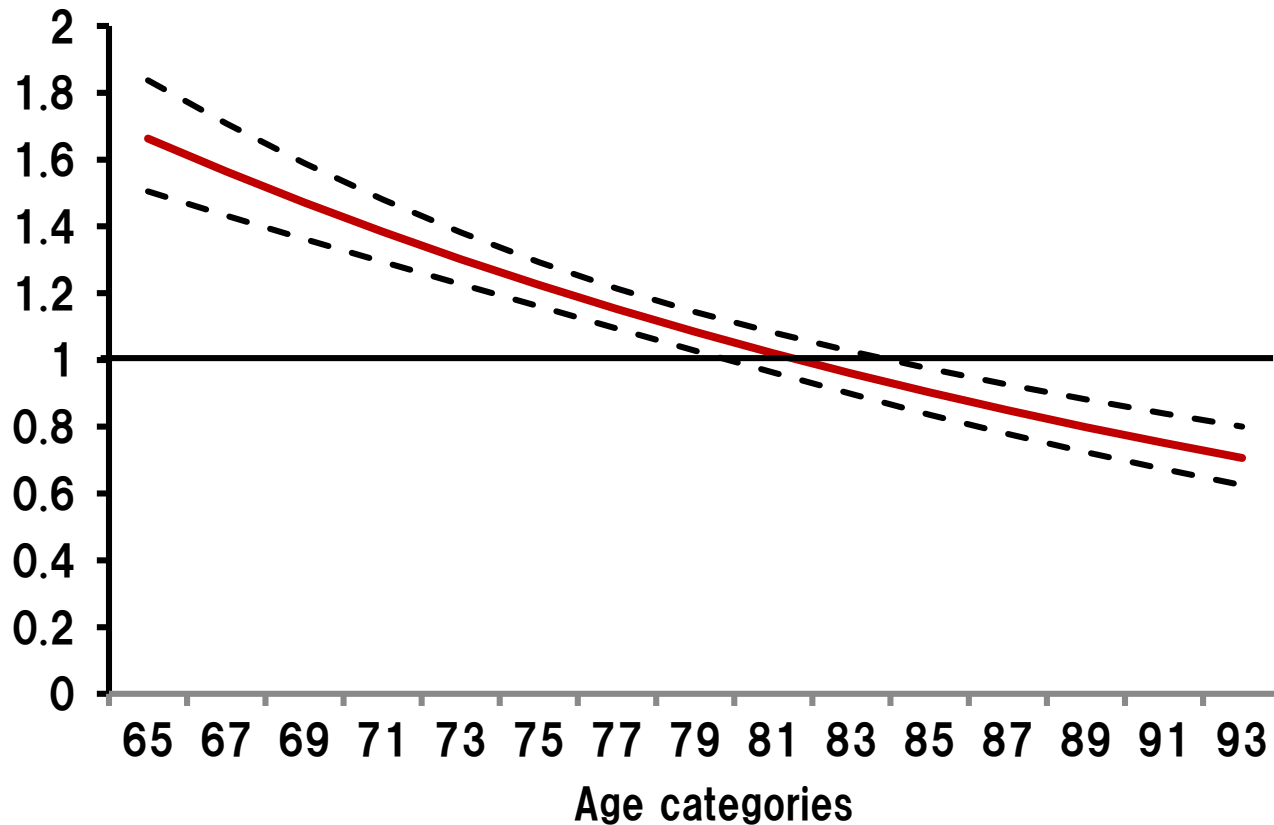
Age-as-leveler

⇒ Narrowing disparities in health

- Adaptation
- Selective mortality

## Do socioeconomic disparities in health wide or narrow by aging?

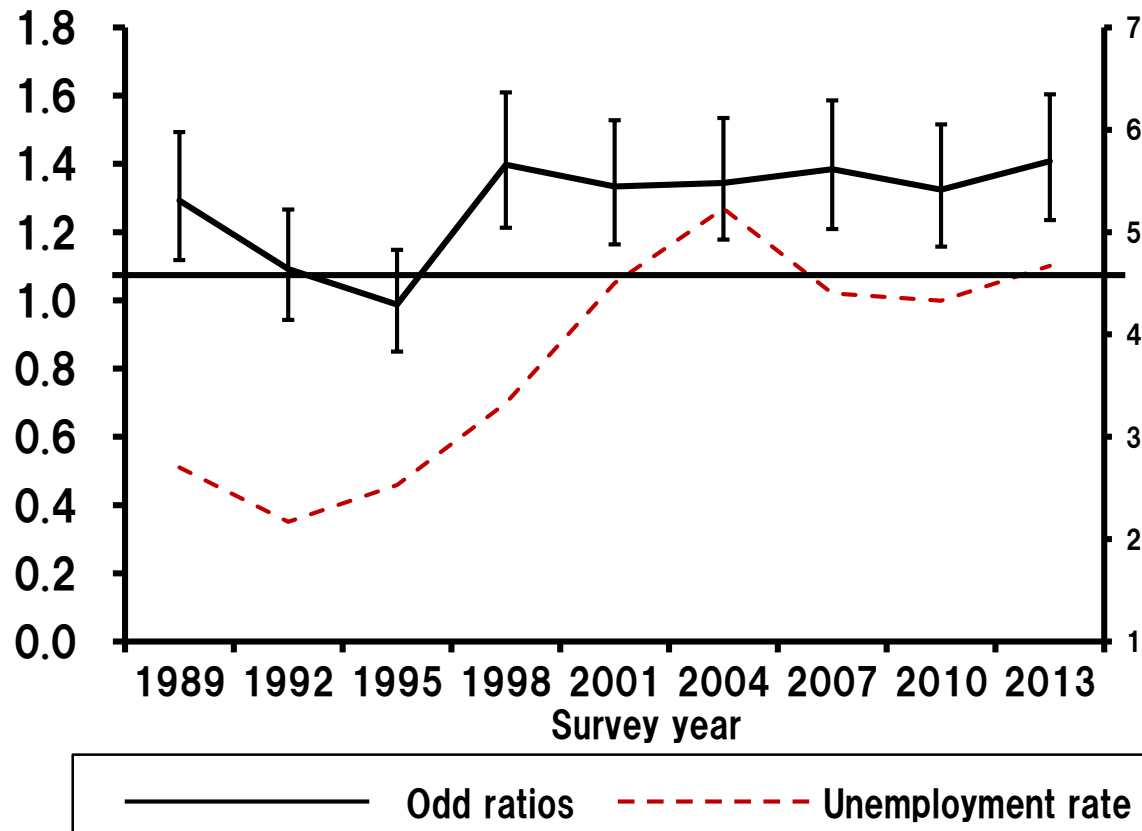
Age differences in activities of daily living (ADL) disability by equivalent household income: Predicted the rate differences of ADL disability between first income decile and tenth income decile



Source: Sugisawa et al (2018)

## Do health disparities in older adults differ according to period?

Differences in income disparities in activities of daily living (ADL) disability of Japanese older adult by period : Predicted the rate differences of ADL disability between first income decile and tenth income decile



Source: sugisawa et al (2018)



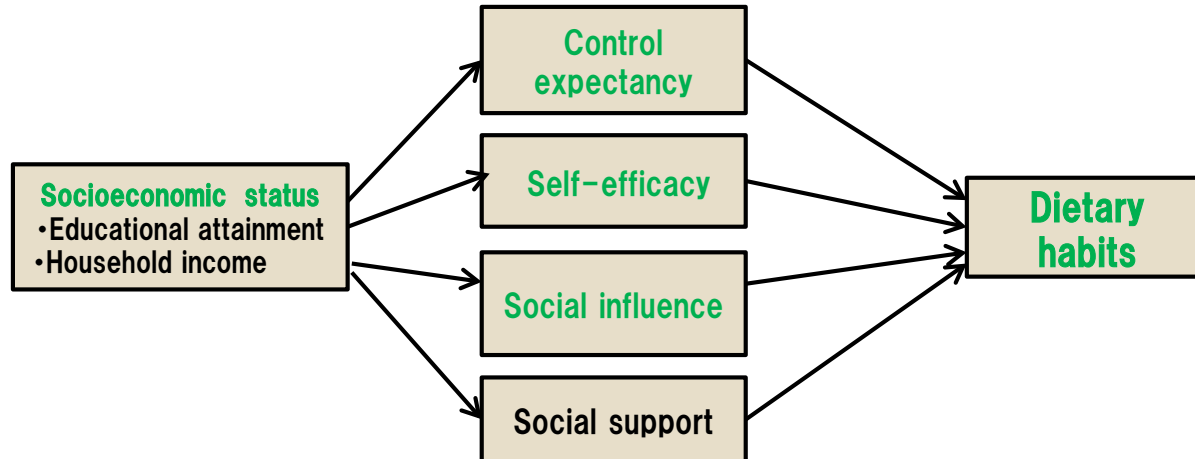
## Mechanisms for the occurrence of health disparities

- **Materialistic mechanisms**
- **Behavioral mechanisms**
- **Psycho-cognitive mechanisms**
- **Political dynamics mechanisms**



# What mediate the associations between socioeconomic status and older adult health habits?

Psycho-cognitive mediators between socioeconomic status and dietary habits among Japanese older adults



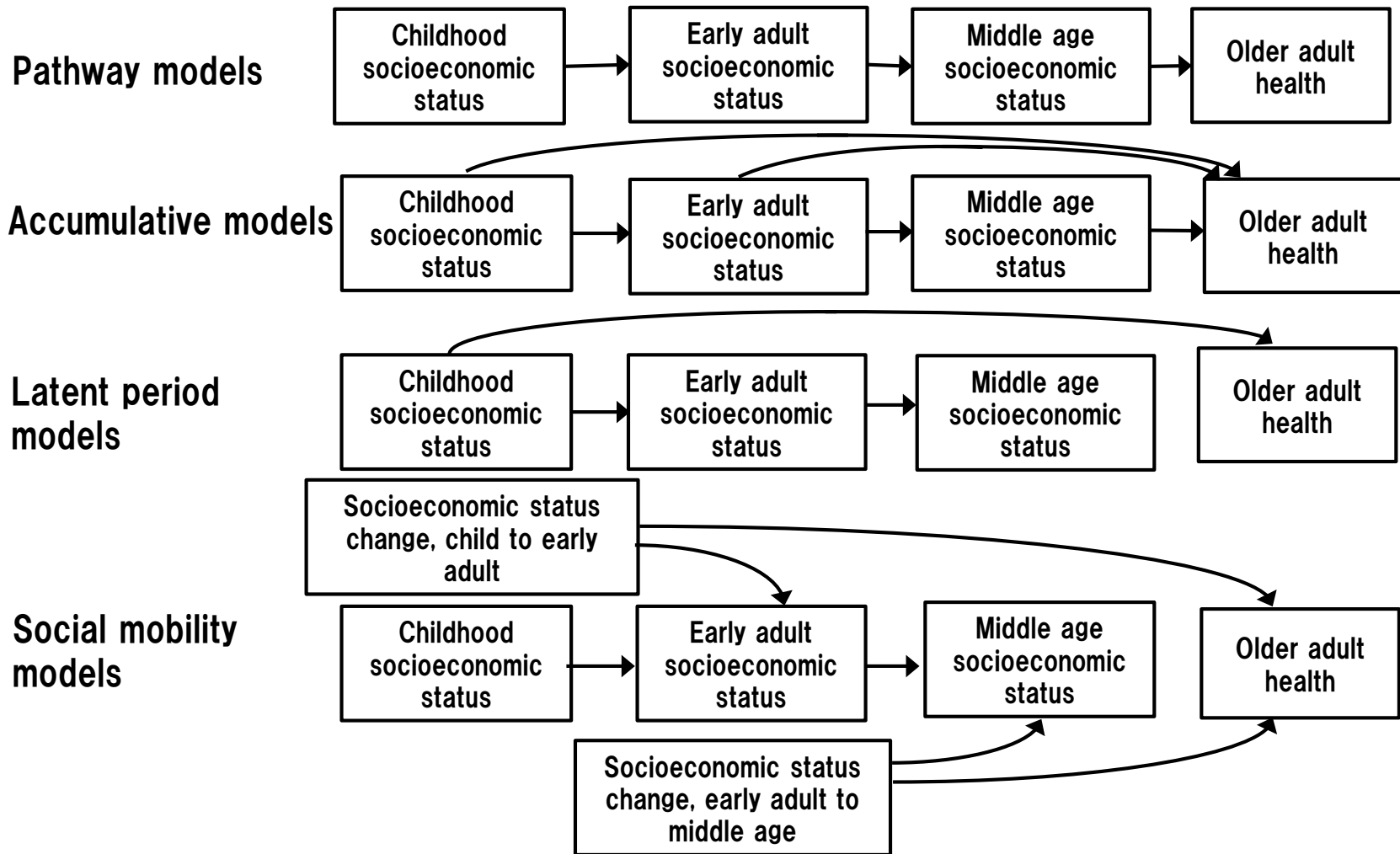
Effects of educational attainment

Total :	.14	
Direct:	.01	
Indirect:	.13	
Control expectancy:		.03
Self-efficacy:		.03
Social influence:		.06
Social support:		.00

Note: Green numbers indicated statistically significant regression coefficients.

Source: Sugisawa et al (2015)

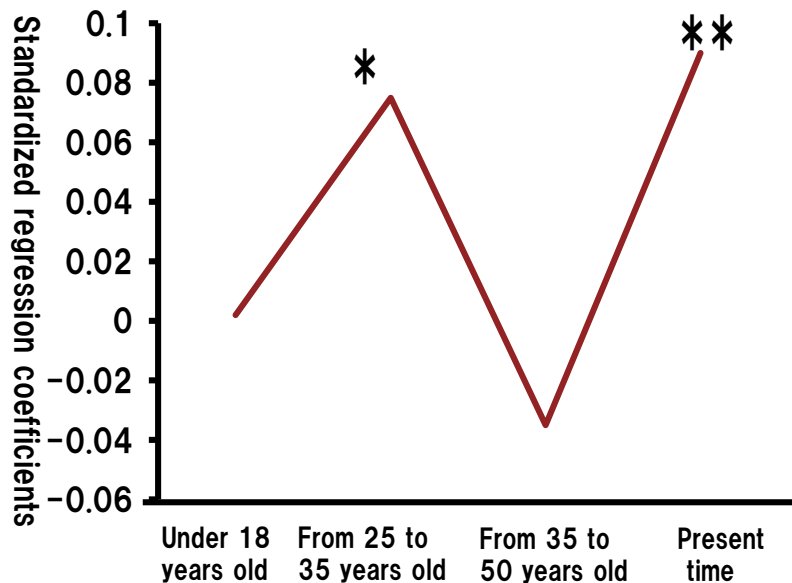
# Causal diagrams for alternative etiologic timing models linking between life-course socioeconomic status and older adult health



Source: Sugisawa created this figure based on a article written by Glymour et al. (2002)

# Financial strains over life course influence on older adult health (1)

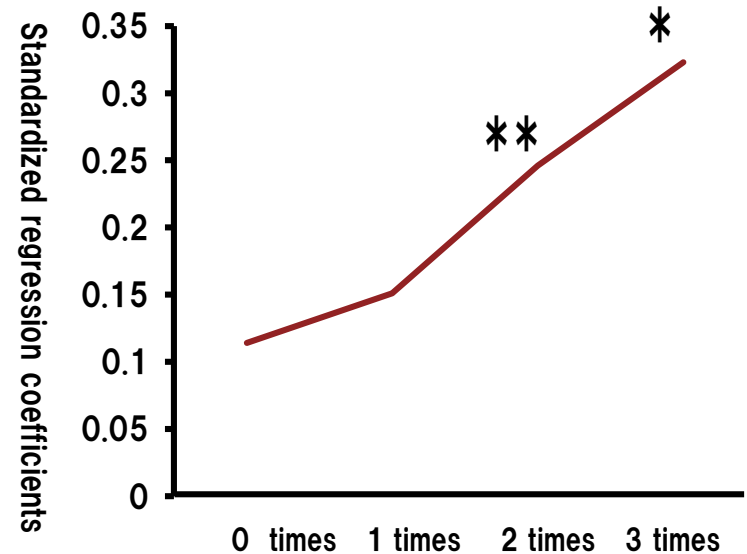
Influence of periods of financial strains over life course on comorbidity



Note1: These were results after controlling influences of other periods of financial strains and confounding variables.

Note2: \*: P<.05, \*\*: P<.01

Influence of frequencies of financial strains over life course on comorbidity



Note1: Reference category was 0 times.

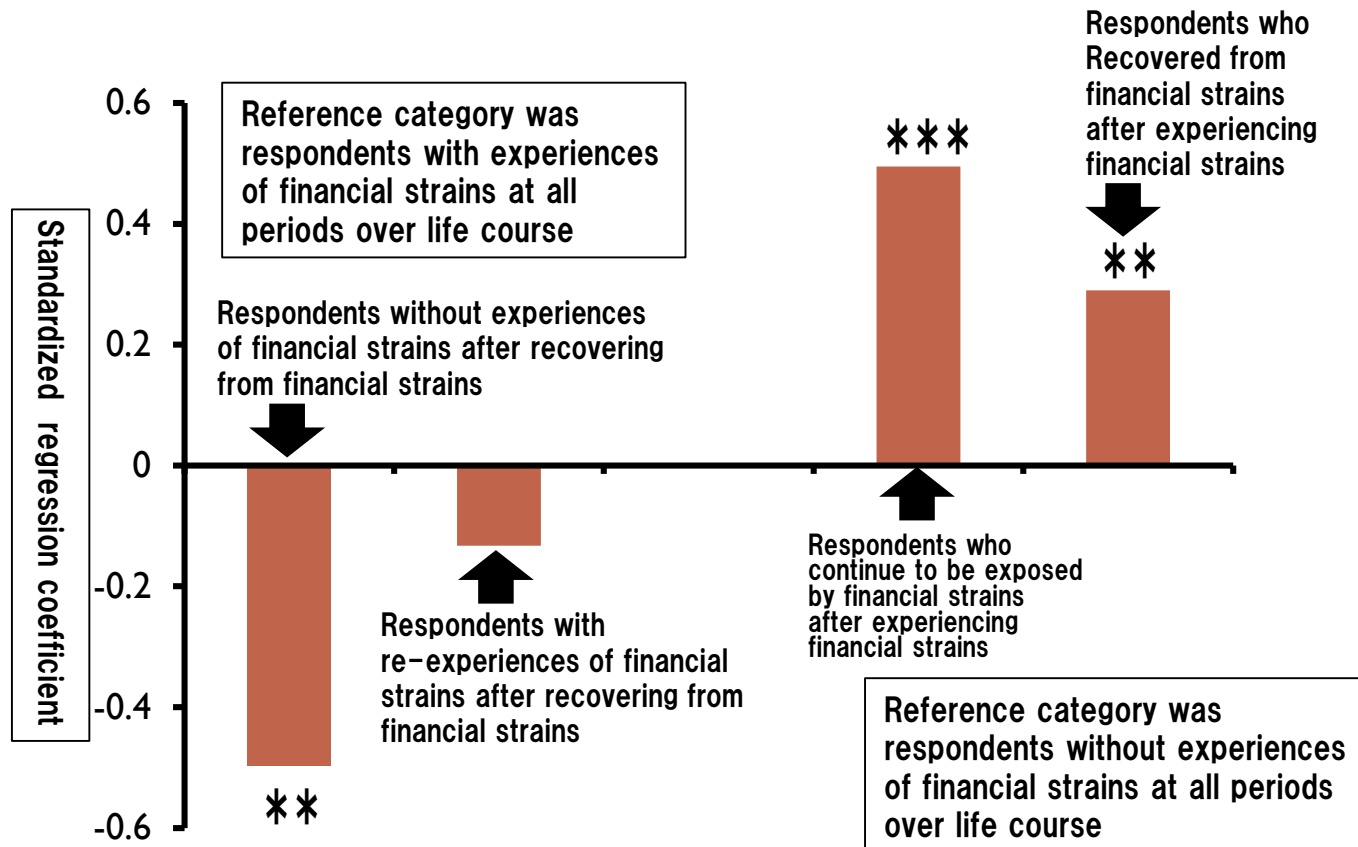
Note2: These were results after controlling influences of confounding variables .

Note3: \*: P<.05, \*\*: P<.01

Source: Sugisawa et al (2018)

# Financial strains over life course Influence on older adult health (2)

Influences of changes in financial strains over life course on depressive symptoms of older adults



Note1: These were results after controlling influences of confounding variables

Note2: \*: P<.05, \*\*: P<.01

Source: Sugisawa, et al (2018)

# Summary

- **There are socioeconomic disparities in older adult health in Japan.**
- **Socioeconomic disparities in health reduce by aging.**
- **Socioeconomic disparities in older adult health change by period.**
- **The associations between socioeconomic status and health habits are mediated by psycho-cognitive factors.**
- **Older adult health is influenced by socioeconomic status over life course.**



**Thank you very much for  
your kind attention**