

# Factors with Healthy Life Expectancy and Over 90years in a Population of Older Persons Living in Longevity Areas in Japan

Akira Kimura Ph.D. Gunma Paz University, JAPAN

**Aim:**  
The elderly population of Ogimi Village, Okinawa, has seen a **decline in life expectancy since the 2010s**, but **healthy life expectancy has been rising**. We are analyzing Walk Score, arteriosclerosis, and sarcopenia-related factors to identify key associations.

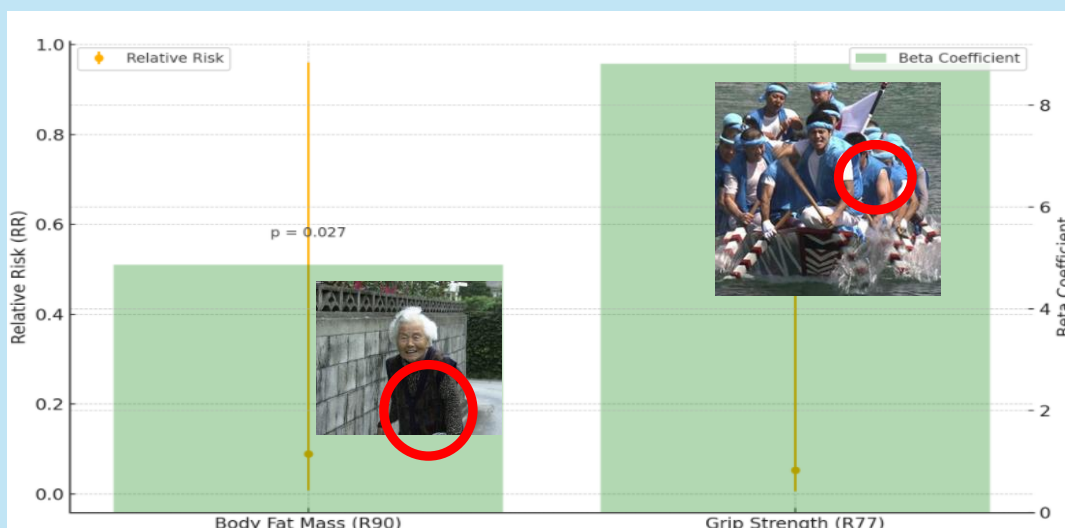
**Methods:**  
Participants (n=50 / 255 aged 75 or older) were elderly residents of Ogimi Village (N=3321) as of September 2023. The study utilized physical measurements and Walk Score to assess living environment factors. Outcomes included healthy life expectancy for Japanese individuals over 77 years (R77) and 90 years (R90), as well as BMI, muscle mass, body fat percentage, grip strength differences, and pulse wave velocity. Adjusted odds ratios were calculated using logistic regression.

**Results:**  
**Walk Score: 7 to 8** out of 100. **No significant association** was found between Walk Score and arteriosclerosis-related factors among the elderly population in Ogimi Village.

For R90, body fat mass (RR: 0.089,  $p = 0.027$ ) was significant. For R77, grip strength (RR: 0.053,  $p = 0.003$ ) was significant.

## Relative Risk, Beta Coefficients and p-values

For R90  
and R77



**Discussion:**  
In this long-lived population, **muscle strength and body fat percentage** are key factors in exceeding healthy life expectancies of 77 and 90 years, despite trends of shorter life expectancy.