

Table 2. Changes in SOC over time.

	Baseline		Time 1		Time 2		Time 3		Main effect		Interaction
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	Group	Time	Group × time
Sense of coherence											
Intervention	65.12	8.71	70.38	10.70	71.04	11.33	72.19	10.12	1.06	7.51**	2.64 [†]
Control	66.57	10.57	67.11	9.11	68.41	9.24	68.52	9.21			
Comprehensibility											
Intervention	24.35	4.02	26.96	4.71	26.65	5.37	27.12	5.09	0.36	6.73**	1.34
Control	24.93	4.57	25.48	4.50	26.11	3.95	26.48	4.25			
Manageability											
Intervention	18.96	3.36	20.35	4.03	20.77	3.77	21.38	3.32	0.41	4.66**	1.89
Control	19.50	4.12	19.96	3.09	20.26	3.71	19.93	3.67			
Meaningfulness											
Intervention	21.81	3.62	23.08	3.51	23.62	3.51	23.69	3.06	2.50	2.92*	3.45*
Control	22.15	3.41	21.67	3.25	22.04	3.38	22.11	3.17			
Geriatric depression											
Intervention group	2.19	1.77	1.85	1.54	1.85	1.71	1.88	2.05	3.21 [†]	0.77	0.13
Control group	2.87	2.48	2.70	2.42	2.69	2.42	2.50	2.05			

Note: [†] $p < .10$, * $p < .05$, ** $p < .01$.

The mediating effect

In the multiple mediation analysis (Table 3), the total effect of participation in the intergenerational program on depressive mood through three mediators was significant ($\beta = .26$, $p = .023$). Specifically, our analyses showed that participation in the intergenerational program was positively associated with sense of manageability and

sense of meaningfulness ($\beta = -.29$, $p = .017$; $\beta = -.35$, $p = .005$); in turn, only sense of meaningfulness was positively correlated with depressive mood ($\beta = -.45$, $p = .001$). When controlling for sense of meaningfulness, the overall direct effect of program participation was reduced. The bootstrapped 95% confidence intervals for sense of meaningfulness and sense of manageability (but not sense of comprehensibility) did not encompass zero, showing that the indirect effects of the intergenerational program on depressive mood through sense of meaningfulness were significant.

Table 3. Mediating effects of sense of meaningfulness on the relationship between depressive mood and intergenerational program.

	β	<i>SE</i>
IV (intergenerational program) to mediators		
Sense of comprehensibility	-.16	.12
Sense of manageability	-.29*	.12
Sense of meaningfulness	-.35**	.12
Mediators to DV (depressive mood)		
Sense of comprehensibility	.15	.14
Sense of manageability	-.23 [†]	.13
Sense of meaningfulness	-.45**	.11
Total effect of IV on DV		
Intergenerational program	.26*	.11
Direct effect of IV on DV controlling mediators		
Intergenerational program	-.06	.10
Bootstrapped 95% confidence intervals		
	Lower	Upper
Sense of comprehensibility	-.14	.01
Sense of manageability	-.01	.19
Sense of meaningfulness	.04	.39
Fit statistics	$R^2 = .50$; $F(12,67) = 5.46$, $p < .01$	

Note: IV = independent variable; DV = dependent variable. [†] $p < .10$, * $p < .05$, ** $p < .01$.

Discussion

This study investigated whether participation in the REPRINTS intergenerational program affected elderly participants' depressive mood by strengthening their SOC. Results show that the SOC of participants in both groups increased for three years. Though the participants in the control group were recruited from various kinds of social activity clubs other than the REPRINTS program, their SOC could be effectively improved thorough via meaningful and coherent life experiences during the course of the study. Specifically, compared with those who did not participate in the intergenerational program, participants of the REPRINTS program had strengthened sense of meaningfulness.

Antonovsky (1987) indicated that sense of meaningfulness is the most important concept of SOC and suggested that steps should be taken to strengthen it. He proposed four factors to develop sense of meaningfulness: feelings, interpersonal relationships, employment, and existential value. Elderly volunteers in the REPRINTS program spent substantial energy in transmitting their knowledge and experience to children by reading picture books, which likely enhanced their feelings related to their existential value. Therefore, it appears that REPRINTS

activities meet the criteria for strengthening an individual's SOC.

According to Erikson's lifespan ego-development task theory, intergenerational exchanges are an opportunity to develop 'generativity', which is important for later adulthood. This means that the development of generativity is one of the motivators for getting involved in intergenerational programs and it is possible that elderly volunteers of the REPRINTS program strengthened their sense of meaningfulness by developing their generativity with children. Results of this study also indicate that sense of meaningfulness mediated the impact of participation in the intergenerational program on depressive mood. Though there was no change in depressive mood for both groups for three years, it is possible that participation in the REPRINTS program would reduce the risk of depressive mood among the elderly due to their greater sense of meaningfulness over several years. This finding supports that of a previous study, which showed a relationship between SOC and depression (Lundman et al., 2010; Mellqvist et al., 2011; Skärsäter et al., 2009). Sakano and Yajima (2005) also showed that sense of meaningfulness has a strong positive effect on depressive mood of university students, thereby further supporting Antonovsky's view of the importance of this factor (Antonovsky, 1987). Additional studies are required to further examine the chronological change of depressive mood and SOC gained through participation in intergenerational programs by elderly people.

Finally, we must consider the factors unique to the REPRINTS intergenerational program that may have contributed to the observed effects. Kaplan (2002), an expert in intergenerational programs, insisted that the 'depth of intergenerational engagement' continuum provides a valuable framework by which to conceptualize, categorize, and understand the impact of intergenerational programs. According to this concept, it is appropriate to provide more intimate intergenerational exchange if the intergenerational program aims to change attitudes about other age groups, build a sense of community, enhance self-esteem, and establish nurturing intimate relationships. The REPRINTS program was developed through cooperation with local coordinators, senior volunteers, and teachers from the community. Its collaborative nature ensures the longevity of the program. Thus, it creates the best possible environment for positive and long-lasting benefits for its participants, through intense intergenerational exchange with children.

However, in reality, intergenerational programs are developing slowly and the bulk of current intergenerational programs in local Japanese communities are non-continuous events (Murayama et al., 2013). In another words, it is a challenge to create and implement long-term intergenerational programs that provide a setting for the elderly to connect and establish lasting relationships with children within the community.

While our study results offer support for the effect of intergenerational programs on mediating depressive mood in an elderly population by strengthening their SOC, there are limitations to consider. First, given our participant

sample, generalizability is restricted to active and relatively wealthy elderly people in three specific areas of Japan. Second, the sample size was small and the subjects were not randomized. Future studies recruiting elderly people from various social economic conditions to address this concern are expected to further validate our findings using a random sampling technique.

With regard to the study method, quantitative research techniques do not consider the function of intergenerational programs in strengthening SOC. Thus, the process and mechanism by which participation in such programs affects the mental health of elderly people are not quantifiable. To address this limitation, future studies should focus on investigating intergenerational relationships via qualitative methods as well.

With respect to data analysis, the results of our mediation analysis were correlational in nature. Thus, we were unable to show causality between the variables. Our future studies are expected to assert greater control over the mediation variables using latent growth curve modeling with panel data to investigate the mediated effect of SOC on depressive mood through the intergenerational programs.

Overall, the findings of this study suggest that participating in intimate intergenerational exchange with children have positive influence on developing a strong SOC of elderly people, which can prevent depressive mood.

Recently, elderly people have begun participating in small social networks (Anderson, 2001). Given these circumstances, intergenerational programs would be key health promoters among elderly people by not only decreasing the risk of social isolation and loneliness, but also by strengthening potential intergenerational ties among communities.

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通じたソーシャル・キャピタルの醸成調査から～

（東京保健所）

通じた住民組織との協働を通じたソーシャル・キャピタル（以下、SC）の醸成に関する実態調査と先進事例12自治体への訪問調査による調査結果を得た。1) 先進事例の分析から、住民組織の醸成・活用には、市内全域に存在し、「活動の場」と「活動の場」を提供され、住民が参加した住民組織を活動の基盤（プラットフォーム）とすることが有効と考えられた。2) こうした健康づくり推進員等を有する自治体に推進員等は87.3%、愛育班等は9.8%、29.4%で、いずれも都道府県によって設け方に評価に大きな差異を認めた。3) 住民組織の分野数は、都道府県により1.7分野から5.5分野を認め、協働分野が多い自治体ほど、住民の絆を深めていた。4) 住民組織との地域健康課題の共有、活動目的等の共有と成果のアピール、保健福祉計画の推進への連携、健康づくり推進協議会等が機能して醸成に重要であった。5) こうした住民組織は、有意な影響を及ぼしていた行政の協働での保健事業におけるSCの位置づけ、住民健康課題についての情報提供（特に、住民の生活、市内他部署との協議機会、住民組織への組織の育成・支援・協働に関する研修機会）が認められ、県型保健所の支援が、協働体制の醸成に重要であった。6) 住民組織の支援・協働に関する研修は25.6%で、住民組織の育成・支援に関する自治体はわずか6.9%であった。7) これらの結果によって大きな差を認めたことから、県毎の「モデル」を作成し、各都道府県の住民組織との「モデル化」を試みた。8) 社会環境の変化を踏まえて、支援・協働にかかる指針や手引きの作成と活用した研修プログラムの開発が急務と考え

を経て、1992年より行政に転身し、1994年より大分県に、4保健所長を兼任し、保健所研究センター長、保健所対策課長、保健所長として勤務している。

ソーシャル・キャピタルの概念に基づく住民活動の類型化とその評価

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【目的】本研究班の目標は多様な地域において汎用性がある「ソーシャルキャピタル（以下、SC）を活用した地域保健事業マニュアル（仮称）」を作成することである。本年度は地域のSCの向上に寄与していると思われる優良事例を収集し、その事業を実施する要件や手順を検討し基礎資料を作成することを目的とした。

【方法】研究の枠組みは1部「SCのコミュニティ間比較に向けた理論基盤の構築」、2部「SC理論のベンチマークに基づいた優良事例の多面的評価」、3部「特徴的な地域、対象者属性、テーマについてのSCの深掘り」の三部から構成されている。

【結果】1部については、コミュニティが持つSCを、レベル（ミクロ、メゾ、マクロ）、ネットワークの性質（結束型vs橋渡し型）、一般的信頼と特定化信頼の程度、規範の程度（例えば一般的vs特定化互酬性）の4つの観点からベンチマーク化ができる可能性が示めされた。2部については、横浜市、滋賀県他3市区の保健師等を対象に郵送調査（一次調査）を実施し、地域のSCを活用した697件の優良事例を収集した。（1）活動範囲が広いほどメンバーや関わる人・団体が増加している、（2）活動場所が多いほど関わる人・団体が増加している、（3）メンバーの年齢層が多様であるほど様々な地域資源を活用していること、（4）活動継続年数が長くなるほど活動に対する地域住民の信頼が高くなっていること等が明らかになった。優良事例を抽出するために各事例を得点化したところ、上位の優良事例は、相対的に構造的SCの得点が高かった。一次調査により抽出された優良団体に対して聞き取り（二次調査）を行った結果、一次調査と同様に、優良事例では組織体制や役割、責任が明確であった。以上から、構造的SCは、活動の強化や維持において重要であった。3部については、島嶼の小規模集落と首都圏ベッドタウンという文化の異なる地域比較や退職後男性、自殺予防といった特徴的な事例を深掘りした結果、それぞれ、保健師の支援、役割の獲得、緩やかなつながりの重要性が示された。

【結論】構造的なSCは、住民による地域保健活動の強化や維持において重要である。一方、認知的SCは、保健師などの第三者による評価が難しく、実務者がより客観的に活動を評価できる基盤と方法を検証する必要があることがわかった。これらをもとに、実務者による活動の強化や支援方法を提示することが求められる。

(OR=2.6)のみが有意の危険因子であった。SWML に関しても中年群では独立した因子はなく、高齢群で高血圧 (OR=2.1) および CKD (OR=2.1) が独立した危険因子であった。MBs に対しては中年群で CKD (OR=4.2) が危険因子であり、高齢群 (OR=2.4) でもその傾向を認めた。【結論】無症候性脳病変に対する CKD の影響は高齢者において特に大きく、高齢者における腎機能の保護が脳卒中の一次予防に重要である事が示唆された。

E-5

慢性心不全高齢患者における心臓リハビリテーションの予後改善効果

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【目的】近年増加傾向にある高齢慢性心不全患者は入院の長期化や高い再入院率および死亡率が問題である。入院を繰り返す高齢慢性心不全患者において、入院早期の心臓リハビリテーション (心リハ) の導入により、日常生活活動能力が向上し、入院日数の短縮と再入院の回避がえられるかを検討した。【方法】2011 年 1 月 1 日から 2012 年 12 月 31 日までの 2 年間に当科に入院し、かつリハビリテーション介入を行った 70 歳以上の高齢心不全患者 201 例のうち複数再入院し、かつ入院中に心リハの介入の有無を認めた 31 例 (男性 17 例, 84.6±5.5 歳) を後ろ向きにクロスオーバー法で検討した。心リハの指示は主治医の判断とした。両群とも退院日を起点として、2013 年 8 月までの心事故を観察した。【結果】心リハは入院 7.9±7.4 日目に開始した。心リハ介入入院の先行が 12 例であった。心不全の病因は虚血性 11 例、弁膜症 16 例、心筋症 4 例で、ペースメーカー移植後 6 例、植え込み型除細動器 4 例、除細動器付き両心室同期療法 2 例であった。入院時の BML 血中ヘモグロビン、アルブミン、クレアチニンは両群間で同等であった。心リハ介入時の方が入院時の血中 BNP 値は有意に高く (心リハ介入時 1136.0±685.2、非介入時 859.9±600.0 pg/ml)、左室駆出率は有意に低かった (41.8±12.0、44.1±12.5%)。入院日数は両群間に差はなかったが (心リハ介入時 26.7±11.1、非介入時 22.0±17.2 日)、心リハ介入時の方が、退院時の Barthel Index が有意に大きく (64.4±2.6 対 48.3±2.5%)。退院時の Barthel Index が有意に高く (80.2±14.5 対 73.7±18.9)。再入院回避生存率が有意に高かった (Log rank 6.2654, p<0.05)。【結論】慢性心不全高齢患者における入院早期の心リハ介入は、入院日数の短縮は得られなかったが、退院時の身体活動能力を向上させ、その後の再入院を回避でき、心不全の予後改善に極めて有益である。

E-6

認知機能低下が高齢者のソーシャルキャピタル劣化に及ぼす影響

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【目的】近年、地域における高齢者の安心・安全な生活を支援する上で、地域の信頼感や互恵性といった潜在力「ソーシャルキャピタル」(以降 SC, Putnam, 1993) の醸成が注目されている。本研究の目的は認知機能レベルが SC への認識に及ぼす影響を明らかにすること。【方法】東京都板橋区某 9 町内在住の 65 歳~84 歳の男女全 6,699 人に対して高齢者健診への案内状を送付した。2011 年 10 月に参加希望者 876 名を対象にして認知機能: MoCA-J (日本版 Montreal Cognitive Assessment) (Fujiwara et al. 2010)、MMSE、認知的 SC (信頼感: 近隣の人々は信頼できる、結束力: 近隣の人々は結束が強い、各思う又は、思わない、Sampson & 桜美林大加齢・発達研究所)、老研式活動能力指標、抑うつ尺度 SDS (Self-rating Depression Scale) 等について初回調査 (T1)、1 年後に再度調査 (T2) を行った。【結果】T1、T2 ともに受診した者は 498 人 (男性 42.4%, 73.0±4.7 歳) であった。内訳は健康者 (T1 における MoCA-J ≥ 26 又は MoCA-J < 26 かつ IADL 障害なし、かつ記憶愁訴なし) 157 人、操作的 MCI (MoCA-J < 26 かつ IADL 障害なし、かつ記憶愁訴あり又は MoCA-J < 26 かつ IADL 障害あり) 311 人、中・重度低下者 (MSCI) 30 人であった。多重ロジスティック回帰分析 (交

絡要因: 性、年齢、教育年数、老研式活動能力指標、SDS を調整済み) を用いて T1 から 1 年後に認知的 SC が劣る予知因子を求めた結果 (健康者を基準カテゴリー)、信頼感 (MCI: OR 3.65, 95% CI = 0.43-30.99; MSCI: OR 15.49, 95% CI = 1.21-197.57)、結束力 (MCI: OR 3.31, 95% CI = 1.40-7.86; MSCI: OR 4.65, 95% CI = 1.13-19.16) であった。【結論】認知機能低下者は SC への認識が劣りやすく、孤立・閉じこもりへと至る可能性がある。

E-7

骨格筋量と腰痛一四肢および体幹筋の腰痛に与える影響—

国立長寿医療研究センター

酒井義人, 原田 敦, 伊藤定之

【目的】加齢により腰痛の頻度は増加するものの効果的な予防法はない、不可逆的な変化の多い脊椎変性において、予防的観点から体幹筋の重要性は疑いが無いが、体幹筋減少や筋力と腰痛の関連は明らかではない。今回高齢者の腰痛と筋量との関連を、体幹筋減少の起こりうる腰痛術後の患者について調査した。【方法】腰部脊柱管狭窄症で手術を行った 65 歳以上の 233 例 (男性 128 例, 女性 103 例, 平均年齢 73.0±6.2 歳, 65~91 歳) を対象とした。術前後の腰痛を VAS, JOA スコア, Roland Morris Disability Questionnaire (RDQ) で、ADL を Euroqol quality of life scale (EQ-5D) を用い、四肢筋量は dual-energy X-ray absorptiometry (DXA 法) で補正四肢筋量を求め、体幹筋量は MRI で脊柱起立筋と多裂筋断面積を計測した。【結果】術前の腰痛は 48.5%、サルコペニアは 23.6% に認められた。腰痛群では有意に補正四肢筋量が低く、特に下肢筋量で有意差を認めた。多裂筋断面積では有意差を認めなかった。サルコペニアでは腰痛 VAS, RDQ では有意差を認めなかったが、EQ5D ではサルコペニアにより有意に低下していた。術後 1 年で腰痛評価と MRI 及び DXA を再検査した 170 例では、腰痛は術後 23.7% と有意に減少した。四肢筋量と多裂筋は有意な減少を認めたが、脊柱起立筋は認めなかった。四肢筋量低下と腰痛改善が関連あり、多裂筋断面積の低下は腰痛改善に影響を与えていなかった。【結論】Type II 線維の萎縮を主とするサルコペニアはその筋組成から、体幹よりも四肢に起こりやすく、腰痛の発生にも少なからず影響を与えていることが予測された。また術後の腰痛改善においても、四肢筋量の減少は手術侵襲によると思われる多裂筋の萎縮よりも与える影響は大きく、リハビリテーションのあり方にも一石を投じた。

E-8

慢性心不全における脳の構造・機能に関する臨床研究 (B-HeFT)

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【目的】心不全は、うつや認知機能の低下と関連のある高齢者に多い循環器疾患である。本研究の目的は、慢性心不全患者において、海馬の脳血流量がうつ症状や記憶力と相関があるか検討することである。【方法】慢性心不全における脳の構造・機能に関する臨床研究 (B-HeFT) (UMIN000008584) において、Stage 分類 B 群 (65.0±1.7 歳、心不全既往のある心臓病患者) 及び C 群の心不全患者 (66.8±1.4 歳、心不全既往の無い心臓病患者) 各 40 名を登録した。一次エンドポイントは脳血流量を設定し、本研究では核磁気共鳴画像法 (MRI) を用いて前方から後方に四分割した海馬の脳血流量を測定した。また、高齢者用うつ尺度 (GDS)、ウェクスラー記憶検査 (WMS-R)、採血検査によりうつ症状、記憶力、血清脳由来成長因子 (BDNF) を測定し、海馬の脳血流量、BDNF とうつ症状、記憶力との相関を調べた。【結果】脳血流量 (ml/100g/min) は最後方の海馬分画において Stage C 群で有意な低下を認め (Stage C, 37.4±3.8 vs. Stage B, 39.4±3.8, P=0.022)、一次エンドポイントを達成した。GDS 値は有意に Stage C 群で高かったが (Stage C, 4.4±0.4 vs. Stage B, 3.2±0.4, P=0.025)、WMS-R 値は Stage C 群で低いが有意ではなかった (Stage C, 17.4±1.2 vs. Stage B, 19.8±1.3, P=0.187)。BDNF 値 (pg/ml) は有意に Stage C 群で低く (Stage C, 212±26 vs. Stage B, 409±63, P=0.004)、Stage C 群において WMS-R 値と有意な正

SOCIAL RELATIONSHIPS OF OLDER ADULTS WITH INTELLECTUAL DISABILITIES FROM A LIFE COURSE PERSPECTIVE

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Background: Research demonstrates that the quality of social relationships affects the health of aging persons (Antonucci, Ajrouch, & Birditt, 2014). Persons with intellectual disabilities (ID) live increasingly longer lives (Factor, Heller, & Janicki, 2012). These individuals need ongoing support as they age but tend to have fewer friends than their nondisabled, aging counterparts (Bigby, 2002). The current study will 1) explore how the social relationships of older adults with ID develop and change across the lifecourse and 2) advance the limited knowledge base on the experiences of aging of this population. Method: A process of paired recruitment was employed to generate a purposeful sample of 10 adults with ID (age 50 and over) and one key support person as a proxy for each participant. Data collection involved two stages: 1) in-depth qualitative interviews with key supports persons that generated life histories and social network maps (Antonucci, 1986) of the persons with ID and 2) in-depth qualitative interviews directly with the persons with ID. A vertical timeline of key events in the life history of participants (Caldwell, 2010) served as a visual cue in the second stage of data collection. All interviews were transcribed and transcripts were coded for dominant themes through an iterative analytic process. Results and conclusions: The social relationships of older adults with ID were significantly impacted by their residential history. Other factors included educational history, the family's socio-economic status and health or functional status. Implications for future research and policy development and enhanced practice will be addressed.

HEALTH STATUS AND GEOGRAPHIC LOCATION: THE ROLE OF SOCIAL SUPPORT

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Previous literature identifies the positive effect social support can have on health. However, social support is not typically addressed as it relates to health differences between urban and rural residents. This study advances the literature by examining the role of social support, as well as by distinguishing suburban residents from urban residents. The purpose of this study was to investigate whether self-reported health differences exist among older adults living in urban, suburban, and rural environments. We also examined the role of social support in the relationship between self-reported health and living environment. The data used in this study was obtained from the 2010 Leave Behind Questionnaire from the Health and Retirement Study (HRS), a nationally representative sample of older adults in the United States. Our sample consisted of 7995 older adults (50+) living within the community. Using a logistic regression, results indicate that prior to controlling for social support, urban and suburban older adults have significantly better health than rural residents. However, after including social support variables in the model, significant differences in self-reported health do not exist among older adults living in urban, suburban, and rural areas. These results highlight the importance of social support as a factor mediating the effects of geographic residence on the health status of older adults.

EFFECT OF INTERGENERATIONAL PROGRAMS BETWEEN PRIMARY SCHOOL CHILDREN AND SENIOR VOLUNTEERS ON THE SELF-EFFICACY OF CHILDREN

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Objectives: This study examined the effects of an intergenerational program between 6th grade primary school students and senior volunteers on self-efficacy of children in Japan. Description of the intergenerational program: 29 senior volunteers (Mean [\pm SD] age, 70.0 \pm 5.5

years) were assigned to 85 students of a primary school in Kawasaki City in June 2012. The senior volunteers instructed the students how to read picture books to other students. On the final day of the program, the students read picture books to the 1st grade students. Methods of the program evaluation: Baseline survey was conducted for the 85 students who took the program. The students were asked to evaluate their self-efficacy using the Likert 4 point agree/disagree scale for 10 items. After the completion of 7 periods (days?) of the program, we conducted a follow-up survey asking the same questions. We used analysis of covariance (repeated-measures design) with 'class' and 'sex' as covariates. Results: First, we divided the total self-efficacy scores into lower and higher groups because we expected an effect of this program on children with lower self-efficacy. Comparison of the total scores of self-efficacy between baseline and follow-up surveys revealed that self-efficacy scores of the higher group did not significantly improve ($F(1,41) = 1.16, p = .287$), but those of lower group significantly improved ($F(1,34) = 6.23, p = .018$). Conclusion: The intergenerational program can be effective for improving self-efficacy of primary school students.

DO FOREIGN DOMESTIC WORKERS POSITIVELY IMPACT CAREGIVING OUTCOMES? THE CASE OF SINGAPORE

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Foreign domestic workers [FDWs] play an intrinsic role in providing instrumental support to family caregivers in Singapore, who can afford such help. We aim to replicate another study, which found that the presence of FDWs was beneficial to family caregivers' well-being in Singapore. Using cross sectional data from a convenience sample of 500 caregivers, we examine the impact of the presence of and satisfaction with the work of FDW on caregiving outcomes, specifically caregivers' self-rated health, satisfaction with family harmony, and perceived caregiving gains. We regressed these outcome variables separately on whether or not caregivers hired an FDW and, if such help was present, how satisfied caregivers were with their FDW. In our multivariate models, we controlled for caregiving demands along with a set of caregiver and care recipient demographic variables. Twenty six percent ($n=132$) of family caregiver had employed an FDW and 69% ($n=91$) reported that the FDW's main responsibility was to help with the caregiving tasks. The presence of an FDW in itself was not significantly related to any caregiving outcomes of interest. However, caregivers who were more satisfied with their FDW reported significantly better health than those who were less satisfied. Satisfaction with an FDW was otherwise not related to other caregiving outcomes. Our findings highlight the importance of perceived instrumental social support from an FDW on caregivers' health. Considering their vital roles in supporting family caregivers, we need to also examine the caregiving experience from the perspective of the FDW.

BUILDING A WORKPLACE ELDERCARE PROGRAM RESPONSIVE TO CHALLENGES OF ADULT CHILDREN CAREGIVERS

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Some forward-thinking businesses began programs 30 years ago to support employees caring for aging parents. The Duke Employee Elder Care Consultation Program was piloted in 1999 after an annual employee survey revealed increases in eldercare concerns in relation to childcare. Currently, 42% of the Duke workforce is > 50 years old, with an increasing proportion of employees confronting new challenges in balancing work with eldercare responsibilities. The Duke Elder Care Consultation Program offers employees (and their families) an immediate free confidential consultation with a social worker addressing their questions, setting family-centered priorities, and providing specific information and referrals. The consultation becomes an entry point for

resources that people can draw upon when they encounter challenges or stressors. Guided by Fredrickson's broaden and build theory of positive emotions and Zautra's dynamic model of affect, the current study examines the relation between resilience and well-being for people with high and low abilities to regulate positive emotions (i.e., savoring). A sample of 164 (74% female) older adults living in a large metropolitan area participated in this study. Participants were recruited from a continuing care retirement community and senior cafés in the surrounding area. Participants completed a survey measuring resilience, savoring, happiness, depression, and satisfaction with life. In older adults, higher resilience and greater ability to savor positive experiences were both independently associated with greater happiness, lower depression, and more satisfaction with life (i.e., greater psychological well-being). The relation between resilience and participants' level of psychological well-being depended on their level of savoring. For people with high savoring beliefs, there was no relation between resilience and psychological well-being. In contrast, people with low savoring beliefs who had high (vs. low) resilience reported greater happiness, less depression, and more satisfaction with life. Lower savoring beliefs tend to be associated with more negative outcomes; however, high resilience appears to buffer or protect against these poor outcomes. These findings have implications for the development of positive interventions to enhance resilience in older adults.

THE PROPORTIONAL POSITIVES OF PURPOSE: EXAMINING ITS LONGEVITY BENEFITS ACROSS ADULTHOOD

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Research consistently demonstrates that purposeful individuals experience better emotional, psychological, and physical wellbeing. However, it is as yet unclear whether these benefits hold across demographic and developmental groups. Moreover, research is needed that compares purpose to other positive indicators when predicting major outcomes such as mortality risk. For instance, are the benefits of purpose reducible to simply experiencing more positive emotions or relationships with others? Using data from the MIDUS study of U. S. adults (n = 6163; mean age = 47 years), we examined whether the hazard risks associated with purposelessness differed by age or retirement status. Findings suggested that purposeful adults tend to experience longevity benefits across different age groups, as well as before and after retirement. In other words, the value of purpose appears proportional across adulthood. Furthermore, purpose remained a significant predictor of mortality risk even when controlling for known correlates, such as positive affect, negative affect, and positive relations with others. As such, the link between purpose appears robust across adulthood, and when considering multiple alternative explanations.

FACTORS ASSOCIATED WITH NEGATIVE ATTITUDE TOWARD CHILDREN AMONG THE ELDERLY

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Several studies show that some elderly express the negative attitude toward children through intergenerational exchange. However, little is known about the factors associated with the negative attitude. The objective of this study was to investigate the factors associated with negative attitude toward children among the elderly. A questionnaire survey was conducted to 3,545 older adults. Finally, total of 2,657 participants were included for data analysis (mean age [SD], 72.5 [5.5] years). We used three items to measure negative attitude toward children, which was selected through interview research for elderly (Cronbach's alpha, 0.65). We examined the relationship between negative attitude toward children and variables, and conducted multiple linear regression analyses using significant factors as perceived health status, past medical his-

tory, social role and volunteer experience as the independent variable, and the negative attitude toward children as the dependent variable controlling for sociodemographic variables. The analyses were conducted separately for men and women. The results show that the social role was negatively associated with negative attitude toward children of men and women. On the other hand, volunteer experience was negatively associated with negative attitude toward children of men, and perceived health status and past medical history was negatively associated with attitude toward children of women. These results suggest that social role may be essential factors for elderly to express negative attitude toward children. Furthermore, participation in volunteer activities for elderly men and health promotion activities for elderly women may likely to reduce negative attitude toward children and promote intergenerational exchange.

HOW COULD LAY PERSPECTIVES ON SUCCESSFUL AGING COMPLEMENT SCIENTIFIC THEORY? FINDINGS FROM A US AND A GERMAN LIFE-SPAN SAMPLE

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Despite the strong interest in the concept, there is still no consensus in how to define successful aging. The present paper investigates lay perspectives of the concept of successful aging in young, middle-aged and older adults from two cultures, the USA and Germany, to potentially guide the development of scientific theories of successful aging. Two samples of young, middle-aged, and older adults from the USA (N = 151) and Germany (N = 155) were asked about definitions and determinants of successful aging. Codes were developed to capture common themes among the answers (clustering or open coding; Miles & Huberman, 1994), resulting in 16 main categories. Themes mentioned included resources (personal, social), behaviors (activities), and psychological aspects (strategies, attitudes/beliefs, well-being, meaning) with striking similarities across countries, age, and gender. Health and social resources were mentioned most frequently, followed by Activities/Interests, Virtues/Attitudes/Beliefs, Well-being and Life-management/Coping. Age differences were limited to Growth/Maturation, Respect/Success, and gender differences were limited to Social Resources and Well-being. Education and cultural background effects were limited to psychological aspects and Education/Knowledge, which were more often mentioned by US participants and individuals with more years of educations. In sum, young, middle-aged and older lay persons from the USA and Germany have quite similar concepts of successful aging and consider substantially more dimensions as important than established scientific theories. Given evidence that these factors (e.g., resources, psychological aspects) promote successful aging, considering these aspects in a more comprehensive model of successful aging may enhance our understanding of aging well.

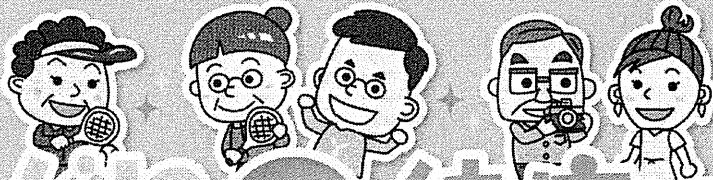
LIFE SATISFACTION AND VOLUNTEERING AMONG OLDER WHITES AND HISPANICS: FINDINGS FROM THE HRS

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Volunteering has been studied for decades. However, research on the racial, ethnic and cultural factors related to volunteering is limited. The purpose of this study was to investigate the association between life satisfaction and volunteering among older Whites and Hispanics. Data from the 2010 wave of the Health and Retirement Study, Leave-Behind Questionnaire were analyzed. The sample included 5,895 respondents who aged 50 and over (White N=5,209 and Hispanic N=686). The mean age of the respondents was 66, most were women (58%), 64% were Whites and 14% Hispanics. Ordinary Least Squares regression was used to study factors related to levels of life satisfaction. There was a posi-

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さあ、取り組もう!!



つながりde健康づくり



健康づくりには、一人ひとりが自らの生活習慣の改善に取り組むことが大切ですが、それに加えて、人と人の「つながり」をつくることも、重要であることがわかってきました。

「つながりde健康づくり」あなたはどのタイプ?

「つながり」が多い

地域の活動には出るようにしているのよ。やりがいがあるし、自分も元気になるの。食事にも気を付けてます。



A 「つながりde健康づくり」タイプ

- 趣味やサークルの活動、地域の活動などに参加し、交流の機会がある。
- 運動や食生活などに気を付け、身体に良い活動をしている。

手芸の講座に通ってます。気の合う人とおしゃべりで、ついついお菓子を食べて過ぎちゃうわね。



B 「つながりde健康もう一歩」タイプ

- 趣味やサークルの活動、地域の活動などに参加し、交流の機会がある。
- 運動や食生活にはあまり気を付けていない。身体に良い活動はやっても長続きしない。

身体に良い活動はやっても長続きしない

身体に良い活動はやっても長続きしない

健康には気をつけて、一人でウォーキングをしています。退職して時間ができたので、何かはじめてみようかな。



C 「ひとりde健康づくり」タイプ

- 趣味やサークルの活動、地域の活動などには参加していない。
- 運動や食生活などに気を付け、身体に良い活動をしている。
- 友人や同僚、近所とのつきあいがあまり多くない。

平日は仕事で忙しいし、休みの日くらい家でゆっくりしたいよ。健康も気になるけどね。メタボ気味…



D 「家deゴロゴロ」タイプ

- 趣味やサークルの活動、地域の活動などには参加していない。
- 運動や食生活に気を付けるなど、身体に良い活動はやっても長続きしない。
- 友人や同僚、近所とのつきあいがあまり多くない。

「つながり」が少ない

1

「つながりde健康づくり」とは？

適度な運動やバランスの取れた食事、禁煙などに加えて、地域との交流や様々な活動への参加など、積極的に「つながり」をつくることで、心身の健康に効果があると言われており、いきいきと元気に過ごすための秘訣です。

- 人と人との「つながり」が強く、お互いに助け合う風潮がある地域は、そうでない地域に比べて、健康でかつ医療費が少ないことや、「自分は健康だ」と思える程度（主観的健康感）が高いと言われています。
- 趣味やボランティア活動などの社会活動に積極的に参加している人は、していない人に比べて健康で自立した生活を長く続けられるという結果が出ています。（図1、2）

社会活動等への参加は元気の秘訣！

社会活動等に積極的に参加している人ほど、4年後も健康で自立した生活を維持できていた。

※「参加なし」を「1」とした場合と比較

図1

ボランティア活動・市民活動・NPO等への参加の場合

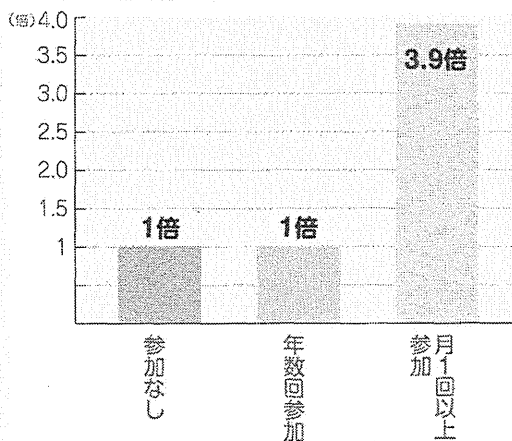
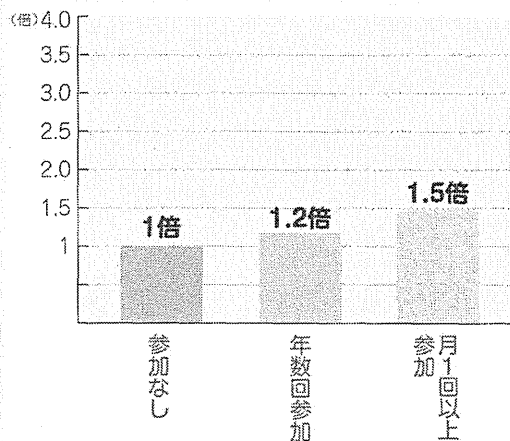


図2

趣味活動・サークル活動等への参加の場合



出典：東京都健康長寿医療センター研究所
高齢者の社会活動等への参加による4年後の生活機能維持に関する調査（首都圏A市）（2008-2012年）

月1回以上の参加で
4年後も元気な生活を
続けていた人が
3.9倍多い！

趣味やサークルに月1回
参加するだけでも、
1.5倍の効果があるのね。



<参考> ~人と人との「つながり」~ソーシャル・キャピタル~



人と人との「つながり」を意味する「ソーシャル・キャピタル」という言葉があります。「お互いさま」「地域の力」「住民の底力」ともあらわされ、「ソーシャル・キャピタル」が健康に良い影響を与えることが、様々な研究で報告されています。

2

「つながり」は個人も地域も健康にします！

一人ひとりが「つながり」をつくることで個人の健康が保たれるとともに、健康で暮らしやすい地域になり、住んでいる人全体にも良い影響があります。

近所づきあい 町内会や自治会への参加 趣味やサークル活動等への参加 など

人と人の「つながり」ができる

助け合いやお互いさまの意識がひろがる
思いやり・信頼感が高まる

もっと
活動が
広がる！

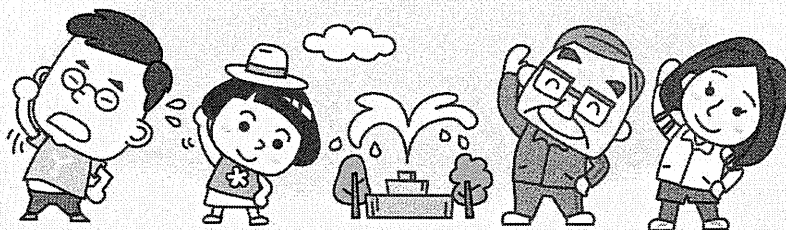
- 地域で様々な行事や取組が行われ、外出したり活動する機会が増える
- 不安やストレスが少なく、安心して生活できる
- 健康や生活についての情報が「つながり」の中で得られる
- お互いの関係性でマナーやルールが保たれる
- 住民がまとまり協議することで、まちづくりの政策に住民の意見が反映される

他にも、ボランティア活動や市民活動はもちろん、学校や職場の仲間との「つながり」もとても大事ね。

健康に良い環境が整う

生き生きと元気に過ごせる
(個人の健康にも良い効果)

「つながり」が少ない人にも暮らしやすいまちになる
(地域にも良い効果)



「つながり」があるまちは、犯罪発生率も低くなり、防犯や防災にも強いまちになると言われているワン！



★これならできる! つながりde健康づくり

A 「つながりde健康づくり」タイプ

B 「つながりde健康もう一步」タイプ

「つながり」を生かして、
さらに健康づくりに取り組もう!

- 今参加している活動を続けること自体が健康づくりです。
- 活動に参加しているメンバーとの交流を大事にすることで、みんなで元気に活動を続けることができます。
- 参加者同士で話すことが多くなると、健康や生活についての耳よりの情報が得られやすくなります。

A 「つながりde健康づくり」タイプ



- あなたの周りにも「つながり」のきっかけを探している人がいるかもしれません。友人や知合いを活動に誘ってみましょう。
- チラシを作って広報したり、クチコミでPRして、まわりの人にも活動を広めていきましょう。

B 「つながりde健康もう一步」タイプ



- 活動の中で健康について話してみましょう。
- 身体に良いことを活動のプログラムに取り入れると、参加者の健康度があがり、活動自体が長続きします。



「つながりde健康づくり」を
広めるキーパーソンね!

Bタイプ ➡ 「つながり」を生かした健康づくり



Cタイプ ➡ 「つながり」



C 「ひとりde健康づくり」タイプ

D 「家deゴロゴロ」タイプ

「つながり」をつくることで、健康や地域の情報が得られやすく自身の健康づくりにもつながります。職場での付き合いや友人・知人との付き合いなども大切な「つながり」のひとつです。



C 「ひとりde健康づくり」タイプ

- 身近なところで行っている講座やイベントに参加してみると、同じ趣味を持つ人や、話が合う人に出会うかもしれません。
- ひとりでやるより、誰かと一緒に行くと、活動が長続きして、さらに健康づくりの効果がアップ!

「つながり」をつくることから始めよう!

まずは、あなたのまちの情報をチェック!

活動や講座の情報は身近なところから!

- 区役所、社会福祉協議会、地域ケアプラザ、地区センター、各区の市民活動支援センター、自治会・町内会など
- 広報よこはま、お住まいのまちの掲示板・回覧板、インターネットなど



D 「家deゴロゴロ」タイプ

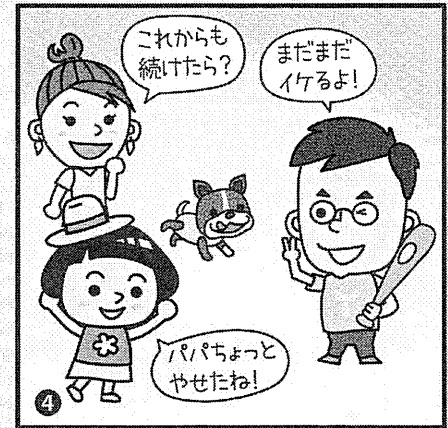
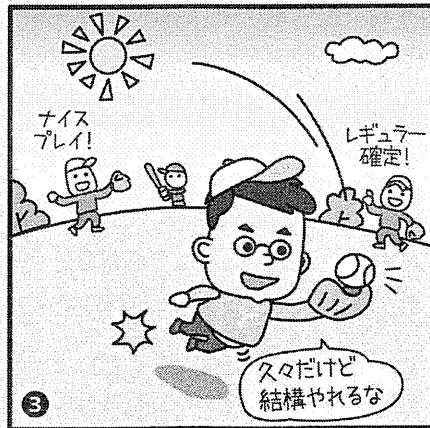
- まずは、気分転換に外に出かけてみましょう。
- ちょっとした交流から「つながり」が生まれ、活動の機会が広がっていきます。
- 友人と久しぶりに会ってみたり、職場の集まりに参加してみましょう。



このタイプの人々が周りにいたら、声をかけて誘ってみよう!

ができるとさらに健康

Dタイプ ▶ まずは「つながり」づくりから



活動のリーダーの方へ

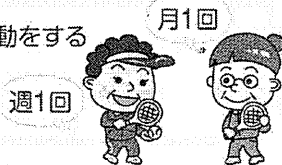
続けるのはけっこう大変!

活動が長続きするためのヒント

地域活動やボランティア活動、市民活動などは、住民同士のつながりを深め、健康の維持・向上につながる大切な活動です。活動を長続きさせることが、参加者自身の健康づくりや、暮らしやすいまちづくりにつながります。

ヒント1 活動への参加の仕方は十人十色

- それぞれのペースで活動をする
- 無理をしない



ヒント2 マンネリを打破して、楽しく活動!

- 他に活動している人やグループなどとも交流を図る
- 新しいプログラムにもチャレンジする

ヒント3 “仲間”づくりを心がけよう!

- 参加者同士が話しやすいように、名札をつける、積極的に声をかける
- ゆるやかな一体感を出すために、皆で楽しめるゲームを取り入れる
- 活動以外にも連絡をとりあう機会をつくる

ヒント4 新しい参加者の発掘を!

- 新しい参加者を入れて活動を活性化!
- 人からの紹介(クチコミ)が参加のカギ。きっかけは「誘われて」が一番多い!
- 広報誌などで活動をPR

ボランティア活動による「つながり」の効果

～「りぶりんとフレンズ・あおば(青葉区)」シニア・読み聞かせボランティアの取組例より～

りぶりんとボランティアグループは、絵本や読み聞かせ方法について3か月間の講座で学んだあと、ボランティアとして読み聞かせを行っています。各地で活動していますが、横浜では青葉区で平成24年に発足し、保育園、幼稚園等での定期的な読み聞かせやイベント等で活動しています。

絵本の読み聞かせを通じて、ボランティア自身の健康への効果や、読み聞かせ対象の子どもだけでなく、保護者や教職員への効果など、地域にも効果が広がっています。

ボランティアの声

子どもや子育て世代との交流で、気持ちが元気になります。



活動を通じて、出歩く機会が増えました。

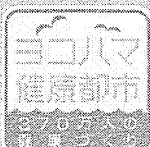
読み聞かせボランティア活動による地域への効果

子どもへの効果	保護者への効果	教職員への効果
<ul style="list-style-type: none"> ●活字・文字離れ予防 ●集中力 ●シニアへの尊敬・感謝 ●教師、保護者以外の第三者の介在 	<ul style="list-style-type: none"> ●シニアへの尊敬・感謝 ●PTAの負担軽減 ●地域の見守りの一助 	<ul style="list-style-type: none"> ●開かれた学校のモデル ●重層的な地域との連携モデル

「つながり」は自分の健康だけでなく、相手や地域にも良い効果があるのね!



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