

Keynote Speech II

Health care by walking in aging society and encouragement for tourism



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Abstract

Along with the economic development, aging of the population and declining birthrates are progressing in some Asian and Western countries. As a result, it is becoming difficult to manage the social security system (mainly pensions, medical and long-term care). As a solution, the extension of healthy life expectancy and the improvement of labor force participation rate of the elderly can be proposed. The employment and thirst for knowledge of the elderly will be increased by going on a journey and enjoying a sport game. It is said that walking has a high effectiveness to the extension of healthy life expectancy. Walking is a basic action in sport and trip. In this study, an early elderly is adopted as a subject and the changes of biological information due to walking for 3 years are summarized. It becomes obvious that walking makes a contribution to his health maintenance and the muscle mass is conserved. The number of steps was counted every day. He feels fatigue when the number exceeds 14,000 steps a day and the average number is about 9,000, so it is thought that the limit number of steps is 12,000 a day. It is necessary to maintain the limit while on a journey. Walking develops one's muscle. The circadian period and weekly periodicity of the steps-number are also investigated. It can examine that the characteristics are usual or not.

In this study, subjective person is only one. However, the purpose of this study is to establish a health care system for elderly using information technology (smart phone, Wi-Fi and wearable device etc.). The limit steps-number during travelling (extraordinary experience) was evaluated to go on a pleasant journey. It is thought that the result of this investigation could become a kind of guideline for aging society.

Brief Bio

Takashi Oyabu was born in 1949. He received his B.E. and M.E. in 1971 and 1973 from Kogakuin University and also received B.A. in 1975 from Waseda University, Tokyo, Japan. In 1984, he received the Dr of Engineering from Kogakuin University. From 1991-1998 he was a Professor of Toyama University of International Studies. He joined Kanazawa Seiryō University, Kanazawa, Japan as a Professor of Graduate School of Regional Economic Systems in 1998. Dr. Oyabu published 50 books including joint authorship and over 130 journal papers. His current research activities are on tourism with advanced information technology and its applications to welfare fields. He is the President of Society for Tourism Informatics of Japan from 2014. He is a fellow of APIEMS.