

## **(Nagoya Longitudinal Follow up Study for Healthy Elderly: NLFS—HE)**

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In Japan, which is called a super-aging society, it is an important issue in the field of medical welfare to detect conditions that hinder the extension of the healthy life expectancy of the elderly at an early stage and to take appropriate measures. This study aimed to propose a population approach for care prevention by identifying intervention and support points from the factors related to the development of frailty. A prospective cohort study (Nagoya Longitudinal follow up Study for Healthy Elderly; NLFS-HE) was conducted to multilaterally and longitudinally evaluate nutrition, exercise, body composition/function, oral function, sociality, cognitive function, etc. of healthy community-dwelling older people. This study clarified whether the decline in physical function is associated with various indicators of health conditions, such as decline in sociality, oral function, and nutritional status. In order to promote healthy longevity, it is necessary to take into account social health aspects such as social activities, social relationships, and the social environment. Further detailed verification is necessary in the future, such as by promoting longitudinal analysis.