



b

Screening with the basic registration and the long-term care insurance data;
 1) a resident of Kawasaki city and aged between 85-89 years at baseline
 2) no need for long-term care or requiring support level 1.
 n=12,906 (March 2017)

Invitation letter sent
 n=9,976 (Men: 3,962, Women: 6,014)

Expression of participation
 n=1,464 (Men: 701, Women: 763)

438
 excluded

not meeting inclusion criteria; 16
 unable to telephone contact; 83
 acute illness; 99
 declined after telephone instruction; 139
 unable to consent; 68
 family circumstances; 21
 unknown: 12

Enrolled and examined at the study site
 during Mar 2017 and Dec 2018
 n=1,026 (Men: 513, Women: 513)

c

Japan's long-term care system

Level	ADL condition
Support level 1	LTC is needed for some aspects of daily living, but proper care can improve or maintain ADL
Support level 2	
LTC level1	Unstable in rising and gait; partial support needed in toileting, bathing, etc. Boundary of Independency
LTC level 2	Difficulty in rising and gait; partial or complete support needed in toileting, bathing, etc.
LTC level 3	Impossible to rise and no gait. Complete support needed in toileting, bathing, dressing, and all other basic ADL
LTC level 4	Severe decline in ADL capacity; complete support needed in toileting, bathing, dressing, and all other basic ADL
LTC level 5	Complete support in all ADL; difficulty with communication

ADL: activities of daily living, LTC: long-term care

d

