



BỆNH VIỆN ĐẠI HỌC Y HÀ NỘI
HANOI MEDICAL UNIVERSITY HOSPITAL



Asia Health and Wellbeing initiative

Roadmap for Vietnam-Japan Cooperation on Addressing Population Aging and Nutrition Issues

Office of Healthcare Policy
Cabinet Secretariat, Government of Japan

Hanoi Medical University Hospital

Introduction

- In 2019, the governments of Vietnam and Japan signed a Memorandum of Cooperation to address health challenges in both countries.
- Since then, during ongoing dialogues, the Japanese government has received requests from the Vietnamese Ministry of Health and Hanoi Medical University Hospital to "introduce Japanese knowledge, provide information, and conduct joint research in areas such as population aging and nutrition, while considering the Vietnamese perspective on family and culture."
- To promote concrete and sustained cooperation between the two countries, while addressing these requests, it is important to visualize the direction of cooperation—including setting milestones—and use it as a guide for future discussion.
- To this end, this document summarizes the directions and measures for cooperation between the two parties, based on Japan's experiences.
- The themes are population aging and nutrition, as requested by the Vietnamese side. For each theme, the first half of the report presents Japan's experiences and case studies, and the second half outlines a roadmap for cooperation.
- Through close dialogue with Hanoi Medical University Hospital, this roadmap has been developed, and we hope further cooperation in accordance with it.

Population Aging

Background of Roadmap Creation: population Aging

Current situation of population aging in Vietnam

- In creating the roadmap, our goal is to enhance its effectiveness and relevance by incorporating insights gained from ongoing discussions and cooperation between Japan and Vietnam.
- We aim to showcase Japan's experience and collaboration with Vietnam, particularly in light of Vietnam's aging population, while addressing points that align with Vietnamese needs.

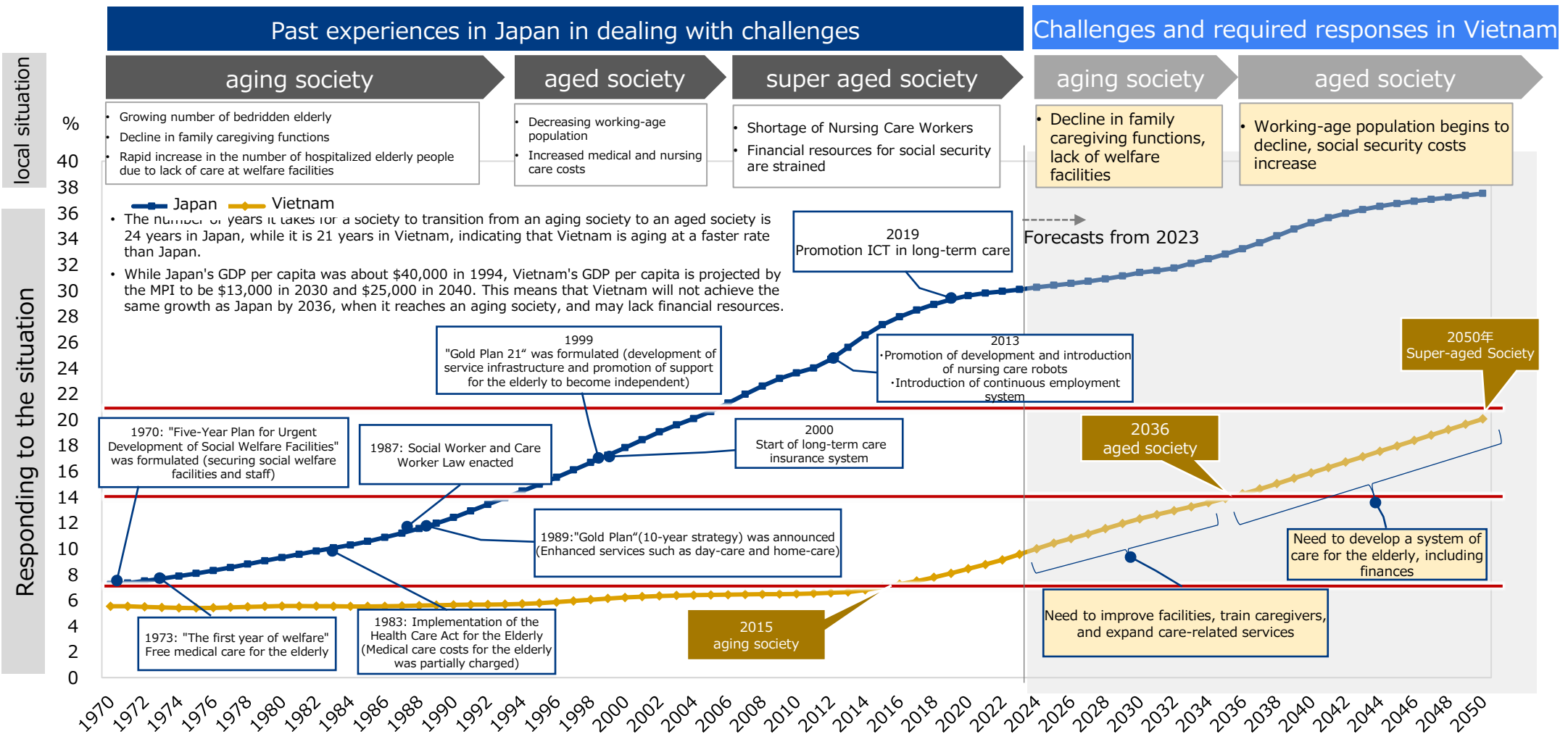
Summary of the current situation of aging

	Aging
Current situation	<ul style="list-style-type: none">• Vietnam became an aging society in 2015, and its population is aging at a rapid pace. Following this trend, population decline (i.e., a decrease in the labor force = a decrease in nursing care workers) will become another concern. It is necessary to address the aging population before it is too late.• Traditionally, many Vietnamese people believe that the elderly should be cared for by their families. → Elderly care should begin with preventive care, residential care (in-home care), day care (day rehabilitation), etc.
Requests for support from Vietnamese side	<ul style="list-style-type: none">• Support in establishing the "Older People Healthcare Center (≒ Day Care Center)" regarding policies, technology, finances, and human resource development (including training in Japan), as well as preventive care initiatives such as the JICA project on "Kokenai Karada (Fall Prevention) Exercise" until 2025.• Knowledge sharing regarding Japan's housing standards for the elderly to reduce daily-life risks, such as falls.
Major achievements of Japan-Vietnam cooperation (abstract)	<ul style="list-style-type: none">• JICA Partnership Program "Dissemination of nursing care techniques in Ho Chi Minh City": implemented by the Social Welfare Corporation Kojukai (September 2016 - September 2018)• JICA Partnership Program "Kokenai Karada Exercise": implemented by Tsuyama City, Okayama Prefecture (Phase 1: 2017-2021, Phase 2: 2022-2025)• JICA SDGs Business Model Formulation Survey with the Private sector for "Introducing Elderly Daycare Service under the Franchise Model": December 2021 - August 2022• The 3rd MEV-MEJ Forum on Sharing Experiences in Adaptation to Ageing and Care for Elderly between Japan and Vietnam: conducted by Medical Excellence Japan (MEJ), August 2023• JICA SDGs Business Verification Survey with the Private Sector for "Integrated Management Model of Japanese Style-Elderly Care School and Elderly Care Center ": implemented by Espoir Co., Ltd. (February 2024 - August 2026)

Background of Roadmap Creation: population Aging

Population aging situation in Vietnam and Japan

- If Vietnam's population continues to age at the same rate as Japan's, there will be a growing need for expanded nursing care workers, services, facilities, and health promotion efforts.
- Additionally, it will be necessary to explore the establishment of an elderly care system tailored to Vietnam's circumstances, including financial arrangements.



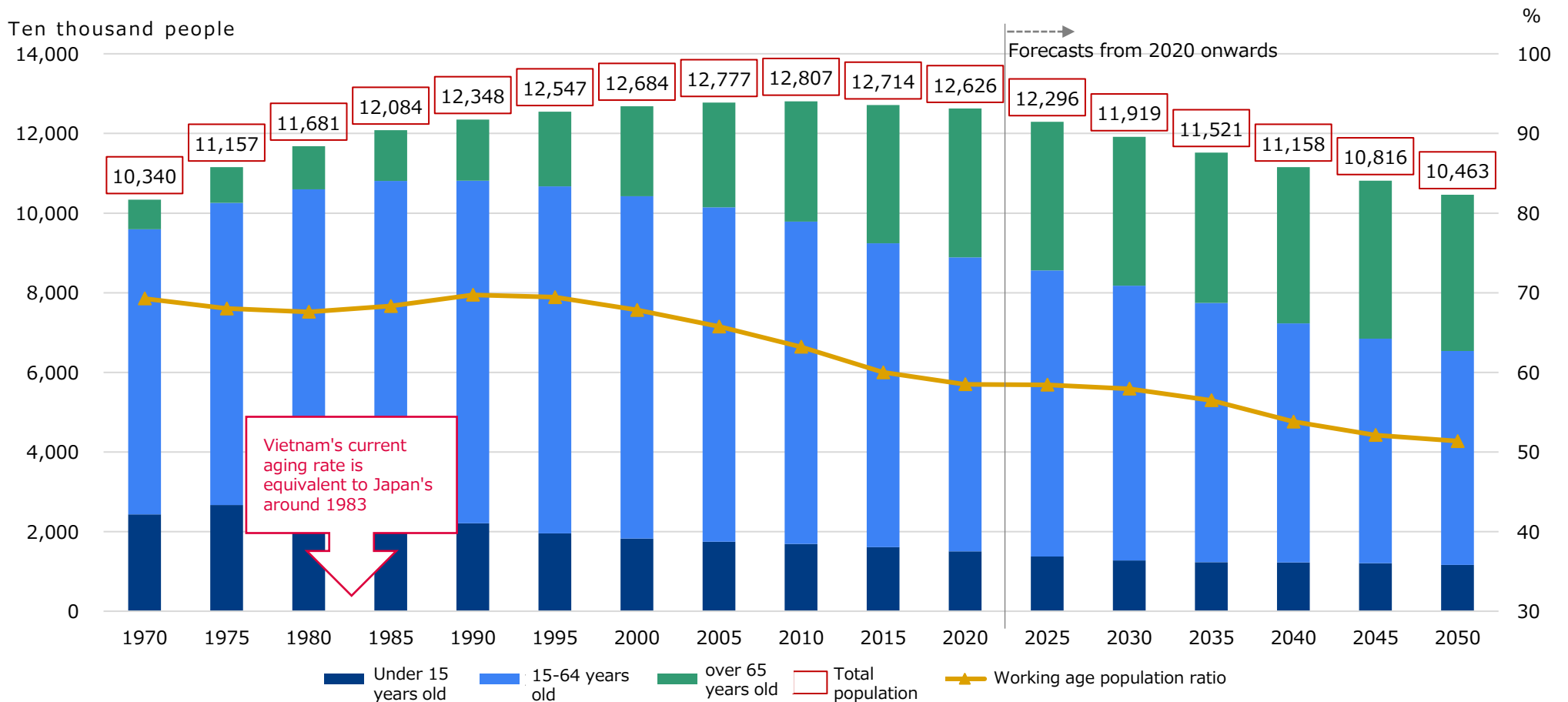
Source : World Bank "DataBank Population estimates and projections" <https://databank.worldbank.org/source/population-estimates-and-projections> (viewed on 7/6/2024)

Background of Roadmap Creation: population Aging

Challenges of population aging in Japan: Labor shortage and population decline

- In the next 30 years, Vietnam's total population is expected to enter a phase of declining.
- Health promotion and system development should be prioritized before the labor force becomes insufficient."

Demographic trends in Japan (1970-2050)



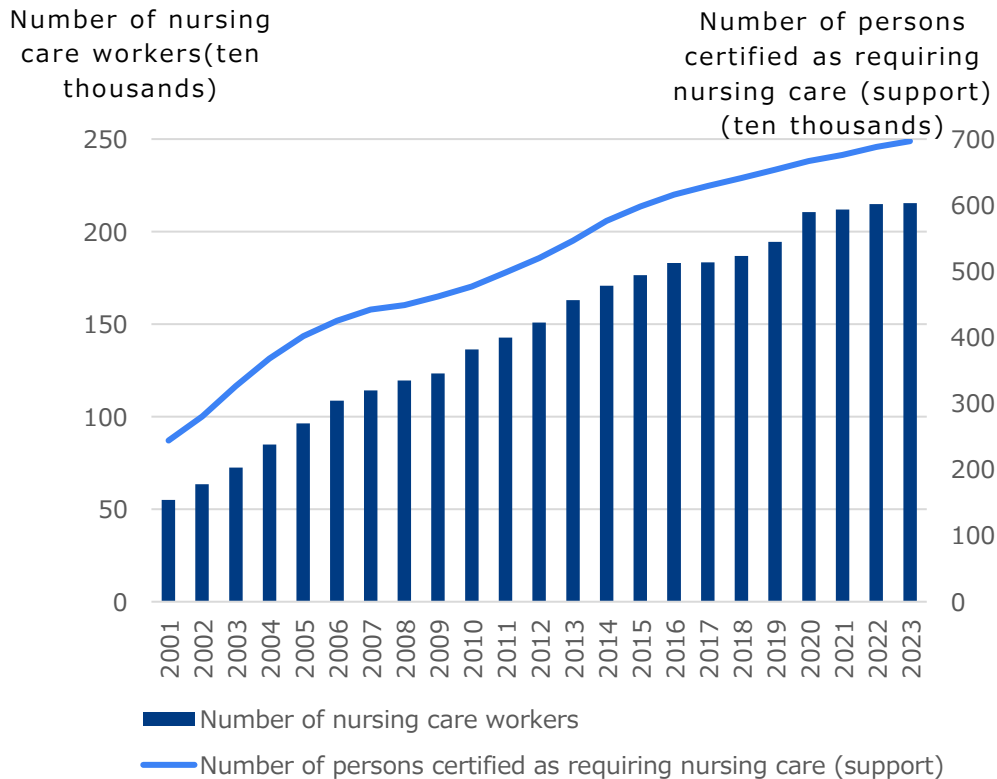
Source : World Bank "DataBank Population estimates and projections" <https://databank.worldbank.org/source/population-estimates-and-projections> (viewed on 7/6/2024)

Background of Roadmap Creation: population Aging

Challenges of population aging in Japan: Labor shortage in nursing care industry

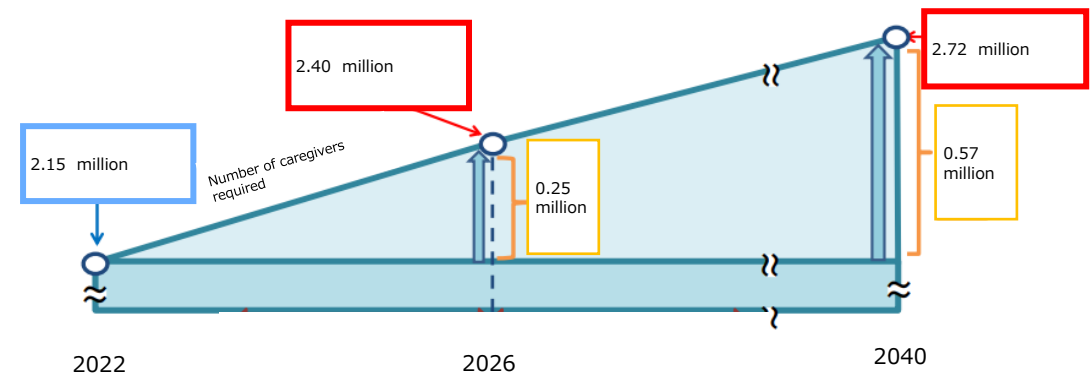
- While the number of caregivers in Japan has increased since the establishment of the long-term care insurance system in 2000, a shortage of caregivers is expected as the population continues to age.
- Vietnam also needs to systematically secure nursing care workers.

Changes in the number of nursing care workers and certified people requiring care



Number of nursing care workers needed

- 2.40 million nursing care workers required in 2026 (an increase of approximately 250,000 (63,000/year) from 2022)
- 2.72 million nursing care workers required in 2040 (an increase of approximately 570,000 (32,000/year) from 2022)

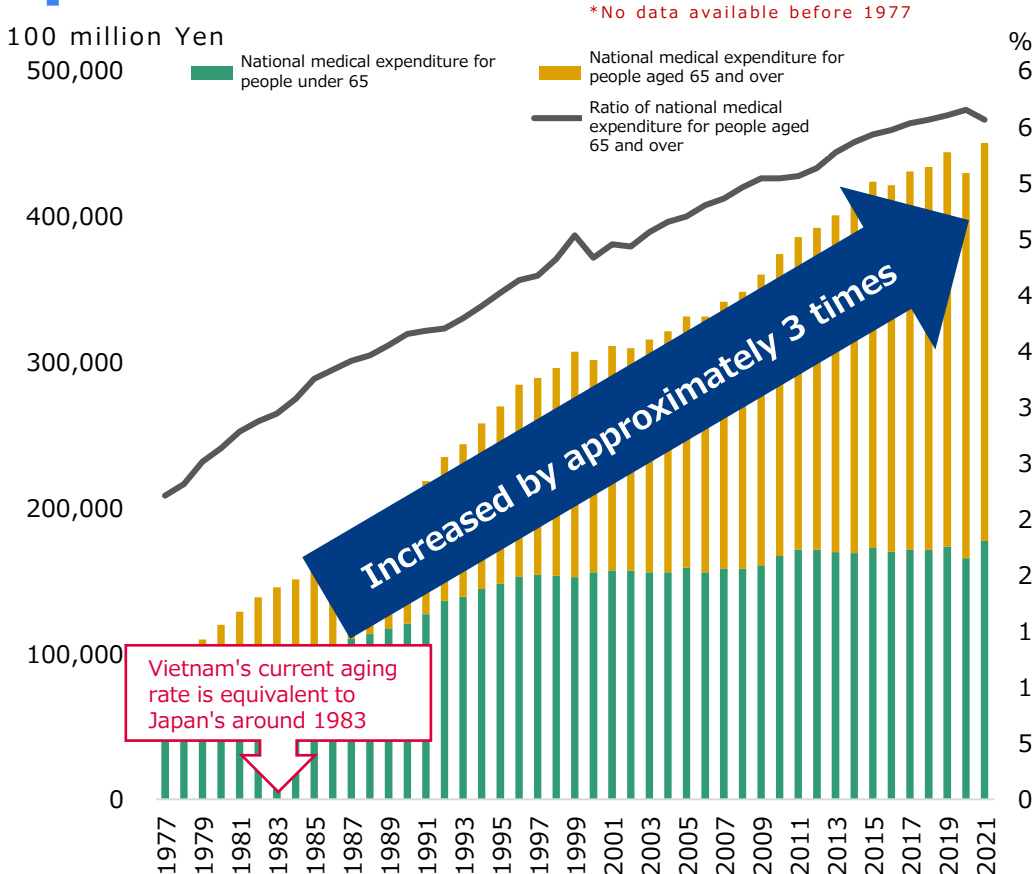


Background of Roadmap Creation: population Aging

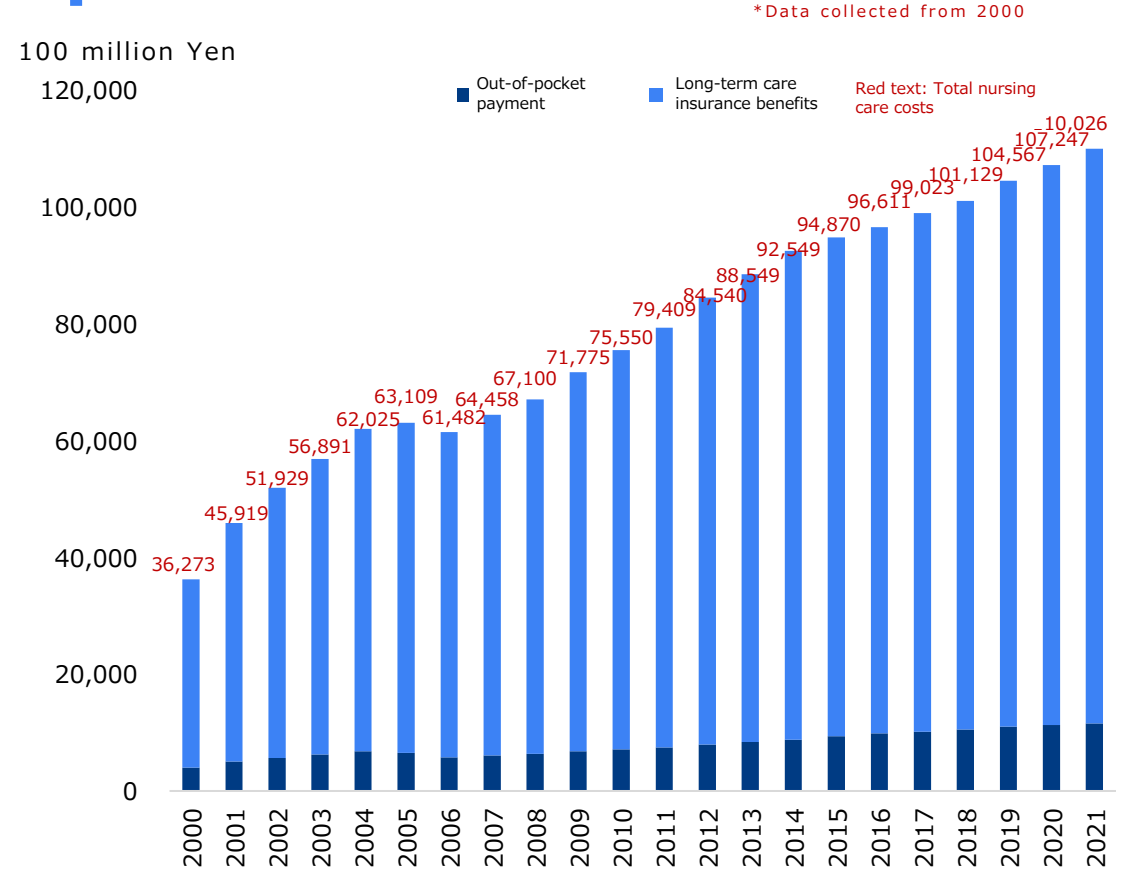
Challenges of population aging in Japan: Rising medical and nursing care costs

- National medical care expenditures in Japan have tripled over the past 40 years since 1983 (when Japan had the same aging rate as Vietnam does today). The cost of nursing care has tripled in the 20 years since the introduction of the long-term care insurance system in 2000.
- In Vietnam, a significant increase in medical and nursing care costs for the elderly is expected in the future.

National medical expenditure by age group



Nursing care costs



Background of Roadmap Creation: population Aging

Key takeaways from Japan's experience in dealing with population aging


- In light of Japan's experience in addressing population aging, it is necessary for Vietnam to prioritize its measures, including what needs to be initiated at this point, with a view toward long-term initiatives.

Summary of Japan's experience in dealing with population aging and suggestions to Vietnam

Period	Social issues surrounding the elderly	Main measures	Solutions	Takeaways/suggestions to Vietnam
Aging society 1970-1994 (Aging rate of 7% to 14%)	<ul style="list-style-type: none"> • The number of bedridden elderly people and their living conditions became increasingly concerning. • In the 1990s, the caregiving function of families declined due to the growing trend toward nuclear families. • With limited capacity at welfare facilities, the number of elderly people hospitalized increased sharply. 	<ul style="list-style-type: none"> • In 1970, the "Five-Year Plan for Urgent Development of Social Welfare Facilities" was drawn up, which led to progress in the development of welfare facilities and the securing of nursing care worker staff. • In 1973, medical expenses for the elderly were made free. However, the problem of "social hospitalization" arose, and medical expenses for the elderly increased. • The "Health Care Act for the Elderly" was enacted in 1983, introducing a partial self-payment of medical expenses for the elderly. • In order to reduce the burden on families of caring for the elderly, the "Gold Plan" was enacted in 1989 to improve services such as day care and home care. 	<ul style="list-style-type: none"> • Mainly nursing care products 	<ul style="list-style-type: none"> • In Vietnam, there are no long-term care professionals, making it necessary to train such professionals as soon as possible. • In preparation for future shortages of medical and nursing care workers, as well as rising costs, it is essential to take early steps to promote health and preventive care for the elderly.
Aged society 1994-2007 (Aging rate of 14% to 21%)	<ul style="list-style-type: none"> • The working-age population has been declining since 1990. • Since the introduction of the long-term care insurance system in 2000, medical and nursing care costs for the elderly have continued to increase. 	<ul style="list-style-type: none"> • In 1994, the "New Gold Plan" was formulated. This raised the development goals of long-term care facilities and human resources, which led to increasing the number of home helpers and long-term care facilities. • In 1999, the "Gold Plan 21" was formulated, which promoted the development of the long-term care service infrastructure, preventive care and self-reliance support for the elderly. • In 2000, the long-term care insurance system was started as a mechanism for all citizens to support elderly care. This separated long-term care from medical care, and helped diversify service options. 	<ul style="list-style-type: none"> • Community development, prevention, etc. 	<ul style="list-style-type: none"> • Community-based support initiatives are important so that elderly people can spend their retirement years feeling secure in familiar areas. • In preparation for future human resource shortages, the continued employment of the elderly and health management for this purpose should be considered.
Super-aged society From 2007 (Aging rate of 21%~)	<ul style="list-style-type: none"> • The labor shortage in long-term care has become serious due to the increasing number of certified individuals requiring care. • The cost of nursing care tripled between 2000 and 2021, putting the social security system under significant financial strain. 	<ul style="list-style-type: none"> • In 2013, to help solve the labor shortage issue in long-term care, the Ministry of Economy, Trade and Industry launched a project to promote the development and introduction of robotic nursing care equipment. • In 2019, the Ministry of Health, Labor, and Welfare launched an ICT introduction support program. This not only reduced the burden on caregivers, but also led to improved work efficiency and long-term care quality. 	<ul style="list-style-type: none"> • Various ICT solutions, such as: administrative tasks support solutions (administrative software, automatic data recording solutions, etc.), mobility support, bathing support, excretion support) 	<ul style="list-style-type: none"> • Establishing necessary social security funding for elderly care, such as a long-term care insurance system, needs to be considered as a long-term priority.

Background of Roadmap Creation: population Aging

Summary

- **Vietnam's current aging rate is at the same level as Japan's back in 1983.**
 - **Since then, Japan has been working to address various issues associated with population aging by focusing on the development of long-term care human resources and facilities, securing the necessary financial resources for long-term care, and more.**
 - **Japan needs to continue responding to many serious issues, such as the worsening labor shortage and increasing medical and nursing care costs caused by accelerating population aging.**
 - **On the other hand, Vietnam is also expected to experience a declining birthrate and an aging population.**
 - **Considering Japan's experience, it is believed that the time has come for Vietnam to take measures for the elderly, such as strengthening health promotion activities and developing human resources and facilities for long-term care in the long run.**
- 
- **Based on the awareness of the issues outlined above, a roadmap is presented for each item to be developed in Vietnam, drawing on Japan's experience. The items are organized in chronological order, with a view toward 2035.**

Roadmap for cooperation with Hanoi Medical University Hospital (HMHU) in the field of Population Aging

- Each item is described based on the needs and policies that have been identified to date.

Axis based on needs and policies that have been identified to date	Present	Short-term (until 2025)	Medium-term (until 2030)	Long-term (until 2035)
Implementation of policy dialogues	● Renew MOC (July 2024)		● Renew MOC (July 2029)	● Renew MOC (July 2034)
	[VN-JP] Hold Japan-Vietnam Healthcare Joint Committee Meeting (JCM) [VN-JP] Share policy knowledge on human resource development (caregivers, etc.)			
Promote MExx	● Signed MOU (July 2022)			
	[VN-JP] Exchange of knowledge and personnel in priority areas such as population aging through MEV concept Example of Japanese solution: Provision of Japanese medical equipment to HMUH Cancer Screening Center			
Community-based elderly care in partnership with home and community				
	[VN-JP] Share knowledge on building up community-based integrated care system, etc.			
	[VN-JP] Exchange Japan's knowledge on information sharing between medical facilities	[VN-JP] Promote joint demonstration project	[VN-JP] Expand information sharing systems nationwide	
	Example of Japanese solution: EMR, information sharing system used to support community-based integrated care system			
Safety monitoring solutions and for elderly & Dementia prevention				
	[JP] Share Japanese housing standards to reduce home safety risks for elderly			
	[JP] Introduce monitoring solutions for elderly and dementia prevention initiatives	[VN-JP] Promote joint demonstration project in nursing home	[VN-JP] Promote expansion of monitoring solutions for elderly and preventing dementia	
	Examples of Japanese solutions: monitoring sensors (cameras, vital sensors, etc.), home care oversight, items for dementia prevention, and chronic disease monitoring			
Exhibits of household goods for elderly				
	[VN-JP] Consideration and promotion of introduction of useful household goods for elderly at exhibits			
Telehealth				
	[VN-JP] Exchange knowledge on telehealth in teaching and related activities for rural hospitals and rehabilitation facilities			
Measures to reduce healthcare system burden caused by chronic disease				
	[VN-JP] Exchange knowledge on health promotion and health checkup for elderly	[VN-JP] Promote joint demonstration project	[VN-JP] Expand use of health management tools and diagnostic equipment	
	Example of Japanese solution: Health scoring services, health management/ guidance services including apps			
	[VN-JP] Share knowledge regarding home medical care	[VN-JP] Implement home medical care in collaboration with Japanese companies		

Solving population aging issues in Vietnam and strengthening cooperation between two countries

Nutrition

Background of Roadmap Creation: nutrition

Current situation of nutrition in Vietnam

- In creating the roadmap of the nutrition part, our goal is also to enhance its effectiveness and relevance by incorporating insights gained from ongoing discussions and cooperation between Japan and Vietnam.
- Although the nutritional status of Vietnam has been improving, there is still a gap when compared to Japan. We would like to showcase the points that meet the needs of the Vietnamese side, while presenting Japan's experience and cooperation to date.

Summary of the current situation of nutrition in Vietnam

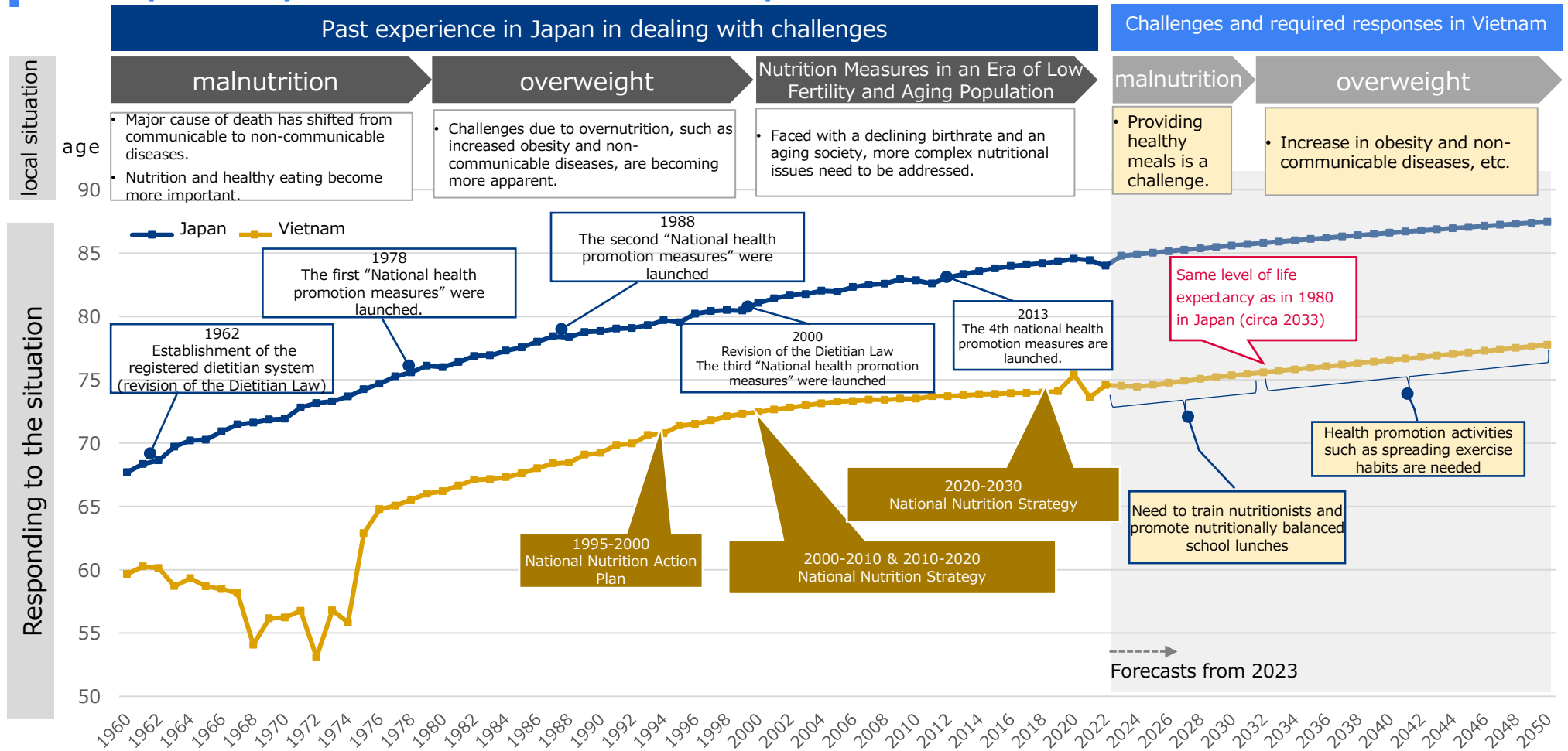
	Nutrition
Current situation	<ul style="list-style-type: none"> • Although nutritional conditions in Vietnam are improving, the rate of malnutrition remains high. The 'double burden of malnutrition,' which includes both undernutrition and overnutrition, is a significant issue. Additionally, the rates of vitamin deficiency and anemia are also high. • In 2022, the 'National Nutrition Strategy for the period from 2020 to 2030, with a vision to 2045' was announced, but there are no specific guidelines for achieving its goals. Currently, the National Institute of Nutrition (NIN) of Vietnam is researching nutrition policies from various countries. • Regarding the eating habits of the Vietnamese population, energy and nutrient calculation is not widely practiced, and initiatives to improve dietary habits are insufficient.
Requests for support from Vietnamese side	<ul style="list-style-type: none"> • Regarding policy formulation, it is desirable to receive support in developing the above-mentioned guidelines. In particular, Japan's experience in raising public awareness about improving eating habits will be useful to Vietnam. • To formulate a nutrition strategy for the elderly, the Vietnamese side plans to hold a seminar on nutritional issues among older people and would like to receive Japan's support.
Major achievements of Japan-Vietnam cooperation (abstract)	<ul style="list-style-type: none"> • The "Vietnam Nutrition System Establishment Project (VINEP)" implemented by Ajinomoto Co., Inc. in collaboration with the NIN • The "Vietnam School Meals Project (SMP)" implemented by Ajinomoto Co., Inc. in collaboration with Ho Chi Minh City • The "Kon Tum Province Child Nutrition Improvement Project" implemented by the Foundation for International Development/Relief (FIDR) (2012-2017) • The "Smiles & Health for Children" initiative implemented by Morinaga Milk Industry Co., Ltd. and the World Vision Japan (NGO) to improve children's health and nutrition (May 2023 - April 2024) • As part of JICA's SME Partnership Promotion Survey for "Nursing Care Foods for Hospitals and Nursing Homes" a collaboration between Takesho Food Co., Ltd. and Bach Mai Hospital: established regarding the provision of powdered foods with added nutrients and functions for patients, followed by practical training sessions using Japanese tonic agents for the hospital's dietitians, January 2022 • JICA SDGs Business Verification Survey with the Private Sector for "Nutrition Education and Nutrition Fortified Food for Female Factory Workers": implemented by Meiji Co., Ltd. (June 2022 - May 2025) • JICA SDGs Business Validation Survey for "Improve Maternal and Child Health during the First 1,000 days in Vietnam": implemented by Asahi Group Foods, Ltd. (May 2023 - March 2025)

Background of Roadmap Creation: nutrition

Nutrition-related initiatives in Vietnam and Japan

- In Japan, nutritional deficiencies have been addressed through the training of nutritionists and the provision of school lunches. Additionally, improvements in lifestyle habits, including nutrition, have helped tackle issues like obesity.
- In Vietnam, it is crucial to promote nutritionally balanced school lunches and implement health promotion activities to prevent lifestyle-related diseases.

Life expectancy at birth in Vietnam and Japan



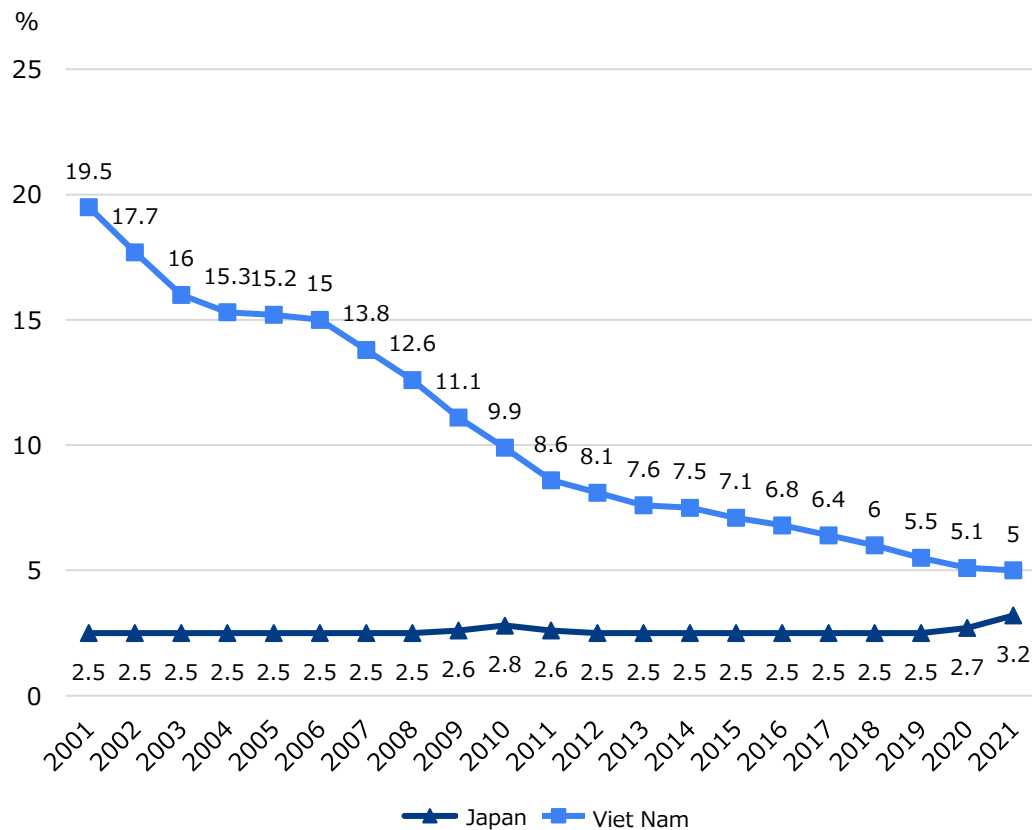
Source: World Bank Group "DataBank | World Development Indicators" <https://databank.worldbank.org/> (viewed on 7/6/2024)

Background of Roadmap Creation: nutrition

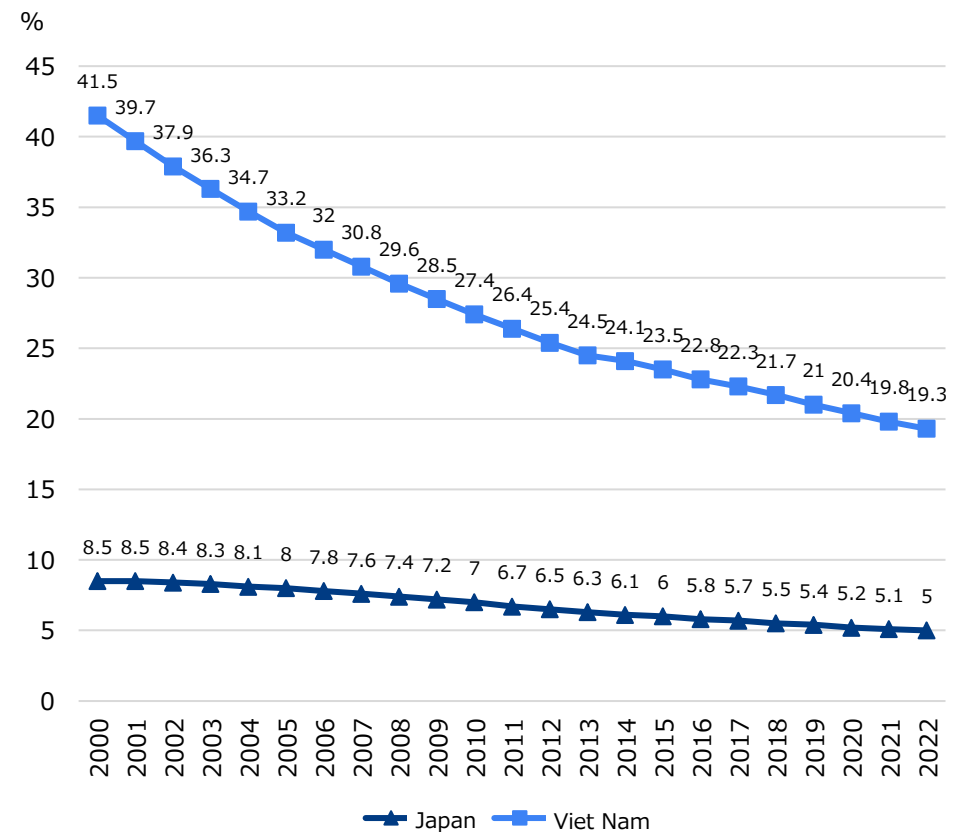
Malnutrition in Vietnam and Japan (1/2): undernourishment

- In Vietnam, the problem of undernourishment is improving, but there remains a gap compared to Japan.
- Among the nutrition-related issues, the undernourishment situation, especially among children, still needs significant improvement.

Prevalence of undernourishment in Vietnam and Japan (% of population)



Prevalence of stunting in children under 5 in Vietnam and Japan (% of children under 5)

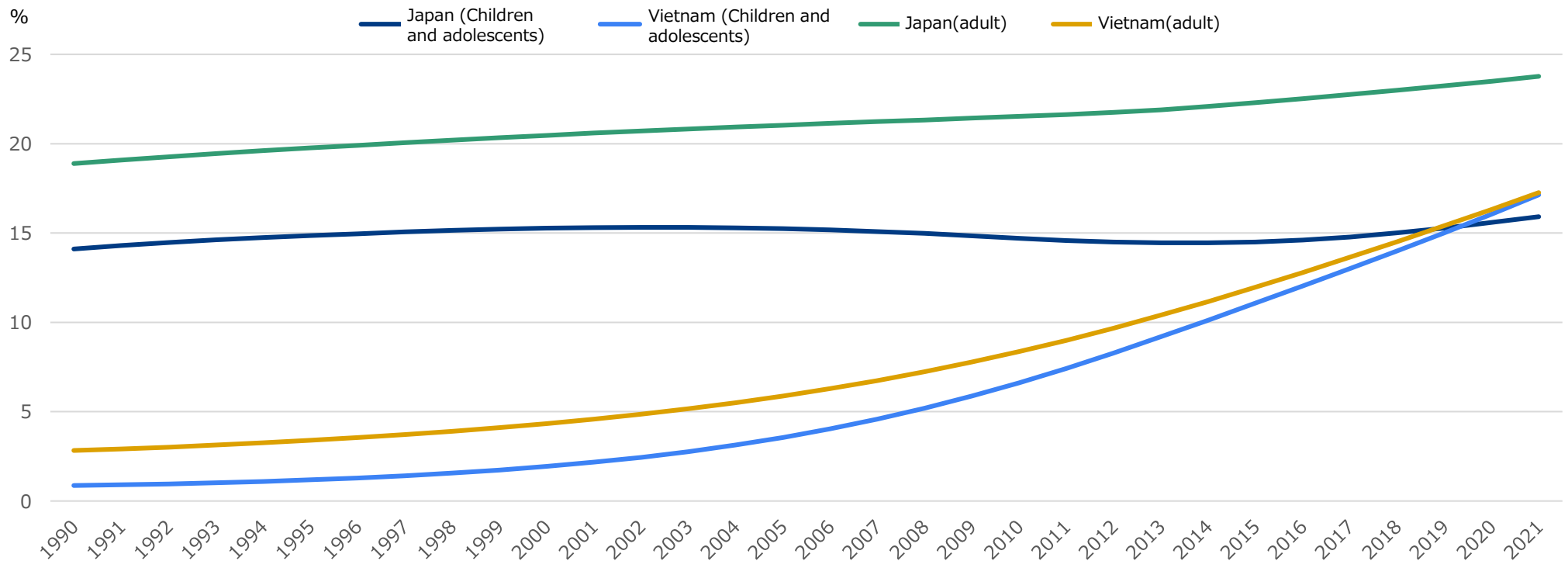


Background of Roadmap Creation: nutrition

Malnutrition in Vietnam and Japan (2/2): overweight and obesity

- Another issue in Vietnam in recent years is the increasing prevalence of overweight individuals.
- Japan has maintained an almost constant overweight rate among children and adolescents and can share its experience and knowledge in managing overweight.

Overweight rate in Vietnam and Japan



※*The overweight rate in adults is the percentage of the population aged 18 and over with a BMI of 25 or higher.
The overweight rate in children and adolescents is the percentage of the population aged 5 to 19 with a BMI that is 1 standard deviation or higher from the median.

Background of Roadmap Creation: nutrition

Key takeaways from Japan's experience in dealing with nutrition issues

- Based on Japan's experience with nutrition measures, it is necessary to address both undernutrition and overweight issues in Vietnam.


Summary of nutrition policies in Japan and suggestions for Vietnam

Period	Social Issues Surrounding Nutrition	Main countermeasures	Solutions	Takeaways/suggestions to Vietnam
The era of countermeasures against nutritional deficiencies, mainly due to food shortages	<ul style="list-style-type: none"> • Nutritional deficiencies occurred, mainly due to food shortages. • A survey and research system to obtain scientific evidence was launched. 	<ul style="list-style-type: none"> • 1920: National Institute of Nutrition established • 1937: Public Health Center Law enacted • 1946: National Nutrition Survey initiated • 1947: Dietitians Law enacted • Nutrition policy initiated and promoted prior to economic growth 	<ul style="list-style-type: none"> • Legislation, nutrition surveys, human resource development, etc. 	<ul style="list-style-type: none"> • Need to address nutritional deficiencies and nutrition surveys for poor communities.
<p>The era of countermeasures against non-communicable diseases caused by overnutrition increasing with economic growth</p>	<ul style="list-style-type: none"> • Major causes of death have changed from communicable to non-communicable diseases. • Nutrition and healthy eating became more important. 	<ul style="list-style-type: none"> • 1952: Nutrition Improvement Law enacted • 1954: School Lunch Law enacted • 1956: Nutrition Guidance Vehicles began to make rounds • 1961: Universal Health Coverage (UHC) achieved • 1962: Establishment of Registered Dietitian System 		<ul style="list-style-type: none"> • Foods for Specified Health Uses • Foods for Special Dietary Uses • Nutrition Measuring Devices
	<ul style="list-style-type: none"> • Challenges due to overnutrition, such as increased obesity and non-communicable diseases, became apparent. 	<ul style="list-style-type: none"> • 1978- Primary: Promotion and education of health promotion to the public • 1988- Second phase: Promotion of health promotion projects to spread exercise routine • 2000- The 3rd "Healthy Japan 21": Health promotion through improvement of social environment • Nutrition education and "extension of healthy life expectancy" set as public health goals 		
The era of more complex nutritional challenges associated with declining birthrates and aging population	<ul style="list-style-type: none"> • As Japan is facing many issues of its declining birthrate and aging population, more complex nutritional issues have arisen, which require appropriate measures. 	<ul style="list-style-type: none"> • 2000: Dietitians Law revised • 2000: Long-Term Care Insurance Law enacted • 2002: Health Promotion Law enacted • 2006: Establishment of a system for specific health checkups and specific health guidance by medical insurers • 2013: Fourth National Health Promotion Measures "Healthy Japan 21 (Second) • In addition to extending healthy life expectancy, reducing health disparities is also a keyword 	<ul style="list-style-type: none"> • Foods with functional claims • Nutrition management and guidance using ICT 	<ul style="list-style-type: none"> • New solutions need to be introduced to meet the nutrition challenges of an aging society with a declining birthrate.

Background of Roadmap Creation: nutrition

Summary

- Although the problem of undernourishment has greatly improved in Vietnam, child malnutrition remains a pressing issue.
- Meanwhile, the rate of overweight among children and adolescents has also increased rapidly in recent years.
- In Japan, specific measures have been implemented at the national level, such as the establishment of dietitians and nutritionists, health checkup and guidance systems, development of health promotion centers, and labeling of nutritional content on processed foods. As a result, the undernourishment rate has remained low at around 3% over the past 10 years.
- Vietnam also needs concrete measures to promote its National Nutrition Strategy.

- 
- Based on the awareness of the issues outlined above, a roadmap is presented for each item to be developed in Vietnam, drawing on Japan's experience. The items are organized in chronological order, with a view toward 2035.

Roadmap for cooperation with HMUH in the field of Nutrition

- Each item is described based on the needs and policies that have been identified to date.

Axis based on needs and policies that have been identified to date	Present	Short-term (until 2025)	Medium-term (until 2030)	Long-term (until 2035)
Implementation of policy dialogues	<ul style="list-style-type: none"> ● Renew MOC (July 2024) 	<ul style="list-style-type: none"> ● Renew MOC (July 2029) 		<ul style="list-style-type: none"> ● Renew MOC (July 2034)
	<p>[VN-JP] Hold Japan-Vietnam Healthcare Joint Committee Meeting (JCM)</p> <p>[VN-JP] Share policy knowledge on human resource development (e.g., registered dietitians and dietitians) and working opportunities for dietitians in several places including hospitals and nursing homes</p>			
Nutrition Care	<p>[VN-JP] Exchange knowledge on nutritional care in hospitals and elderly care facilities</p>		<p>[VN-JP] Promote joint demonstration project</p>	<p>[VN-JP] Expand health foods and nutrition analysis equipment</p>
	<p>Example of Japanese solution: Nutritional supplements, thickening agents, universal design food, automatic leftover food calculation system, tools for efficient meal delivery (e.g. IC chip), etc.</p>			
Food safety, sanitation, and hospital food-related equipment	<p>[JP] Introduction of companies involved in food safety inspection equipment, provision of hospital food, and expertise in sanitation management in accordance with HACCP</p>		<p>[VN-JP] Promote joint demonstration project</p>	<p>[VN-JP] Expand use of food safety/hygiene inspection equipment</p>
	<p>Example of Japanese solution: Food safety equipment (microbiological testing equipment for E. coli, food storage containers, heat-retention carts, etc.) and cooking equipment</p>			
Human Resource Development	<p>[VN] Training support to satellite hospitals for technical process listed in 36 technical process list conducted by Hanoi Medical University Hospital and Ministry of Health</p>			
	<p>[VN] Training for satellite hospitals on nutrition for elderly</p>			

Solving nutrition-related issues in Vietnam and strengthening cooperation between two countries