

Looking at trends in national medical expenses, it is continuing to increase due to aging population and sophistication of medical care. As the population aging rapidly advances, from the perspective of reducing the social burden of social security expenses such as medical expenses, promotion of social participation such as employment of senior citizens as one of the pillars for extending healthy life expectancy Positioning. Also in Shinjuku Ward, medical expenses are increasing with the increase in the elderly population, making optimization of medical expenses a challenge. So far, the issue of social participation such as employment of the elderly has been positioned as a community area in the field of welfare, economic independence support and social welfare measures, and promotion of regional revitalization, but in the future , It is necessary to develop concrete measures to promote social participation of the elderly such as employment from the viewpoint of extending the healthy life span. In this research, we will change the viewpoints from previous studies so far, and in the urban areas like 23 wards rather than in the rural areas, as employment patterns diversify, does employment affect the health maintenance of the elderly? Does it differ depending on how you work (time, content, satisfaction)? What kind of employment policy is needed in the district in the future? The theme is. As a result of the analysis, it was found that the influence can be seen in the downtown areas like the 23 wards, in terms of the relationship between health and the presence or absence of employment. Moreover, statistically significant results have been obtained at the same level as employment activities that can be called self-interest activities such as hobbies / learning activities, sports activities, etc., and areas such as town council activities, civilian committee activities, and cleanup activities Characteristics different from activities were seen. It is thought that there is not a little influence on the health or hospital visits of feeling rehabilitated and rewarding. It could also be confirmed from the demonstration result depending on whether or not it is worth living for work. Also, in relation to hospital visits, the more hours worked, the more influence the outpatient behavior and tended to decrease, so we were able to confirm the effect of hospital visits on hospitalization. As policy implications, based on these hospital restraint effects, it is necessary to have a mechanism that allows timely and flexible matching of diversifying needs in the work format desired by the elderly who are the workers and the community, as a position of employment Clarify, understand regional demand accurately, introduction, operation, and termination of individual business corresponding to it. It is important to develop mechanisms that make use of such local human resources through "civil society collaboration" that utilizes the know-how of the private sector while involving the ward as administration.