



ウエムラ カズキ
上村 一貴
Uemura Kazuki

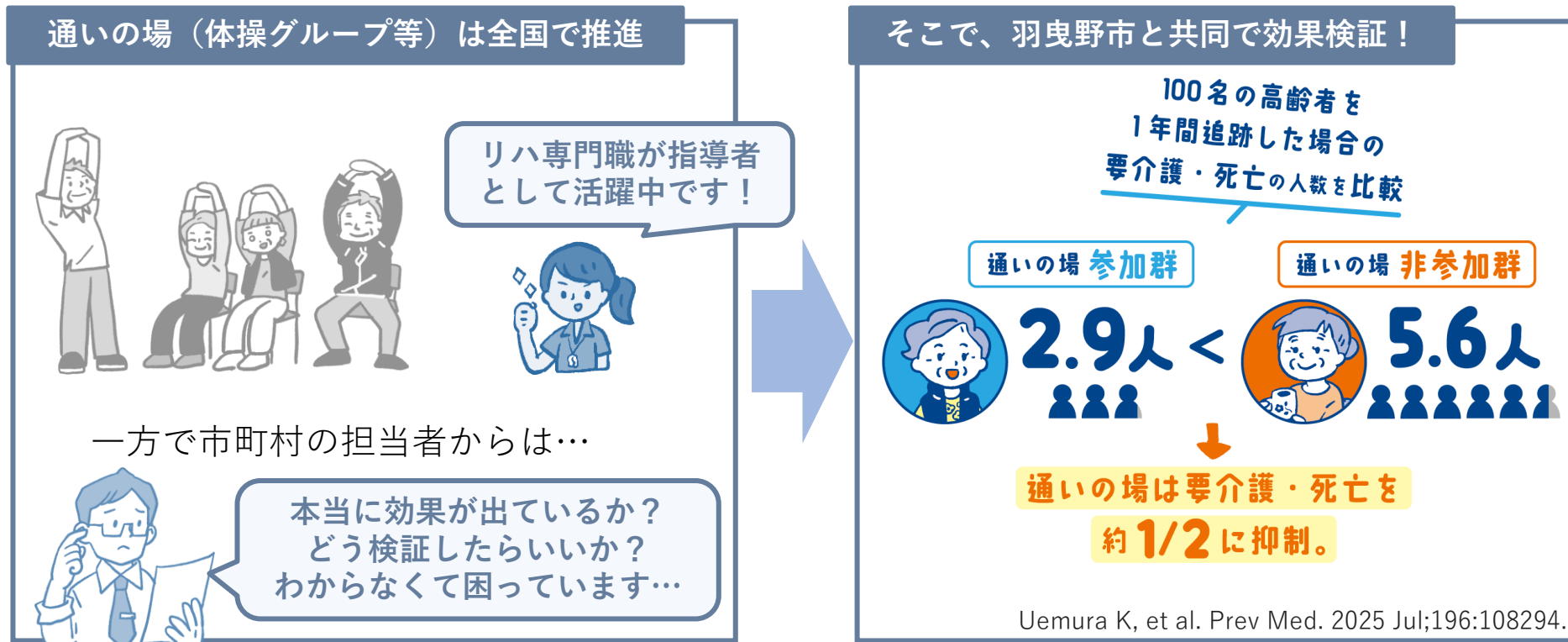
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研究分野

老年学／運動疫学

(主に高齢者の介護予防・健康教育について)

- 健康寿命の延伸に向け、全国で「通いの場」が推進されるが、その効果は不明



研究室
Webサイト



市町村との共同研究で
施策の効果を
検証しています！





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Research area

Gerontology / Physical Activity Epidemiology

- The effectiveness of “Kayoi-no-ba”—community gathering places remains unclear.

Nationwide Promotion of “Kayoi-no-ba”

Rehabilitation professionals are actively working!

Municipal staff often express concerns:

We don't know how to evaluate the effectiveness of these programs.



Collaborative research with municipalities

Comparison of 1-year incidence of loss of independence (per 100 persons)

| Group | Incidence (per 100 persons) |
|------------------|-----------------------------|
| Participants | 2.9 cases |
| Non-participants | 5.6 cases |

Community gathering places reduce the risk of losing independence by about half.

Uemura K, et al. Prev Med. 2025 Jul;196:108294.

Laboratory Website

We evaluate the impact of local health-promotion initiatives.

