日時　2023年10月31日（火）15:30 より

場所　早稲田大学所沢キャンパス 100号館第一会議室

演題　**Walkability in super-aged Tokyo: Does Japan's largest mega city support active and healthy aging behaviors?**

演者　Michael Annear
（Faculty of Sport Sciences, Waseda University）

抄録

Tokyo is Japan's largest mega city. It is currently confronting the interacting challenges of demographic aging, ongoing urbanization, and COVID-19 recovery. As Tokyo adapts to becoming a super-aged society, more attention is required to evaluate and improve urban walkability, which is a key World Health Organization indicator of age-friendliness that supports physical activity and societal participation in later life. Drawing on his research in environmental gerontology and physical activity epidemiology, Dr Annear will present an evidence-informed lecture on patterns of health behavior, urban walking, and the complex environment that confronts middle-aged and older adults across urban Tokyo. Dr Annear's presentation will reference population surveys conducted before and during the pandemic with middle-aged and older Tokyo residents. Compelling visual and spatial data will also be presented from an ongoing study of urban walkability undertaken in 10 super-aged neighborhoods in west Tokyo. Barriers to, and opportunities for, active aging and walkability in Tokyo will be presented and options for urban remediation and physical activity interventions discussed.

Biography

Dr Michael Annear is an Associate Professor in Sport Science at Waseda University in Japan. His research and teaching focus on physical activity epidemiology, population aging, and urban health. Dr Annear has published over 50 peer-reviewed papers in leading health and gerontological journals, and he has led the development of several commonly used scales for the assessment of older-adult health and vulnerability.

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